



Mississauga seniors' centre news

A publication of the Mississauga Seniors' Centre
October/November/December 2015

Inside this issue

Centre Amenities and Information | Registered Programs and Activities | Special Events and Community Information.

Check out our website: mississauga.ca/olderadults

Recreation

 **MISSISSAUGA**



EVERGREEN
RETIREMENT COMMUNITY

NOT YOUR AVERAGE RETIREMENT RESIDENCE

Evergreen Retirement Residence is more than just a place to live...
IT'S A PLACE TO ENJOY LIFE!



Did You Know...

EVERGREEN RETIREMENT RESIDENCE HAS A LIFESTYLE FOR YOU?

SUITES STARTING FROM \$3,000

- Independent Lifestyle with meals, housekeeping, activities and more
 - Full Service Lifestyle with care services including medication management, personal care and more
- Secure Assisted Living Floor with additional care to allow for Aging in Place

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or to join in our exciting activities.**



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820 Scollard Court Mississauga, ON
(N.W. corner of Mavis & Eglinton)

ORDER OF EXCELLENCE



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MISSISSAUGA SENIORS' CENTRE

October/November/December 2015

CENTRE INFORMATION



WELCOME

The Mississauga Seniors' Centre is a City of Mississauga recreational facility for older adults 60 years and older. The centre is open 7 days a week* and has more than 1,300 members using its facilities. Members can participate in: activities, clubs, day trips, information sessions, registered programs, special events, and volunteer opportunities. The Centre features include: auditorium/gymnasium, billiards room, craft room, meeting room, garden café, library and computer lab.

ENJOY THE BENEFITS OF A MEMBERSHIP AT THE MISSISSAUGA SENIORS' CENTRE:

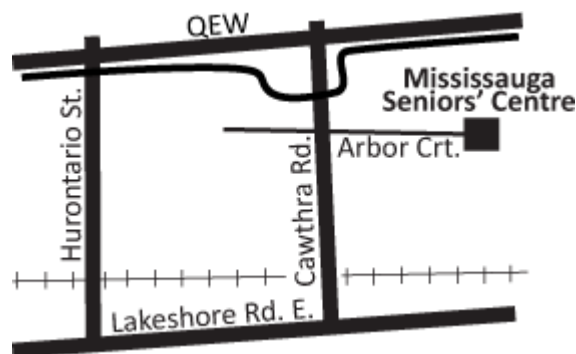
- Exciting programs designed for older adult enjoyment
- Participate in various fun activities at the centre
- Experience memorable day trips
- Enjoy special events such as luncheons, parties, dances, guest speakers and more
- Learn a new hobby or skill

MEMBERSHIP FEE:

Effective April 1st, 2015 an annual resident membership fee is \$25.00 (plus applicable taxes), non-residents must include an additional fee per person.

CENTRE & OFFICE HOURS

	CENTRE	OFFICE
Monday	8:00 am – 10:00 pm	9:00 am – 3:30 pm
Tuesday	8:00 am – 10:00 pm	9:00 am – 3:30 pm
Wednesday	8:00 am – 10:00 pm	9:00 am – 3:30 pm
Thursday	8:00 am – 10:00 pm	9:00 am – 3:30 pm
Friday	8:00 am – 10:00 pm	9:00 am – 2:00 pm
Saturday	9:00am – 1:00pm	CLOSED
Sunday	1:00pm – 5:00pm	CLOSED





GARDEN CAFE

The Garden Café is the heart of the Mississauga Seniors' Centre. This is where good friends gather to have a bite and socialize. The café is operated by wonderful women and men who volunteer their time.

Enjoy soups, sandwiches, desserts, beverages and more.

Monday to Friday 9:00 am – 1:00 pm.

The café is CLOSED from Mon Dec 14/15-Fri Jan 1/16 to give our volunteers a well-deserved break over the holidays. The café reopens on Mon Jan 4/16.

LIBRARY

The library is a quiet place to read, relax or surf the net. There is a wide variety of library materials from magazines to puzzles to large print books, all of which can be borrowed on the honour system. The library is operated by members who volunteer their time.

Monday to Friday 9:00 am – 4:00 pm

2016 JANUARY/FEBRUARY/MARCH NEWSLETTER SUBMISSION

Please drop off submissions to Amanda Cuddy in the office or email amanda.cuddy@mississauga.ca

Deadline for submissions is October 13, 2015.



Supporting Your Independence In The Home And Community

HOME HELP

Our dedicated Home Helpers provide assistance with cleaning, vacuuming, laundry, light meal preparation, and grocery shopping. Affordable rates. Call to determine eligibility.

BATHING

Qualified Personal Support Workers provide a weekly shower at no cost to you. Call to determine eligibility.

HOME MAINTENANCE AND REPAIR

Our screened and reliable Service Providers help with work needed inside and outside of the home at an affordable cost.

- Snow Removal
- Grass Cutting
- Gardening
- Window Cleaning
- Painting
- Small Repairs

Links2Care is a not for profit agency providing programs across Halton and Mississauga. Please call for information on programs offered in other areas.

