

Sauga Connections for Older Adults – October 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 Coffee Talk 11 am to 12 pm Canada Pension Plan Refresher Presented by: Service Canada	2 Fit Break 10:30 to 11:15 am Strength and Stretch	3 Hot Topic 11 am to 12 pm Exploring Urban Forests Presented by: City of Mississauga (Forestry)	4 Fit Break 1:15 to 2 pm Chair Pilates
7 Yarn Crafters 1:30 to 2:30 pm	8 Coffee Talk 11 am to 12 pm Fire Prevention Week: Smoke Alarms Presented by: City of Mississauga (Fire)	9 Fit Break 10:30 to 11:15 am Sit Fit	10 Hot Topic 11 am to 12 pm History of Natural Dyes Presented by: City of Mississauga (Museums)	11 Fit Break 1:15 to 2 pm Low and Tone
14 Yarn Crafters 1:30 to 2:30 pm	15 Coffee Talk 11 am to 12 pm Terry Fox Presented by: Terry Fox Foundation	16 Fit Break 10:30 to 11:15 am Strength and Stretch	17 Hot Topic 11 am to 12 pm Keeping your Money Safe Presented by: Ontario Securities Commission	18 Fit Break 1:15 to 2 pm Chair Yoga
21 Yarn Crafters 1:30 to 2:30 pm	22 Coffee Talk 11 am to 12 pm Service Canada Account Refresher Presented by: Service Canada	23 Fit Break 10:30 to 11:15 am Chair Zumba	24 Hot Topic 11 am to 12 pm Your Smile, Your Health Presented by: LAMP Community Health Centre	25 Fit Break 1:15 to 2 pm Walk Fit
28 Yarn Crafters 1:30 to 2:30 pm	29 Coffee Talk 11 am to 12 pm Caregiver Burnout Presented by: Alzheimer Society of Peel	30 Fit Break 10:30 to 11:15 am Spooky Zumba Gold	31 Hot Topic 11 am to 12 pm Superstitions Presented by: History by Harris	



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