



## The City of Mississauga Celebrates Seniors' Month

More information available at city community centres or [www.mississauga.ca/olderadults](http://www.mississauga.ca/olderadults)

June 2015 will mark the 31st annual Seniors' Month. This year's theme is **Vibrant Seniors, Vibrant Communities**. Seniors have given a lifetime toward building the best communities, in the best province in the greatest country in the world. Seniors' Month is a good opportunity to celebrate the contributions of our Mississauga older adults and to put the spotlight on the local services and programs available in our community to assist older adults to live as independently as possible. The Ontario Seniors' Secretariat website, [www.ontario.ca/seniorsmonth](http://www.ontario.ca/seniorsmonth), will have posters and other items available on their website in the near future.

- ✓ **World Elder Abuse Awareness Day** which falls on June 15 each year.
- ✓ **City of Mississauga and the Organizing Committee presents.....**



This event is generously supported by:



*Back by popular demand.....*It is with great pleasure we invite you and members of your group to the 2<sup>nd</sup> Annual Seniors' Month 2015 Seniors' Got Talent Show and Lunch. This event is in celebration of Seniors' Month and in appreciation of your contribution to the Mississauga community throughout the past year, as a senior/older adult group leader and/or volunteer and is by invitation only. Your group president will be contacted regarding invitations.

**Tuesday, June 16, 2015**

**11 am to 2:00 pm**

**Mississauga Valleys Community Centre, Auditorium, Upper Level**

**1275 Mississauga Valley Blvd, Mississauga. ON**

**Doors open at 10:30 am**

**Lunch will be served at 11:00 am**

**The show will begin at 11:30 pm and finish at 2:00 pm**

We have a very exciting event planned which will include our local very talented older adults, light lunch, door prizes. We even have a "blue" carpet for the performers.

Thank you to our donors:



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- ✓ **A thank you** will be displayed during the month of June on all city digital signs.
- ✓ **A Mississauga Older Adult Appreciation Week** will be held **June 14 to 20**.
- ✓ **The Meadowvale Theatre** will be celebrating a tribute to Ed Sullivan. On Wednesday June 2015 join us for a pre-show lunch at 11am, and the **Ed Sullivan: A Really Big Show!** at noon. All show seat tickets are \$25.00, and pre-show lunch tickets are \$8.00. For more details and to register, please call the Meadowvale Theatre Box office at 905-615-4720, ext. 2588.  
\* Space is limited.

Older Adults will be greeted with thank you signs and refreshments during this week at their local community centres.

The Community centres that have established their Community Centre Older Adult Committees will be hosting combined older adult group activities to promote their committees work at the centres.

	<ul style="list-style-type: none"> <li>• <a href="#">English</a> </li> <li>• <a href="#">French</a> </li> <li>• <a href="#">Chinese</a> </li> <li>• <a href="#">Italian</a> </li> <li>• <a href="#">Portuguese</a> </li> <li>• <a href="#">Punjabi</a> </li> <li>• <a href="#">Spanish</a> </li> </ul>
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**Check your community centres for events or [www.mississauga.ca/olderadults](http://www.mississauga.ca/olderadults)**

## **BURNHAMTHORPE COMMUNITY CENTRE**

**Tuesday June 2, 2015**                      **1:00 – 3:30pm**                      Badminton Tournament

## **The BURNHAMTHORPE LIBRARY**

**Thursday June 4, 2015**                      **2:00 – 3:00 pm**                      Laughter Yoga  
Join Salimah Kassim-Lakha, Yoga Therapist and Director of YogaVision Centre in Mississauga, as she presents a fun and energizing program called Laughter Yoga. Everyone will be seated in a chair for safety and accessibility. Come prepared to laugh and have fun and participate in this FREE event!

**Thursday June 11, 2015**                      **2:00 – 3:00 pm**                      Ancestry Online  
Curious about your roots? Join library staff during this FREE event, as they show you how to navigate the online electronic resource Ancestry to trace your heritage. Please make an appointment by calling Burnhamthorpe Library at (905) 615-4635.