905-844-0252

To learn more, visit us at www.links2care.ca



MISSISSAUGA SENIORS' CENTRE

October/November/December 2015

REGISTERED PROGRAMS

REGISTRATION DATES

Registration for Fall and Winter programs began on August 15, 2015.

Don't delay, register before classes are all full!

Note: Drop ins are only accepted if program registration is not at capacity. Some programs that are progressive in learning do not accept drop ins. A valid membership is required to drop in.

Reminder about Withdrawals, Transfers and Refund Requests: The effective date of the withdrawal is the date the withdrawal notice is received by the City, regardless of the date the participant stopped attending the class.

HOW TO REGISTER

Congratulations to everyone who registered online! We had 388 members register online for fall and winter programs.

2 WAYS	BENEFITS
<p>Online Registration began August 15, 2015</p> <ul style="list-style-type: none">Go to www.activemississauga.caHave your Family PIN and Client Barcode number readyAmerican Express, MasterCard, VISA acceptedPrint off a receipt from your printer	<ul style="list-style-type: none">Available 24/7Immediate confirmationCoordinate family schedulesFind new course optionsRegister for two seasons at the same timeNo waiting lines
<p>In Person Registration began August 22, 2015* Cash, debit or credit cards accepted at your local community centre or the Customer Service Centre in the Central Library (closed Saturdays) <i>*Mississauga Seniors' Centre office is closed on Saturdays and Sundays, therefore In Person began on Mon Aug 24/15.</i></p>	<ul style="list-style-type: none">Processed on the spotRegister for two seasons at the same time

IS YOUR MEMBERSHIP UP-TO-DATE?



Your Mississauga Seniors' Centre Membership must be up-to-date to register for programs, participate in activities and attend special events. Look on the back of your membership card for the expiry date.

When renewing your membership you will be asked a few questions which help us to compile centre stats and special event invitations. Thank you for your cooperation!

Computer Programs

These programs are all about increasing your comfort level and knowledge of new technology.

IPAD (6 WEEK PROGRAM, 1.5 HOURS PER CLASS)

We are excited to offer a more extensive course to learn the world of the Ipad. This indepth course is your gateway to information, fun & how to work your Ipad to create hours and hours of entertainment and learning. Participants must bring their own Ipad (Apple product) to class. Register today, class size is limited.

TECH TIME – LEVEL 1 (6 WEEK PROGRAM, 1.5 HOURS PER CLASS)

If you are new to computers, this 'combo' tech program is for you! Learning will include controlling windows, using a mouse, taskbar essentials, saving, opening and deleting documents, 5 steps to sending email, internet introduction & more.

TECH TIME – LEVEL 2 (6 WEEK PROGRAM, 1.5 HOURS PER CLASS)

Take the internet to the next level, master tabbed browsing, learn how to clean computer of unwanted junk, computer security, organize those files and so much more. A pre-requisite of Level 1 is required.

Check the computer lab for a full listing of details and dates available.

REGISTRATION INFORMATION

- MAXIMUM 6 PEOPLE PER CLASS
- PLEASE NOTE: TECH TIME PROGRAMS ARE NOT SUITABLE FOR MAC COMPUTER USERS

Computers for Fall 2015 & Winter 2016

COURSE NAME	COURSE CODE	START DATE	# CLASSES	TIME	FEE INCL. TAX
Ipad	686807	Thu Sep 24	6	10:30am	\$111.87
Tech Time 1	675258	Thu Sep 24	6	1:00pm	\$111.87
Tech Time 2	675259	Tue Nov 10	6	10:30am	\$111.87
Tech Time 1	680900	Thu Feb 18	6	1:00pm	\$111.87
Tech Time 2	680901	Tue Feb 23	6	10:30am	\$111.87

REGISTRATION INFORMATION

NON-RESIDENTS MUST INCLUDE AN ADDITIONAL FEE PER PERSON, PER PROGRAM. NON-RESIDENT REGISTRATIONS WILL BE PROCESSED 10 DAYS AFTER THE START OF REGISTRATIONS.

SCHEDULE IS SUBJECT TO CHANGE.

Featured Registered Programs

*This program is **NEW** to the Mississauga Seniors' Centre program line up!*

NEW!! Tap & Clap Cardio

Put a spring in your step with our new program "Tap & Clap Cardio!"

What is Tap & Clap Cardio?

This program is a cheerful and rhythmic chair aerobics exercise program designed to invigorate and inspire older adults who have been sedentary or are just starting a fitness program. The instructor will use this innovative approach to create simple, fun and effective exercise experiences that will motivate you to move and feel good which will lift your spirits and gets you moving safely!

What to wear?

Comfortable clothing and non-slip shoes.

Benefits of Tap & Clap Cardio

- Improved coordination and memory
- Toning and strengthening of muscles, including the heart and lungs
- Oxygenation of the blood
- Stimulation of the lymphatic system to support the immune system and weight loss
- Twisting, bending, stretching and tapping on the surface of the body to stimulate the flow of energy in the meridians which is beneficial to the vital organs
- Practical lifestyle tips for seniors to take responsibility for their health
- Relieves stress, stimulates happiness and smiling
- Co-ed program
- A social experience free of negativity!

