

Sauga Connections for Older Adults – January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No Programming Happy New Year!	2 Hot Topic 11 am to 12 pm Connecting Seniors and Caregivers to Care in Mississauga Presented by: Mississauga Health	3 Fit Break 1:15 to 2 pm Walk Fit
6 Yarn Crafters 1:30 to 2:30 pm	7 Coffee Talk 11 am to 12 pm Animal Services Presented by: City of Mississauga (Animal Services)	8 Fit Break 10:30 to 11:15 am Chair Yoga	9 Hot Topic 11 am to 12 pm A Partner Presentation Presented by: Trillium Health Partners	10 Fit Break 1:15 to 2 pm Zumba
13 Yarn Crafters 1:30 to 2:30 pm	14 Coffee Talk 11 am to 12 pm Seated Ballet Presented by: City of Mississauga (Culture)	15 Fit Break 10:30 to 11:15 am Sit Fit	16 Hot Topic 11 am to 12 pm Exhibition Overview: The 4th Annual Juried Show Presented by: Art Gallery of Mississauga	17 Fit Break 1:15 to 2 pm Core & Balance
20 Yarn Crafters 1:30 to 2:30 pm	21 Coffee Talk 11 am to 12 pm Frauds and Scams Presented by: Ontario Securities Commission	22 Fit Break 10:30 to 11:15 am Stretch & Strength	23 Hot Topic 11 am to 12 pm The Past, Present, and Future of Canada's Largest Airport Presented by: GTAA	24 Fit Break 1:15 to 2 pm Chair Zumba
27 Yarn Crafters 1:30 to 2:30 pm	28 Coffee Talk 11 am to 12 pm Eastern Chipmunks Presented by: Riverwood Conservancy	29 Fit Break 10:30 to 11:15 am Low and Tone	30 Hot Topic 11 am to 12 pm A Partner Presentation Presented by: ABC Life Literacy Canada	31 Fit Break 1:15 to 2 pm Chair Pilates



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