**Monday June 15, 2015**                      **10:00 – 11:30 am**                      Adult Book Club

The Burnhamthorpe Adult Book Club will be holding a stimulating book discussion about a pre-selected title. This is a FREE event. Please call Burnhamthorpe Library at (905) 615-4635 to find out what book will be featured.

**Wednesday June 17, 2015**                      **2:00 – 3:30 pm**                      Heritage Mississauga – Journey to the Past: The Lost Villages of Mississauga

Did you know that Mississauga was once made up of numerous hamlets and villages, many of which no longer have name recognition? A speaker from Heritage Mississauga will present a fascinating look at Mississauga's history and the "lost villages" including the village of Burnhamthorpe. Please join us for this FREE event.

**Thursday June 18, 2015**                      **2:00 – 3:00 pm**                      Mississauga Transit

A representative from Mississauga Transit will be on hand to answer your questions about the Presto card and the new transit terminal in our neighbourhood. Call Burnhamthorpe Library for more details at (905) 615-4635. This is a FREE event.

**Wednesday June 24, 2015**                      **2:00 – 3:00 pm**                      Health Matters

Good health is essential to enjoying one's later years. A health professional will be coming to give a FREE talk on how Older Adults can maintain optimum health and vitality. Call Burnhamthorpe Library for more details at (905) 615-4635.

**Thursday June 25, 2015**                      **2:00 – 4:30 pm**                      Jersey Boys

Join us for a FREE screening of the feature film, Jersey Boys. This film was directed by Clint Eastwood, and it traces the career of Frankie Valli and the Four Seasons through good and bad times together as a band. The music is guaranteed to bring back memories of the 1950's and 1960's.

## **CARMEN CORBASSON COMMUNITY CENTRE**

**Tuesday June 16, 2015**                      **1:00-3:30pm**                      Free Older Adult Volleyball Drop-In

Coffee and light refreshments will be offered in the lobby.

**Wednesday June 17, 2015**                      **12:30-3:30pm**                      Lobby Refreshments

We will be offering coffee and light refreshments in the lobby. This will be for our *Stronger & Steadier* group, as well as for anyone else who would like to enjoy!

## **CLARKSON COMMUNITY CENTRE**

**Monday, June 15, 2015**                      **9:30 – 1:00 pm**                      Healthy Living Expo & Events Day

Clarkson Community Centre is partnering with Peel Elder Abuse Awareness Day and will be running events throughout the morning. Join us in the main hallway and gym of Clarkson Community Centre for events including: a Healthy Living Expo, FlashMob for Elder Abuse Day in collaboration with school youth, and a lunch BBQ for Older Adults.

**Tuesday June 16, 2015**                      **9:00 am**                      Coffee & Tea for the Seniors Groups: Tai Chi, Quilting, and Ballroom Dancing

**Clarkson Seniors' Social Club:** bi-weekly social club with activities guided by participants

**Wednesday, June 10, 2015**      **11:00am – 12:00pm** – Picnic in the Park  
**Wednesday, June 24, 2015**      **11:00am. – 12:00pm** – Seniors' Appreciation Day

## **The CLARKSON LIBRARY**

**Clarkson Book Club:** monthly book club

**Wednesday June 24, 2015**      **7:00pm – 8.30pm** – Come to pick the 2015/16 book club discussion list!

**Stitch!** Weekly drop-in needlework session for **all** generations

**Thursday evenings**                      **6:30pm – 8:00pm**

**Computers for Older Adults:** basic computer instruction

**Tuesday afternoons**                      **11:00am – 12:00pm** – register for 4 weekly sessions

## **FRANK MCKECHNIE COMMUNITY CENTRE**

**Monday June 15, 2015**      Celebrating our seniors - free coffee/tea and cookies in the lobby.  
We will be having free coffee/tea and cookies in the lobby throughout the day to show our appreciation and celebrate our Older Adults!