Tuesdays, beginning January 12th for 9 weeks, \$35.60 including tax, course code 681069.

Instructor: Allison



MISSISSAUGA SENIORS' CENTRE

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REGISTERED PROGRAMS

Fitness Programs for Fall 2015 – See page 4 for registration details

For class descriptions, instructors and other details, please visit the Information Station.

COURSE NAME	COURSE CODE	START DATE	# CLASSES	TIME	FEE INCL. TAX
Forever Fit Ladies	675263	Mon Sep 14	13	9:15am	\$51.42
Full Functional Workout	675265	Mon Sep 14	13	9:15am	\$51.42
Fit Fellows	675260	Mon Sep 14	13	10:20am	\$51.42
OsteoFIT	675273	Mon Sep 14	13	10:30am	\$51.42
Weight Training/Fit Class	675278	Mon Sep 14	13	11:30am	\$51.42
Keep Fit for Bones Level 2	675270	Tue Sep 8	15	9:30am	\$59.33
Stretch & Strengthen Level 1	675276	Tue Sep 8	15	9:15am	\$59.33
Yoga MSC	675280	Tue Sep 8	13	9:30am	\$66.11
Keep Fit for Bones Level 1	675268	Tue Sep 8	15	10:40am	\$59.33
Stretch & Strengthen Level 2	681072	Tue Sep 8	15	10:25am	\$59.33
OsteoFIT	675274	Wed Sep 9	14	9:15am	\$55.37
Belly Fit Dance	675256	Wed Sep 9	15	9:30am	\$59.33
Yoga in a Chair	675279	Wed Sep 9	15	9:30am	\$76.28
Tai Chi Qigong	675277	Wed Sep 9	15	10:30am	\$59.33
Weight Training/Fit Class "NEW"	686578	Wed Sep 9	14	10:40am	\$55.37
Line Dancing Level 2*	687493	Wed Sep 9	14	11:15am	\$74.16
Yoga MSC*	675282	Thu Sep 10	15	9:25am	\$76.28
Keep Fit for Bones Level 2	675271	Thu Sep 10	14	9:30am	\$55.37
Yoga MSC	675281	Thu Sep 10	15	10:00am	\$76.28
Keep Fit for Bones Level 1	675269	Thu Sep 10	14	10:45am	\$55.37
Square Dancing	675275	Fri Oct 16	10	9:30am	\$50.85
Forever Fit Ladies	675264	Fri Sep 11	14	9:30am	\$55.37
Happy Tappers – Int/Adv	675267	Fri Sep 25	13	10:00am	\$51.42
Fit Fellows	675261	Fri Sep 11	14	10:30am	\$55.37
Gentle Joint & Stretch (Chair)	675266	Fri Sep 11	15	11:00am	\$59.33

*AT CARMEN CORBASSON COMMUNITY CENTRE

REGISTRATION INFORMATION

NON-RESIDENTS MUST INCLUDE AN ADDITIONAL FEE PER PERSON, PER PROGRAM. NON-RESIDENT REGISTRATIONS WILL BE PROCESSED 10 DAYS AFTER THE START OF REGISTRATIONS. SCHEDULE IS SUBJECT TO CHANGE.

Are you interested in Zumba Gold? We are finalizing details to offer you this class in the fall! Please leave your name and phone number at the Front Desk and we will contact you shortly with all the details.

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REGISTERED PROGRAMS

Fitness Programs for Winter 2016 – See page 4 for registration details

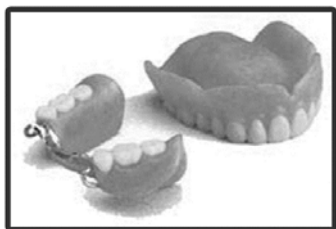
For class descriptions, instructors and other details, please visit the Information Station.

COURSE NAME	COURSE CODE	START DATE	# CLASSES	TIME	FEE INCL. TAX
Forever Fit Ladies	680906	Mon Jan 11	9	9:15am	\$35.60
Full Functional Workout	680907	Mon Jan 11	9	9:15am	\$35.60
Fit Fellows	680903	Mon Jan 11	9	10:20am	\$35.60
OsteoFIT	680915	Mon Jan 11	9	10:30am	\$35.60
Weight Training/Fit Class	680920	Mon Jan 11	9	11:30am	\$35.60
Keep Fit for Bones Level 2	680912	Tue Jan 12	10	9:30am	\$39.55
Stretch & Strengthen Level 1	680917	Tue Jan 12	9	9:15am	\$35.60
Yoga MSC	680922	Tue Jan 12	10	9:30am	\$50.85
Keep Fit for Bones Level 1	680910	Tue Jan 12	10	10:40am	\$39.55
Stretch & Strengthen Level 2	680918	Tue Jan 12	9	10:25am	\$35.60
Tap and Clap Cardio *NEW*	681069	Tue Jan 12	9	11:45am	\$35.60
OsteoFIT	680916	Wed Jan 13	10	9:15am	\$39.55
Belly Fit Dance	680899	Wed Jan 13	10	9:30am	\$39.55
Yoga in a Chair	680921	Wed Jan 13	10	9:30am	\$50.85
Tai Chi Qigong	680919	Wed Jan 13	10	10:30am	\$39.55
Weight Training/Fit Class	686580	Wed Jan 13	10	10:40am	\$39.55
Yoga MSC*	680924	Thu Jan 14	9	9:25am	\$45.77
Keep Fit for Bones Level 2	680913	Thu Jan 14	10	9:30am	\$39.55
Yoga MSC	680923	Thu Jan 14	10	10:00am	\$50.85
Keep Fit for Bones Level 1	680911	Thu Jan 14	10	10:45am	\$39.55
Square Dancing	681690	Fri Jan 15	9	9:30am	\$45.77
Forever Fit Ladies	680905	Fri Jan 15	10	9:30am	\$39.55
Fit Fellows	680902	Fri Jan 15	10	10:30am	\$39.55
Gentle Joint & Stretch (Chair)	680908	Fri Jan 15	10	11:00am	\$39.55

