

The City of Mississauga Celebrates Seniors' Month

***More information available at city community centres or
www.mississauga.ca/olderadults***

June 2014 marks the 30th anniversary of Seniors' Month in Ontario. This year's theme is **Aging Without Boundaries: 30 Years of Celebrating Seniors**. The theme recognizes the contributions seniors have made and continue to make to their community.

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 seniors and to put the spotlight on the local services and programs available in our community to assist seniors to live as independently as possible.

Check out the The Ontario Seniors' Secretariat website www.ontario.ca/seniorsmonth.



- [English](#) 
- [French](#) 
- [Chinese](#) 
- [Italian](#) 
- [Portuguese](#) 
- [Punjabi](#) 
- [Spanish](#) 

Senior Appreciation Week June 15 to 21

Check your community centres for events or www.mississauga.ca/olderadults

Check out the Thank you seniors messages on city facility's reader board signs during the month of June.

- ✓ ***World Elder Abuse Awareness Day*** which falls on June 15 each year.

BURNHAMTHORPE COMMUNITY CENTRE

Friday, June 20, 2014

A Fitness Event – promoting Older Adult Active Living is planned for this month. For more details contact the community centre.

Yoga Gentle Try it Class **11:00am-12:00 pm**

Snacks and Refreshments **12:00pm-12:30 pm**

Zumba Gold Try It Class **12:30pm-1:30 pm**

CARMEN CORBASSON COMMUNITY CENTRE

Tuesday, June 17, 2014

1:00-3:30pm

Free Older Adult Volleyball Drop-In

CLARKSON COMMUNITY CENTRE

Sunday, June 1, 2014

12:30 - 3 pm

Community Open House on at Clarkson Community Centre & Library.

- Ward 2 Councillor, Pat Mullin, is sponsoring a Free swim from 1 – 2:30 pm
- In the lobby, display highlighting local community and City initiatives and services

Friday, June 13, 2014

10:15 am

Flash Mob for Elder Abuse Awareness

FRANK MCKECHNIE COMMUNITY CENTRE

Thursday, June 19, 2014 Celebrating our seniors - free coffee/tea and cookies in the lobby.

Youth Advisory Committee (YAC) will be supporting the celebration of Senior's month.

HURON PARK RECREATION CENTRE

Wednesday, June 18, 2014

12:30 pm – 3:30 pm

Strawberry Bridge Tournament - Free

MALTON COMMUNITY CENTRE

Month of June

June 16-20, 2014

Saturday, July 5, 2014

ongoing

Ongoing

1-4p

Photo Scavenger Hunt

Check out our Banner Wall

Remember to Play event

MEADOWVALE COMMUNITY CENTRE

Tuesday, June 10, 2014 **1:00 pm - 3:00 pm** Councillor Saito's Seniors' Fair
Village Room.

There will be interactive displays with MiWay Mississauga Transit and Peel Paramedics as well as organizations such as the City of Mississauga Older Adult, Alzheimer Society of Peel, the Meadowvale Seniors' Social Club, CARP and many more providing information and answering questions.

MISSISSAUGA VALLEY COMMUNITY CENTRE

Tuesday, June 10, 2014 **1 pm** Spring planting and garden up keep Session - Free
Location: Program Room One (PR 1) Refreshments

RIVER GROVE COMMUNITY CENTRE

Watch for our reopening this summer.....

SOUTH COMMON COMMUNITY CENTRE

Wed June 11, 2014 **11:00 am – 3:30 pm**
Older Adult Appreciation Day - "Healthy Active Living"
Free - Aquafit, walking and line dancing and refreshments
Special Info session - Healthy Outdoor Living presented by Credit Valley Conservation Authority

MISSISSAUGA SENIORS' CENTRE

Tuesday, June 17, 2014 **12 -3 pm** Picnic in the Park- Lakefront Promenade
Entertainment- Jay Franco
Tickets - \$13 for members, \$15 for non-member
Picnic in the Park is an annual outdoor event catered by the Clarkson Pump. Tickets available at seniors' Centre until sold out.

Tuesday, June 24, ²⁰¹⁴ **12-3 pm** Garden Café Luncheon-
Event for Café volunteers by invitation only

Friday, June 27, 2014 **1-3 pm** Strawberry Bingo
Enjoy an afternoon of bingo followed by a scrumptious strawberry shortcake dessert.
\$9 for members, \$10 for non-members (cash only).
Tickets available through the Seniors' Centre special events committee until sold out.