**Wednesday June 17, 2015**                      **9:30 – 10:30 am**      FREE Older Adult Fitness Class  
At this free fitness class, participants will work on some light cardio, stretching and weight bearing exercises to promote a healthy and active lifestyle.

**Thursday June 18, 2015**                      **12:30 - 3:30 pm**      Potluck Lunch  
At this free event participants are encouraged to bring a dish to share with the group and enjoy other's dishes, while interacting with one another and enjoying some live entertainment from our own senior's groups!

## **HURON PARK RECREATION CENTRE**

**Week of June 14 – June 20, 2015**                      **10:00 am – 2:00 pm**      Seniors Appreciation Week  
Each day

Join us each day for sweets, snacks and friendly visits at a table within our community center! Also during our week of events, stay tuned for the reveal of an Intergenerational Wall Mural and a community presentation, showcasing the efforts of our Mural Artist, the OAAC and our Youth Committee. This will take place in our community center lobby.

## MALTON COMMUNITY CENTRE

All are free *Try-it* events will take place in the gym.

<b>Thursday June 4, 2015</b>	<b>1:00 – 3:00 pm</b>	Older Adult Badminton
<b>Thursday June 11, 2015</b>	<b>1:00 – 3:00 pm</b>	Older Adult Basketball
<b>Thursday June 18, 2015</b>	<b>1:00 – 3:00 pm</b>	Older Adult Line-Dancing

## *The* MALTON LIBRARY

<b>Friday June 12, 2015</b>	<b>11:30 – 1:00 pm</b>	Colour Your World: Painting on Canvass for Older Adults
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This is a FREE program that will be held in Program Room #3. To register, please call 905-615-4640 or visit us in the library.

<b>Friday June 26, 2015</b>	<b>11:00 – 1:00 pm</b>	Keep Calm, Drink Tea, and go Green: Garden and Tea Party for Older Adults
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Celebrate spring and the joy of drinking tea by attending a garden and tea party at Malton Library. Laugh and socialize over tea and cookies while learning the basics of container gardening. This is a FREE program that will be held in Program Room #3. Registration is required, Please call 905-615-4640 or visit us in the library.

## *The* MEADOWVALE LIBRARY

Information Displays

**Check with the library for day and time**  
**Check with the library for day and time**  
**Check with the library for day and time**

South Asian Community Health Services  
Ontario Network for the Prevention of Elder Abuse  
Osteoporosis Canada

### **Computers and Technology: eLibrary Basics**

New to Computers and the Internet? Book up to one hour with a librarian for an introduction to Internet searching, email, Facebook, Microsoft Word, PowerPoint, the library catalogue or downloading eBooks, magazines and music. To book an appointment, call 905 615-4715 or **drop in Fridays 2-4 pm.**

<b>Friday June 19, 2015</b>	<b>10:30 – 12:00 pm</b>	Coffee Club
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Chat with old friends or meet new ones and enjoy free refreshments.

## MISSISSAUGA VALLEY COMMUNITY CENTRE

**June 14 to 20** Senior Appreciation Week  
Join us for a refreshment as we celebrate Seniors Month

## ***The* MISSISSAUGA VALLEY LIBRARY**

Friday June 26, 2015 10:30 am Flute and Violin Duo Performance

## **RIVER GROVE COMMUNITY CENTRE**

**June 14 to 20** Senior Appreciation Week  
Join us for a refreshment as we celebrate Seniors Month

## **SOUTH COMMON COMMUNITY CENTRE**

Wednesday, June 10, 2015 1:00 – 3:30 pm Older Adult Bingo

## ***The* SOUTH COMMON LIBRARY**

Wednesday, June 10, 2015 1:00 – 1:45 pm The Graystones (Barbershop Quartet) Entertainment

Join us for a performance by The Graystones (Barbershop Quartet) at South Common Library.