*AT CARMEN CORBASSON COMMUNITY CENTRE

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Are you looking for a Dentist?

Applewood Village Dentistry in the well-known Applewood Village Plaza in South Mississauga offers a complete range of services catering to the aging mouth. We understand the changes that come with age and understand the need to maintain good chewing efficiency in the golden years, and can provide gentle and efficient treatments to make sure your pearly whites last as long as you do!

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hear more C a n a d a

**FREE On-Site Hearing
Clinics at the Mississauga
Seniors' Centre:**

Monday, September 14th
Wednesday, October 14th
Monday, November 23rd

- Book today at the office or call Hear More, walk-ins always welcome
- FREE hearing testing
- FREE hearing aid cleanings
- Mississauga Seniors' Centre members save 10%
- Join the More Batteries Club and get a one-year supply of batteries for FREE!
- We will beat any competitor's price by \$50



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First Medical Place - FREE Parking
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MISSISSAUGA SENIORS' CENTRE

October/November/December 2015

ACTIVITY LISTING

Activities are led by volunteers. There is a nominal fee to participate. Drop in* to any of our well organized and welcoming activities! If you have any questions, please feel free to contact the Activity Leader.

ACTIVITY	ACTIVITY LEADER	PHONE #	DATES & TIMES	FREQUENCY	SEASONAL
5 Pin Bowling	Chester Kowalski Myron Masnyk	905-896-1387 905-275-3289	Monday 1:00pm	Weekly	Sep-May
Art Club*	Marielle Griffiths	905-275-0860	Monday 9:30am Thursday 9:30am Friday 9:30am Saturday 9:00am	Weekly Weekly Weekly Weekly	Jul & Aug All Year All Year Sep-Jun
Badminton*	Shashi Parab Martin Lovett	416-614-2092 905-916-1050	Monday 1:00pm Wednesday 12:00pm Thursday 1:00pm Friday 12:30pm Saturday 9:00am	Weekly Weekly Weekly Weekly Weekly	All Year Jul & Aug Sep-Jun Jul & Aug Sep-Jun
Bias Bowls	Tony Valenti Dave Sparkes	905-270-2717 905-625-1248	Wednesday 12:45pm	Weekly	All Year
Bid Euchre	Gertrude Finn	905-274-4261	Thursday 1:00pm	Weekly	All Year
Billiards	Gord Pitts	905-274-6611	Monday-Friday 8:30am Saturday 9:00am Sunday 1:00pm	Weekly Weekly Weekly	All Year Sep-Jun Sep-Jun
Bingo	June Gordon	905-897-0837	Friday 1:00pm	Weekly	All Year
Bridge - Duplicate	Doreen Bynoe	905-848-2520	Monday 12:30pm	Weekly	All Year
Bridge - Progressive	Richard Clarke	905-270-6345	Monday 12:30pm Tuesday 12:30pm Friday 12:30pm	Weekly Weekly Weekly	All Year All Year All Year
Bridge - Learning Group	Suren Somaia Prakash Gadhia	905-567-6231 905-916-1145	Tuesday 12:30pm	Weekly	All Year
Camera Club/Digital Imaging	Rudy Skarecky	905-270-5744	Thursday 1:30pm	4 th	Sep-Jun
Cawthra Golf Club	www.cawthraseniorgolf.com			Weekly	Apr-Oct
Chinese Opera Group	Shu Ren Dai	416-741-3061	Thursday 12:30pm	Weekly	All Year
Cribbage	Marion Hudson	905-271-7639	Tuesday 1:00pm	Weekly	All Year
Euchre	Patty & Betty Patoff	905-625-0295	Wednesday 1:00pm	Weekly	All Year
Friday Night Euchre	Carlo & Claudette Baldassini	905-274-1606	Friday 7:00pm	Weekly	Sep-Jun

*this activity does not accept drop in participants, contact Activity Leader for details.