SQUARE ONE OLDER ADULT CENTRE

Tuesday, June 10, 2014 **12:30pm - 3:30pm.** Seniors' Month Games Day
At this free event participants will be able to play bridge, euchre, gin rummy, cribbage, or dominoes. Refreshments and prizes will be part of the fun.

Tuesday, June 17, 2014 **9:00am - 1:00pm.** Health Living Expo
PEAPN and Square One Seniors Wellness Services will be the hosts featuring community exhibitors, nutritional experts, health, wellness and rejuvenation clinics, fitness demonstrations and fun activities.

At Mississauga West site
Tuesday, June 24, 2014 President's Tea and Strawberry Social
Free informative afternoon. Learn all about exciting programs, events and bus trips being offered.

The BURNHAMTHORPE LIBRARY

Wednesday June 4th **2:00-3:00 pm** **SENIOR TOURS CANADA PRESENTATION**
Wednesday June 11th **2:30-3:30 pm** **TALK ABOUT DIABETES –Apple-Hills Medical Pharmacy**
Wednesday June 18th **2:00-3:00 pm** **OLDER ADULT SOCIAL CLUB**

The CHURCHILL MEADOWS LIBRARY

Wednesday, June 25, 2014 **2-4 pm** eReader Demo & Info Session for seniors
“Are you thinking of buying an e-Reader? Did you just buy one and want to know how it works? Do you have a tablet or smartphone and you want to start getting eBooks on it? This eReader show-and-tell where you try out some of the most common eReaders and get some help with setup of your eReader device! Register now, space is limited!”

Monday, June 30, 2014 **6:00pm-8:30pm** Internet & Email for Beginners
Registration is required.

Saturdays, 1:00-2:00 pm **Session starts June 21, 2014** **Computer Buddies**
4 week sessions Basic computer skills for older adults. Registration is required.

Tuesday, June 17, 2014 **7:00-8:30 pm** Adult Book Club

Thursday, June 5, 2014 **7:00pm-8:30pm** Fusion Landscaping
Registration is required.

Mondays, **12:30pm – 2pm** English Conversation Circle
Improve your English conversation skills by sharing conversation with other newcomers.

The MISSISSAUGA CENTRAL LIBRARY

Wednesday, June 4, 2014 **10:30 – 11:30 am** Central Library Older Adult Social Club
Readers' Den Program Room. Chat with old friends or meet new ones and enjoy free refreshments.

Wednesdays at 2 pm "A Celebration of Women of the British Cinema"

June 4 – "Quartet" – starring Maggie Smith

June 11 – "The Queen" – starring Helen Mirren

June 18 – "Philomena" – starring Judi Dench

Mississauga Central Library Noel Ryan Auditorium

Wednesday, June 25, 2014 **2:00 pm** "An Afternoon of Light Entertainment"
Mississauga Central Library Glass Pavilion, Ground Floor
To register 905-615-3500 Ext. 3544 library.readers@mississauga.ca

The CLARKSON LIBRARY

Wednesday, June 11, 2014 - **11 am to 12 noon**

Friday, June 20, 2014 - All day

Wednesday, June 25, 2014 - **11 am to 12 noon**

Seniors' Social Club ---- Customer Appreciation Days!

Wednesday, June 11, 2014 **11:00am – 12:00pm** – Chair Yoga for Seniors with
instructor, Lori Torchia

Wednesday, June 25 **11:00am. – 12:00pm** - Sit and be fit - Chair excise for people
with disabilities With Regina Kim

Friday, June 27, 2014 **the whole day Event** - Customer Appreciation

The COOKSVILLE LIBRARY

Tuesday, June 3, 2014 **12-1 p.m.**

Join us for a special treat while celebrating Seniors Month! Enjoy complimentary cake and pastry while socialising with other friendly library members and staff. Share your thoughts and let us know what you'd like to see and do at your local library. Help us to help you. *RSVP* 905 615-4855.