Wednesday, June 10, 2015 3:00 – 5:00 pm Older Adult Book Sale

## **MISSISSAUGA SENIORS' CENTRE**

Monday June 1, 2015 Kick-off Event

**June 14-20** Various days and times Older Adult Appreciation week  
Light refreshments will be provided.

Friday June 26, 2015 12:30 – 3:00 pm Strawberry Bingo  
This event is open to all members of the Mississauga Seniors' Centre.

## **SQUARE ONE OLDER ADULT CENTRE**

Tuesday June, 2015 2:30 – 4:00 pm Seniors' Month Movie Matinee – Cyber Seniors  
Follow the delightful journey of senior citizens as they discover the world of the internet through the guidance of teenage mentors.

Tuesday June 16th, 2015 1:30 – 3:30 pm Seniors' Month President's Social  
It's time to celebrate! Please join our volunteer president Alice Dods for a spot of tea and dessert as we look back at our accomplishments in 2014 and look forward to the great things to come.

Tuesday June 23, 2015 12:30 – 3:30 pm Seniors' Month Games Day  
At this free event participants will be able to play bridge, euchre, cribbage, or dominoes. Refreshments and prizes will be part of the fun!

## ***The* CHURCHILL MEADOWS LIBRARY**

### **By appointment - eBooks for Beginners**

Discover how to access the Library's eBooks, audiobooks and eMagazines. Learn how to download them to eReaders and mobile devices or a computer! You can contact the library at 905-615-4735.

**Tuesday June 17, 2015**                      **7:00pm-8:30pm**      Adult Book Club  
Registration is required.

**Monday June 29, 2015**                      6:00pm-8:30pm      **Internet & Email for Beginners**  
Registration is required.

## ***The* MISSISSAUGA CENTRAL LIBRARY**

**Monday June 15, 2015**                      **1:00 – 3:00pm**      Strawberry & Scrabble Social  
Central Library – Glass Pavilion  
Admission is free. For more information, please call 905-615-3200 x 3660

Come celebrate: June is Seniors Month! Enjoy a Game of Scrabble with Craig Rowland, Director of the Mississauga Scrabble Club

## ***The* COOKSVILLE LIBRARY**

**Tuesday, June 2, 2015**                      **12 – 1:00 pm**              Older Adults Social Club Meeting

## ***The* ERIN MEADOWS LIBRARY**

E-resources Help sessions: (Please be aware that these sessions are open for all ages)

**Tuesday June 2, 2015**                      **11:00am**              Session on Freegal - for downloading free music

**Thursday June 4, 2015**                      **7:00pm**              Session on Zinio - for downloading free magazines

**Saturday June 13, 2015**                      **2:00pm**              Session on Overdrive - for downloading free e-books

**Thursday, June 18, 2015**                      **2:00 – 4:00 pm**              Social Event  
Erin Meadows Library will be hosting a social. Refreshments will be served.

## ***The* LAKEVIEW LIBRARY**

**eHelp** – Do you need help with your eReader, downloading songs from Freegal, or downloading magazines from Zinio? Register for a FREE one-on-one tutorial by calling 905 615-4805, or drop in Thursday nights between 5-8 p.m.

## **Computer Buddies**

Register for your FREE one-on-one computer assistance class that take place Saturdays from 9:00-10:00am or 10:00-11:00am. Call 905 615-4805 to register.

**Look for Lakeview Library staff at the Mississauga Seniors' Centre on Tuesday June 16, from 12:30-1:30pm** located at 1389 Cawthra Road! Visit our booth to pick up information about our programs and free books that you can keep.

**Wednesday June 17, 2015          6:30 – 8:00 pm**                      Book Club: The Immortal Life of Henrietta Lacks, by Rebecca Skloot

Join us to discuss the book of the month together! Pick up your book at Lakeview Library (1110 Atwater Ave) the month before. For more information, call 905-615-4805.

## ***The LORNE PARK LIBRARY***

**Tuesday June 2, 2015                  2:00 pm**                      Tablet Workshop for Beginners  
Learn how to download e-books from the library catalogue (using Overdrive) on to your tablet. Registration required. Please phone 905 615-4845.