MISSISSAUGA SENIORS' CENTRE

October/November/December 2015

ACTIVITY LISTING

ACTIVITY	ACTIVITY LEADER	PHONE #	DATES & TIMES	FREQUENCY	SEASONAL
Horseshoes	Vic Gaudet	905-897-0965	Tuesday 1:00pm Friday 1:00pm	Weekly Weekly	May-Oct May-Oct
Indoor Flying Club	Jim Calvert	905-828-5993	Monday 1:00pm	Weekly	Sep-Jun
Investment Group	Paul Longwell	905-271-5792	Thursday 1:30pm	1 st	Sep-Jun
Literary Loonies	June Butler	905-274-1916	Friday 1:00pm	1 st	Sep-Jun
Mah Jongg	Jean Kondrak	905-278-8348	Wednesday 10:00am	Weekly	All Year
Mississauga Swing Band	Ron Schriber	416-924-0017	Tuesday 12:30pm Friday 12:30pm	Weekly Weekly	All Year Sep-Jun
Monday Morning Dance	Raluca Popov	905-278-2208	Monday 10:00am	Weekly	All Year
Nordixx Pole Walking	Maria Csabai	905-272-3233	Tuesday 10:15am	Weekly	All Year
Pickle Ball	Alan Rouse Parbhoo Bhikha	905-274-7704 905-270-9383	Friday 2:30pm	Weekly	Sep-Jun
Pickle Ball	Paul Schirripa	905-629-0424	Thursday 12:30pm	Weekly	Jul & Aug
Port Credit Lawn Bowling Club	Terry Green	905-275-1276	Call	Call	Call
Scrabble	Marielle Griffiths	905-275-0860	Wednesday 10:00am	Weekly	All Year
Senior Skaters	Jean-Paul Bourgon	905-274-5903	Tuesday 10:00am Thursday 10:00am	Weekly Weekly	Oct-Apr Oct-Apr
Shuffleboard (Floor)	Phyllis Hickingbottom Lois Weyenberg	905-276-0567 905-274-4923	Thursday 9:00am	Weekly	All Year
Stitch & Chat	Veronica Sykes	905-278-4934	Monday 12:30pm	Weekly	Sep-Jun
Sunday Dance	Diane Huba	905-820-2535	Sunday 1:30pm	Weekly	Sep-Jun
Table Tennis	Edward Atkinson Elizabeth Lutens	905-275-5926 416-233-6319	Tuesday 6:30pm Sunday 1:00pm	Weekly Weekly	All Year Sep-Jun
The Entertainers	Ken Morris Rosemary Murphy	905-276-9483 416-255-6913	Thursday 11:00am	Weekly	All Year
Vocalmotion	Diana Revelins	905-468-8298	Wednesday 12:00pm Tuesday 10:00am	Weekly Weekly	Sep-Jun Jul & Aug
Walking Club	Carol	905-274-6924	Tuesday 9:00am Thursday 9:00am	Weekly Weekly	All Year All Year
Whist	Ron Bonne Betty Hunt	647-524-9039 905-822-2738	Monday 1:00pm	Weekly	All Year
Writers & Poets	Raluca Popov	905-278-2208	Wednesday 10:30am	1 st	All Year

PARTICIPATION INFORMATION

A VALID MEMBERSHIP TO THE MISSISSAUGA SENIORS' CENTRE IS REQUIRED TO PARTICIPATE IN ALL ACTIVITIES. SCHEDULE IS SUBJECT TO CHANGE.

Featured on the cover is Nordixx Pole Walking

Nordixx Pole Walking is fun exercise plus a great approach to socializing and meeting new people. The use of poles encourages proper form and posture while walking, resulting in less strain and pressure on your joints. Come out and give it a try! For more information, call Maria at 905-272-3233.

Lakeview Library Programs

Come and visit us!

The Lakeview Library has many books on CD and in Large Print.

Let us help you find something you like!

We're at 1110 Atwater Ave, East of Cawthra Rd, just down the street from the Seniors' Centre.



Lakeview Library staff at the Mississauga Seniors' Centre!

We're at the Mississauga Seniors' Centre (1389 Cawthra Road) every other month with information about the Library's programs, and helping to downloading FREE books, songs, or magazines from the Library to your eReader. Stop by and pick up your free book to keep!

Wednesday, December 2, 12:30-1:30 p.m.

eHelp

Lakeview Library

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.

Book Club

Lakeview Library

Join us from 6:30 – 8:00 p.m. 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

Wednesday, October 21 - "The last runaway," by Tracy Chevalier

Wednesday, November 25 – "The museum of extraordinary things," by Alice Hoffman

Wednesday, December 16 – "I shall not hate: a Gaza doctor's journey," by Izzeldin Abuelaish

Family History Research

Learn how to use the FREE online resource Ancestry Library Edition in this session with an experienced librarian and genealogist from the Central Library. Space is limited, call 905 615-4805 to reserve your place.

Tuesday, October 20, 7-8 p.m.

FREE notarization service

Get your documents notarized free of charge, courtesy of the Newcomer Information Centre.

