

***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 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](http://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](http://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,** <sup>2014</sup>                      **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 4<sup>th</sup>**    **2:00-3:00 pm**    SENIOR TOURS CANADA PRESENTATION  
**Wednesday June 11<sup>th</sup>**   **2:30-3:30 pm**    TALK ABOUT DIABETES –Apple-Hills Medical Pharmacy  
**Wednesday June 18<sup>th</sup>**   **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](mailto: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.*



## ***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 3<sup>rd</sup> 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.