

Sauga Connections for Older Adults – August 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Topic 11 am to 12 pm The Lost Queen's Bush Settlement: The Story of an Early Ontario Black Community Presented by: Engaging Talks by Annemarie Hagan	2 Fit Break 1:15 to 2 pm Low and Tone
5 Civic Holiday!	6 Coffee Talk 11 am to 12 pm Segregation in WWI: Canada's Black Battalion Presented by: Engaging Talks by Annemarie Hagan	7 Fit Break 10:30 to 11:15 am Chair Yoga	8 Hot Topic 11 am to 12 pm Owls Presented by: The Riverwood Conservancy	9 Fit Break 1:15 to 2 pm Strength and Stretch
12 Yarn Crafters 1:30 to 2:30 pm	13 Coffee Talk 11 am to 12 pm Speaking of Bones Presented by: STG Wellness	14 Fit Break 10:30 to 11:15 am Zumba Gold	15 Hot Topic 11 am to 12 pm How to Master Nutritional Transparency and Decode Labels Presented by: Mel Can Nourish	16 Fit Break 1:15 to 2 pm Walk Fit
19 Yarn Crafters 1:30 to 2:30 pm	20 Coffee Talk 11 am to 12 pm The Future is Electric: Electronic Vehicles (EVs) Presented by: Plug'n Drive	21 Fit Break 10:30 to 11:15 am Chair Pilates	22 Hot Topic 11 am to 12 pm Women in History: Canadian Series Presented by: History by Harris	23 Fit Break 1:15 to 2 pm Chair Zumba
26 Yarn Crafters 1:30 to 2:30 pm	27 Coffee Talk 11 am to 12 pm Caregiving Essentials Presented by: Ontario Caregiver Association	28 Fit Break 10:30 to 11:15 am Sit Fit	29 Hot Topic 11 am to 12 pm Money Management for Older Adults Presented by: Credit Canada	30 Fit Break 1:15 to 2 pm Core and Balance



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 Brooke Costa at 905-615-4840 ext. 2654 or brooke.costa@mississauga.ca