

Sauga Connections for Older Adults – July 2024

For full program descriptions, links to register or to join our virtual programs, visit our website at: saugaconnectsolderadults.ca

Monday	Tuesday	Wednesday	Thursday	Friday
Yarn Crafters 1:30 to 2:30 pm ¹	Coffee Talk 11 am to 12 pm Virtual Art Talk Presented by: Art Gallery of Ontario ²	Fit Break 10:30 to 11:15 am Chair Yoga ³	Hot Topic 11 am to 12 pm Indigenous Art Presented by: McMichael Canadian Art Collection ⁴	Fit Break 1:15 to 2 pm Strength & Stretch ⁵
Yarn Crafters 1:30 to 2:30 pm ⁸	Coffee Talk 11 am to 12 pm Open Window Hub Resource Centre Presented by: City of Mississauga (Library) ⁹	Fit Break 10:30 to 11:15 am Walk Fit ¹⁰	Hot Topic 11 am to 12 pm From Paris with Love Presented by: Lianne Harris (History by Harris) ¹¹	Fit Break 1:15 to 2 pm Drum Fit ¹²
Yarn Crafters 1:30 to 2:30 pm ¹⁵	Coffee Talk 11 am to 12 pm History of Preserving Jams and Jellies Presented by: City of Mississauga (Museums) ¹⁶	Fit Break 10:30 to 11:15 am Chair Pilates ¹⁷	Hot Topic 11 am to 12 pm Meditation Presented by: City of Mississauga (Fitness) ¹⁸	Fit Break 1:15 to 2 pm Strength & Stretch ¹⁹
Yarn Crafters 1:30 to 2:30 pm ²²	Coffee Talk 11 am to 12 pm Virtual Galleries Tour Presented by: Canadian Museum for Human Rights ²³	Fit Break 10:30 to 11:15 am Zumba Gold ²⁴	Hot Topic 11 am to 12 pm Rainbow Talks Presented by: Rainbow Sauga Alliance ²⁵	Fit Break 1:15 to 2 pm Yoga/Meditation ²⁶
Yarn Crafters 1:30 to 2:30 pm ²⁹	Coffee Talk 11 am to 12 pm Free Programs and Services to Support Caregivers Presented by: Ontario Caregiver Association ³⁰	Fit Break 10:30 to 11:15 am Sit Fit ³¹		



Sauga Connections for Older Adults

Free live online activities every weekday

You're invited to join us each weekday for a variety of free, interactive, virtual activities for residents ages 55+ through your computer, tablet, or phone! All our events are free, and we will never ask you for your credit card information.

Program information:

- Programs are free and open to all residents ages 55+
- Programs include group discussions, activities, and fitness classes
- All sessions open 5 minutes before the designated start time
- Each activity is 45-60 minutes
- For privacy reasons, we do not record any of our sessions
- All sessions are live

How to connect:

1. Review the program schedule - available at saugaconnectsoldieradults.ca or by calling our Older Adult team (*see below*)
2. Choose how to participate:
 - **On your phone** - dial-in using the phone numbers and instructions on the [website](#), or contact the Older Adult team (*see below*)
 - **On your device** - use your computer, laptop, tablet, or smartphone
 - If you are joining on a device listed above, please [download](#) the Webex App before the session
 - Technical tutorials are available on the [website](#) or contact the Older Adult team for support (*see below*)
3. Connect and enjoy - there's no need to pre-register, just dial in or use the link provided for your program

For more information or support:

If you require support to join by computer or phone, contact Jordan O'Dell at 905-615-4810 ext.3719 or jordan.odell@mississauga.ca