**Friday June 12, 2015                  2:00 pm**                      Celebrate the Joy of Reading Event  
Hilary Scharper, local author, will share from her novel, "Perdita" about the mysterious daughter of a lighthouse keeper in Georgian Bay. Ms. Scharper is an Associate Professor of Cultural Anthropology at the University of Toronto. All are welcome.

**Thursday June 18, 2015                  2:00 pm**                      Therapeutic Massage for Older Adults: Presentation and Demo  
This presentation and demo will be hosted by Hand & Stone Massage and Facial Spa.

## ***The PORT CREDIT LIBRARY***

**Wednesday June 10, 2015                  2:00 pm**                      Laughter Yoga  
Never underestimate a good laugh! Find out the physical, emotional and social benefits of laughter exercises and yoga breathing, and how they can transform your life. Please bring water and wear comfy clothes. The session is FREE and is led by certified laughter yoga teacher, Salimah Kassim-Lakha. Please register at the library in advance for this event.

**Wednesday June 17, 2015                  1:00 – 4:00 pm**                      Technology Workshop by ETAG  
Please join us at ETAG's FREE workshop about privacy and safety online. Topics will include setting appropriate privacy settings on your smartphone, tablet, and computer with highlights about Facebook settings, removing malicious software from your device, interacting with advertising online, and avoiding common scams and viruses. Please register at the library for this FREE event.

**Thursday June 25, 2015                  2:00 – 4:00 pm**                      Chess & Chat  
Whether you're a chess master or just starting out, come join us for some board time over coffee and chat. Please register at the library for this FREE event.



## **The STREETSVILLE LIBRARY**

**Wednesday, June 3, 2015**

**11:00 – 12:00 pm** Health Nutrition Seminar

The importance of Health and Nutrition for Older Adults, with nutritionist Karine Barlow. Admission is free. Registration not required.

**Wednesday June 24, 2015**

**11:00 – 12:00 pm** Young at Heart Older Adult Social Club

Lisa Higgins from the Canadian Diabetes Association will be presenting a seminar on Diabetes Awareness. Admission is free. Registration not required. Refreshments will be provided

## **The WOODLANDS LIBRARY**

**May 1, 2015 &  
June 1, 2015**

**10:00 – 12:00 pm** Woodlanders 55+ Social Club

Enjoy free coffee or tea, yummy goodies & great company. Meetings are often held in the Jim Wilde Room. \* Please be aware that NO meetings are being held in July or August, 2015.

**Wednesday June 3, 2015**

**10:00 – 12:00 pm** “Everything you ever wanted to know about The Riverwood Conservancy”

Join us for an engaging PowerPoint Presentation and time for questions and answers with Riverwood Ambassador, Patricia Kluge

## **Ward 9 Annual Seniors' Fair**

**Tuesday June 2, 2015**

**10:00 am – 12:00 pm**

Please join Councillor Pat Saito at her annual Seniors' Fair on Tuesday June 2, 2015 from 10:00 am to noon. Everyone is welcome to come and learn about seniors' services from more than 30 agencies and organizations and enjoy the free refreshments. This year the Seniors' Fair will be held at the Meadowvale Church Centre at 6945 Meadowvale Town Centre Circle.

## **St Francis of Assisi Anglican Church Peace Service & Butterfly Release**

**Saturday June 6, 2015**

**11:00 – 1:00 pm**

Please join Councillor Pat Saito at St. Francis of Assisi Anglican Church, 6945 Meadowvale Town Centre Circle on Saturday June 6, 2015 from 11:00 am to 1:00 pm for a Peace Service and Butterfly release. The half hour service will include the re-dedication of the Peace Garden and a butterfly release to build peace in our community. Veterans, Scouts, Guides, and Religious institutions in our community will be in attendance. Donations can be made to sponsor a butterfly and to help "plant" peace in our community

Please check with your local community centre or library for Senior Month events if not listed above.

June is Seniors' Month

Celebrate!

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