The COURTNEYPARK LIBRARY

Wednesday June 18, 2014 **7-7.30 pm** Grandparents Story time (bring Grandma, Grandpa or an older adult with you to story time)

***The* ERIN MEADOWS LIBRARY**

Tuesday, June 10, 2014
Admission is Free

10 am start time

Falls and Fire Prevention Training

***The* LAKEVIEW LIBRARY**

Register for a FREE one-on-one tutorial – eReader, Tablet, Zinio Help Sessions
By appointment –

Wednesday, June 18, 2014 **6:30 to 8:00 pm**
Discussing “419”, by Will Ferguson

Book Club

Thursday, June 26, 2014 **11:30 to Noon**

Adult Social Club

***The* LORNE PARK LIBRARY**

Friday, June 20, 2014 **2-4 pm.** Celebrate the Joy of Reading and Writing
Listen to Margaret Terry, author of “Dear Deb” talk about how writing changed her life. Enjoy book talks and pick up the latest book suggestions.
Admission is Free

***The* MALTON LIBRARY**

Saturday, June 7, 2014 **2 – 3:00 pm** Older Adult Trivia
Multi-Purpose Room 3

Friday, June 27, 2014 **11 am – 1:00 pm** Older Adult Movie
Multi-Purpose Room 3

Saturday, June 28, 2014 **2 – 3:00 pm** Grandparent/Grandchild Wii Games
Multi-Purpose Room 3

***The* MEADOWVALE LIBRARY**

Information Displays

The first week of June

Osteoporosis

The second week of June

Hearing Society.

The third week of June

CARP

The fourth week of June

Alzheimer’s Society

Wednesday, June 4, 2014 **6:30 pm** *Your retirement income-how much is enough!*
Whether you’re already retired or soon to be retired, worrying about how far your retirement savings will take you can get in the way of moving forward and enjoying life. Come and learn to put that worry to rest with a six step plan for determining your retirement income longevity.

Saturday, June 7, 2014

10-2 pm

Health and Wellness Fair

Blood Pressure Clinic

Yoga Demonstration,

1 – 2 pm

Displays by: Square One Seniors West, Osteoporosis, Hearing Society, Alzheimer Society, and Streetsville Chiropractic.

The MISSISSAUGA VALLEY LIBRARY

Friday, June 27, 2014

10:30 – 12:00 pm

Falls and Fire prevention Training session for Older Adults

The PORT CREDIT LIBRARY

Thursday, June 5, 2014

12- 12:45pm

Chamber Music Society

Presents

The Factory Arts String Quartet performing Schumann and Mozart.

Free

Thursday, June 12, 2014

2pm

Tai Chi for Beginners

Tai Chi is an internal Chinese martial art that focuses on mental and spiritual aspects integrated into the movement. A gentle form of exercise with benefits ranging from increased flexibility to energy and balance. Learn the basics.

Free | Please Register

Thursday, June 19, 2014

1 – 3pm

Tablets 101: A Technology Workshop for Adults 55+

A hands-on workshop exploring how to use tablet computers, such as the iPad and Microsoft Surface.

Free | Please register

Thursday, June 26, 2014

2-3pm

Cyber Safety For Seniors

Presented by Peel Regional Police

Free | Please register

Thursday, June 26, 2014

7 – 8:30 pm

Summer Reads Preview: Patio Party and Book Display

Join us for refreshments on the patio and the chance to get first pick of the hottest new books for summer 2014!

Free | Please register

The SHERIDAN LIBRARY

Wednesday, June 4, 2014 **10 am** Adult Book Club
(The 100 Year Old Man Who Climbed Out the Window and Disappeared, by Jonas Jonasson)

Thursday, June 5, 2014 **10 am to 2 pm** ZOOMERS' Fair

Wednesday, June 18, 2014 **10 am** Zoomers' Café

Wednesday, June 11, 2014 **10 am start** De-cluttering workshop

The first Wednesday of every month Book Club

The SOUTH COMMON LIBRARY

Wednesday, June 1, 2014 **12:30 p.m.** Health Benefits of Nature for Older Adults
Join us as a speaker from the Credit Valley Conservation will explain how exposure to natural areas relieves stress and fosters well-being. Information and registration about a free upcoming visit to Terra Cotta on July 3rd will also be provided.

The STREETSVILLE LIBRARY

Wednesday, June 11, 2014 **6:00-7:30 pm**
Alzheimer of Peel presents a Dementia Overview and Community Resources
Gain Knowledge about what dementia is and how it affects the person with dementia, family, and friends and learn about the services and resources available to people with dementia and their caregivers Admission is Free

Thursday, June 12, 2014 **11 am – 1 pm** Blood Pressure Clinic

Wednesday, June 25, 2014 **11 am to noon** Larry Camejo will be demonstrating
Personal Safety and Self Defense **Free –** Refreshments will be provided

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