Drop in on **Tuesday, November 10, 12-7 p.m.**

Canadian Blood Services Information Table

Did you know that it takes up to 50 blood donors to save a victim involved in a car crash? Canadian Blood Services will answer questions about how you can save lives by donating blood and provide information about our other exciting programs which include One Match, Cord Blood, Partners for Life, and how you can volunteer with them. Individuals will also be able to book an appointment at their local clinic in Heartland Town Centre or any of the future mobile clinics.

Saturday, November 28, 1-3 p.m.

Tuesday, December 8, 5-7:30 p.m.



Your Lifestyle...
for a Lifetime



Our Services

- ☀ Friend at Home
- ☀ Personal Support at Home
- ☀ Nurse at Home
- ☀ Hospital Discharge Package
- ☀ Alzheimer & Dementia Care
- ☀ Live-In Care
- ☀ Handyman at Home
- ☀ Therapeutic Art Program **new**

🍁 Veterans Affairs Canada Health Identification Cards Accepted



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☀ info@icarehomehealth.ca
☀ www.icarehomehealth.ca





Events, excursions, demonstrations, concerts. And that's just the morning.

Independent seniors at Revera – The Beechwood thrive on choice.

At Revera, it's a familiar refrain: "I should have come sooner—there's so much to do!" Seniors who expect to find themselves bored at a retirement residence are surprised to find that, at The Beechwood, they end up having fun—doing what they love.

Full, rich lives

"It all centres on choice," says Director of Recreation, Anne Terselic. "We have hours of recreation activities and a variety of offerings each day of the week." The Beechwood residents select independently between creative workshops; customized fitness classes in modern facilities including yoga and tai chi; events like movie nights, shopping trips, gardening groups, excursions to

the theatre, concerts, and museums; as well as participating in educational seminars and lectures.

Six domains of wellness

Revera feeds people's six needs for wellbeing: physical, social, intellectual, emotional, vocational, and spiritual. "We tailor activities to residents' preferences," explains Anne. "We have a 'conversation of favourites' to learn their interests, look for emerging trends and then organize programs around those."

Life – the way you shape it

Revera's priority is to make resident experiences exceptional through a variety of programs and activities. "We promote physical, cognitive and nutritional wellness at The Beechwood through Revera's Rev It Up

program, and the Dakim Brain Fitness program – a series of computer games that keep seniors mentally sharp," says Anne.

Fabulous food

Like all Revera kitchens, The Beechwood features high-quality ingredients, prepared fresh daily by our world-class chefs. "Fresh food tastes better and puts smiles on people's faces," says Barbara Fletcher, Director of Culinary Services at The Beechwood. Meals are served by professionally trained staff, with flexible dining times.



Amenities abound in a charming setting

The Beechwood is a full service retirement community situated in the heart of Mississauga's Rockwood Village overlooking picturesque Beechwood Park. The Beechwood is designed for comfort just steps from an abundance of community amenities, the Rockwood Mall, and easily accessible to four major highways.

The Beechwood offers elegant décor and a variety of spacious suite layouts. All suites are equipped with large windows, in-suite climate control, roomy closets and private bathrooms. Residents love bringing in their own furniture and setting up their suite to their liking.

Anne Terselic adds, "Revera is full of active, independent people who like doing things for themselves. They pick the movies and parties they want, such as our weekly Happy Hours with cocktails and appetizers. It's all about understanding people's needs."

Maria Mercione, Executive Director at The Beechwood, sums it up: "Here, recreation is simply a part of daily life – we make it fun to stay active and meet new friends. That's the key to enjoying life!"



Lunch or Dinner is on us!*

Join us for complimentary meal, at a time and day of your choosing. Bring a friend or family member.

Call The Beechwood at 905-238-0800 to book your free lunch or dinner.

*Some conditions may apply.

revera
Retirement Living

The Beechwood
1500 Rathburn Rd E
Mississauga
905-238-0800
reveraliving.com



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• Bring your own racquet. Some spare racquets will be available for the first clinic.

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Shashi N. Parab - Tel 416-614-2092
-email shashinparab@yahoo.ca

Location : MISSISSAUGA SENIORS' CENTRE

1389 Cawthra Road
Mississauga, ON L5G 4L1

Fall Clinic Dates: To be determined **Time:** 5.00 pm to 7.00pm





InterGen

An Art Event for Everyone

Saturday, November 21, 2015 10:00 am to 4:00 pm

Mississauga Seniors' Centre
1389 Cawthra Road, Mississauga L5G 4L1

SALE 500+ WORKS OF ART | MAKE AND TAKE FOR ALL AGES | ARTIST DEMONSTRATIONS
FREE DRAW FOR 2 WORKS OF ART | FREE ADMISSION AND REFRESHMENTS

Join 50+ artists from Cawthra Park Secondary School Visual Arts and Mississauga Seniors' Art Group as they exhibit over 500 pieces of art in wide variety of media, styles and sizes suitable as gifts for you, your family and friends. Prices range from \$5 to \$300. Cash or cheque only.

<http://intergenartevent.blogspot.com>



Mississauga Senior Games, District 20

We have been very active in the past few months with twelve tournament events. Fun was had by all and remembers "It is Our Time to Play". Congratulations to ALL participants for taking part in the Mississauga Senior Games, District 20, Games.

September 23rd Mississauga Senior Games, District 20, hosted "HUBB REGIONAL GAMES", OSGA 55+. This covers six districts surrounding the GTA, Districts 15, 16, 17, 18, 19, 20. Thanks to all participants for supporting the HUBB Regional Games. Fun was had by all.

Our Celebration Ceremonies are held on Friday, October 23rd; tickets will be available at the Mississauga Seniors' Centre for \$5 from Sep 8-30 (earlybird special) and \$6 from Oct 1-16 (cash only). Or call Denise at 905-274-5903. Watch for poster information. Event is sponsored by Amica City Centre.

Winter Games planning is already underway. Hope you will find one or more event that will give you the opportunity to participate. Events are: Badminton, Curling, Duplicate Bridge, Skating (Prediction), Snooker, Table Tennis, 10 Pin Bowling and Volleyball. Some events qualify for the OSGA 55+ Provincial Games in February. More info to follow.

If you are interested in volunteering, please contact Mr. Sandy Chu, 647-293-8167.

Further information is available on the Senior Games Information Board at Mississauga Seniors' Centre or by contacting District Co-Ordinator Mr. Sandy Chu, 647-293-8167. Event flyers will be posted on the Ontario Senior Games web site, www.ontarioseniorgames.ca click events tab, District 20 as the events get scheduled.

Come out, participate, have fun and meet new people. We look forward to seeing you at the events!

NEW NAME. SAME GREAT SERVICE.



Parkland Retirement Living is proud to be expanding into Mississauga with our newest property Parkland on the Glen. We've been providing senior services and care in the Maritimes since 1988, and now we look forward to serving clients in Ontario.

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For more information and to arrange a personalized tour visit
ParklandRetirementLiving.com

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mississauga.ca/giftcards

Recreation

 MISSISSAUGA

WHERE

Mississauga Seniors' Centre

Lucy Turnbull Auditorium

SENIORS' CENTRE CELEBRATION

It's always "the social event of the year"! You won't want to miss this exclusive members-only event. Come on out and mingle with other members to celebrate all that we have at the centre! Enjoy Coffee, Tea, Cake & Entertainment!

For more information call 905-615-4810 ext. 0.

TIME

2:00-4:00PM

DATE

Thursday, November 19, 2015

Admission is FREE but you must bring a non-perishable food item into the office to get your ticket (one ticket per person) beginning Monday, September 21, 2015. Limited tickets available. All non-perishable food items will be donated to our local foodbank.

RSVP

MISSISSAUGA SENIORS' CENTRE




October/November/December 2015

SPECIAL EVENTS

2015 EVENTS AT THE MISSISSAUGA SENIORS' CENTRE

For a detailed description of an event including date, time, ticket price and when tickets go on sale, refer to the Special Events board at the centre in the months leading up to the event.



Don't delay, limited tickets available and most events sell out! Please note: Events are for members of the Mississauga Seniors' Centre only.

SPECIAL EVENTS		SPECIAL EVENT DESCRIPTIONS
October	Over 80s Luncheon Tuesday, October 6, 2015 Sponsored by:  ROBERT SPECK retirement residence  RETIREMENT COMMUNITY  Retirement Community by Signature	If you are a member of the Mississauga Seniors' Centre and over the age of 80, you are invited annually to join us for this event presented by our Over 80's Volunteer Committee. Eligible members received an invitation in the mail in early August (please note: your membership must have been up-to-date and qualifying questions needed to have been answered). Tickets were available in the office beginning August 17. The event is now sold out. If you would like to have your name put on a waitlist please call the office at 905-615-4810 x 0. Cost: \$4
	Senior Games Celebration Ceremonies Friday, October 23, 2015	Tickets will be available at the Mississauga Seniors' Centre beginning Sep 8. Tickets are \$5 from Sep 8-30 and \$6 from Oct 1-16 (cash only). Call Denise 905-274-5903 or watch for posters for more information.
November	Seniors' Centre Celebration Thursday, November 19, 2015	It's always "the social event of the year"! You won't want to miss this exclusive members-only event. Come on out and mingle with other members. Enjoy coffee, cake, tea and entertainment! Admission is FREE but you must bring a non-perishable food item into the office to get your ticket (one ticket per person). Pop by the centre office and get yours beginning Monday, September 21, 2015. Limited tickets available. All non-perishable food items will be donated to our local foodbank.

MISSISSAUGA SENIORS' CENTRE

October/November/December 2015

SPECIAL EVENTS

SPECIAL EVENTS		SPECIAL EVENT DESCRIPTIONS
December	Be a Santa to a Senior Wrapping Party Thursday, December 10, 2015 Presented by: Home Instead Senior Care 	The Mississauga Seniors' Centre will play host to the Be a Santa to a Senior Wrapping Party presented by Home Instead Senior Care. Volunteers needed. A sign up sheet will be available in the office mid-November. If you can help us wrap the hundreds of gifts that will be donated please join us, we would appreciate the help! Home Instead Senior Care will provide all the wrapping supplies. For further details on the Be a Santa to a Senior Program visit www.beasantatoasenor.com . Cost: FREE
	Christmas Lunch Tuesday, December 15, 2015 Sponsored by: 	Please join us for some holiday cheer! Enjoy a turkey dinner with mixed greens salad, turkey, cranberries, mashed potatoes, stuffing, gravy, vegetables, rolls, butter and dessert. Entertainment to follow. This annual event sells out every year so get your tickets early! Tickets go on sale Mon Sep 14 at 9am. Last day to purchase tickets is December 3 at 3pm unless event is sold out before then. Cost: \$15



Volunteers

NEW VOLUNTEERS ARE ALWAYS APPRECIATED TO ASSIST IN THE OPERATION OF THE GARDEN CAFÉ, DAY TRIPS, FOR OFFICE HELP AND FOR SPECIAL EVENTS AND ACTIVITIES. IF YOU HAVE A FEW HOURS PER WEEK, PLEASE CONSIDER JOINING US.

FOR MORE INFORMATION CALL 905-615-4810



On the cover: Nordixx Walking Members & Volunteers
(Left to right) Maria Csabai (certified instructor),
Monique Straker (certified instructor), Kathleen Jay

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MISSISSAUGA SENIORS CENTRE FUND COMMITTEE

The purpose of this committee is:

- To review requests for new furnishings and equipment for activities as requested by Activity Leaders and provide funding upon approval of request
- To sponsor Special Events as approved by the Centre Fund Committee

Committee members are as follows:

EDWARD ATKINSON
FRANCOISE BRUNI
DONNA ENGLEBERT
LILIAN HARWOOD
IVOR JOSHUA
JEAN KONDRAK
RALUCA POPOV
RON SCHRIBER
VERONICA SYKES

The committee meets once per month to discuss centre business, however committee members are available to chat with individuals whenever needed.

We need your help!

We are actively seeking members to help us with a variety of opportunities. Watch for Volunteer Job Postings going up on the Volunteer Board in the café hallway. Apply for any and all opportunities you have a passion for. Examples of some jobs you may see posted are:

- Garden Café Volunteers
- Café Coffee Attendant
- Centre Greeter & Tour Guide
- Day Trip Committee Members
- ... and more

Thank you to those who have already applied for positions!

If you would like to receive postings via email please send your request to SeniorsCentre.Volunteering@mississauga.ca

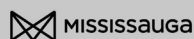


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City of Mississauga, 300 City Centre Drive,
Mississauga, Ontario, Canada L5B 3C1
905-615-4100

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HELEN MCCARTHY – JUNE 18, 2015

LEONILLA HERZIK – JULY 2, 2015

*"It's not the years in your life that count,
it's the life in your years."*

- Abraham Lincoln



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NEWSLETTER PRICING GUIDE AND INFORMATION

Are you interested in placing your ad in the Mississauga Seniors' Centre Newsletter? We print and distribute over 2,500+ copies each quarter and the newsletter is also available on www.mississauga.ca. This is a great way to promote your product or service to a large group of local seniors. To publicise our programs and services, we produce four newsletters a year.

The Mississauga Seniors' Centre is a recreational facility for older adults 60 years and older. The centre is open 7 days a week and has more than 1,300 members using its facilities. Members can participate in: activities, clubs, day trips, information sessions, registered programs, special events, and volunteer opportunities. The Centre features include: auditorium/gymnasium, billiards room, craft room, meeting room, garden café, library, and computer lab.

BENEFITS OF ADVERTISING

- Circulated to over 2,500 seniors in Mississauga
- Distribution includes various retirement homes and communities, libraries, and community centres.
- Limited advertising space provides minimal competition allowing your message to get noticed

Contact Michael Campbell at 905-615-3200 x3461 or michael.campbell@mississauga.ca for more information.



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miway.ca/busfares



 MISSISSAUGA



14th *Complimentary* Annual Veterans Appreciation Luncheon

Access Abilities welcomes all Veterans & spouses | guests



Celebrate Our Nation's Heroes!

Monday, November 2, 2015
Oakville Conference Centre

2515 Wyecroft Road

10:15 am

Registration & seating begins

Enjoy displays, refreshments, music & magic

11:30 am - 2:00 pm

Commemorative ceremony & lunch

Featuring:

- MC, Dave Devall
- Flag & wreath ceremony
- Colour Party | Burloak Naval Veterans
- The Mantini Sisters
- The Entertainers | Kerr Street Big Band
- Hamilton Signals | Korea Veterans Association
- Oakville Museum
- Museum of Applied Military History
- Canadian Red Cross & more
- Door prizes & small gift for every attendee
- Enjoy special moments with comrades
- Flypast | Great War Flying Museum at 1:45 pm [weather permitting]

Dear Veterans,
This is your special
day. Please wear
your medals
proudly!



Register!

Please contact Kristin Courtney by October 10, 2015

905-825-5335 ext. 300

kristin@accessabilities.ca



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