SQUARE ONE OLDER ADULT CENTRE 2010 FALL BROCHURE

SEPTEMBER / OCTOBER / NOVEMBER / DECEMBER



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Affiliated with:



Mississauga, Ontario L5B 2C9 (905) 615-3207 Fax: (905) 615-3455

www.sq1oac.com



100 City Centre Drive P.O. Box 2214



Contact Information

100 City Centre Drive, P.O. Box 2214
Mississauga, ON L5B 2C9
(905) 615-3207 Fax: (905) 615-3455
contact us at: squareoneoac@rogers.com
www.sqloac.com

Hours of Operation

Monday to Friday: 8:30am - 4:30pm

Saturday: 9:00am - 4:00pm

Travel Office Hours

Monday to Friday: 9:30am - 1:30pm

Cozy Corner Café Hours

Monday to Friday: 9:30am - 1:30pm

Closure Dates

Monday, September 6th, Monday, October 11th, Thursday, December 23rd at Noon, Friday, December 24th - Monday, December 27th, Friday, December 31st & Saturday, January 1st.

Weather Cancellations

In the event of **severe weather**, please contact the Centre at (905) 615-3207, please listen to the recorded message to ensure that your program will take place.

There is an elevator down to the Centre and all rooms are wheelchair accessible. The Centre is managed by an incorporated, non-profit, volunteer Board of Directors. The organization is affiliated in good standing with the City of Mississauga Recreation and Parks, Community Services Department and a member of the Older Adult Centres' Association of Ontario.

Our Mission

A Centre, operated by and for Mississauga's Older Adult Residents who are 50+ years of age, which provides social, health, educational, and recreational opportunities to enhance their quality of life.

Membership Information

Mississauga residents 50 years of age and better (spouses may be under 50) are welcome to join the Centre (1/2 price as of June 1st) for \$12.00 for the 2010 Calendar year. Non-Residents may join for \$14.00 (1/2 price as of June 1st). 2011 memberships will be on sale on Wednesday, December 1st.

Membership Benefits

- * Access to programs, events and services
- * Discounts on special events and bus trips
- * Seasonal Brochure
- * Members' Newsletters
- * Vote at the Annual General Meeting
- * Free Internet Café
- * Community resource literature
- * Seniors discount list for Square One stores
- * Volunteer Opportunities
- * Free health and wellness services through Square One Seniors Wellness Services
- * Opportunities to maintain an active lifestyle
- * Meet lots of new friends

Registration Information

Registration for fall programs will begin Wednesday, **August** 18th. Αll program participants are expected to become members of the Centre and to pay the advertised fee for each program. Participants will be asked to show their 2010 membership cards. Guests can attend programs twice before becoming a member (program fees apply). Registration and fee payments (cash or cheque) are accepted in the Centre during public operating hours. The Board of Directors reserves the right to cancel or alter advertised programs, instructors, special events and travel schedules. Full refunds are issued if the Centre is responsible for a cancelled program. Withdrawal Request Forms are available at the Administration Office, and must be submitted before the third class commences to be eligible for a refund. Refunds will be pro-rated and will include a \$5.00 administration fee for each program. NSF cheques \$25.00 fee applies.

Program Cancellations

Why are good programs cancelled? Our programs can only run as long as we have a minimum number of participants registered in them. Therefore, it is very important to register for programs at least a week before the program starts. Don't be disappointed, sign up early!

Locker Service

Need a locker for your shoes or other items? We have new lockerettes available for use in both the Ladies' and Men's washrooms. Just come to the Administration Desk to register in order to receive a key for any available locker. Lockers may be used during the hours of 8:30am - 4:30pm. Keys must be returned and lockers must be emptied by 4:30pm daily. For an introductory period this service is free of charge. Service charges may be administered at a later date.

Suggestion Box

Just a reminder that the suggestion box is located in the lobby beside the door to the Administration Office and we are always open for suggestions!

Advertising

If you are interested in advertising in our Seasonal Brochure, please contact Lina at squareoneoac@rogers.com or (905) 615-3207 ext. 107.

Function Room Rental

Our Auditorium is great for dancing, our Program Room is perfect for presentations, our Board Room is just right for small meetings. Book your special event, workshop or class with us now. Good central location at the Square One Shopping Centre with plenty of free parking. Reduced rates for Auditorium rental on Friday and Sunday evenings. Call Anne at (905) 615-3207 ext. 105 or visit our website for details.

Message from the President:

Seniors' Month:

June was Seniors' Month and I trust that our members had an opportunity to attend some of the many activities sponsored by Square One Older Adult Centre, the City of Mississauga and various Retirement Residences.

Partner Events:

On June 7, 2010 Sue Hesjedahl and I attended the 39th Annual General Meeting of Family Services of Peel. Sue presented a gift from the Centre to retiring Executive Director, Paddy Ramsingh. Family Services of Peel is a strong partner with Square One Seniors Wellness Services as they provide the professionals that facilitate our Information and Support service, Circle of Friends group and the Health Lecture Series.

On June 18th, 2010, Tessie Buena and I attended the "Diversity Symposium" sponsored by the United Way of Peel Region, Immigration Canada and the Ontario Trillium Foundation. The speakers acknowledged the growing diversity in Peel Region and discussed ideas to promote an integrated Peel Region where all citizens of Peel can participate in Peel's growth. The symposium was educational and informative.

Board of Directors:

At our Annual General Meeting (Stub Year) June 29, 2010 we acknowledged that we still have 2 vacancies that the Board is recruiting for: Director of Facility and Director of Special Events and Fundraising.

The Board of Directors and staff will meet in August to work on the Strategic Plans for Square One Older Adult Centre and Square One Seniors Wellness Services. Some of the items to be discussed are: future direction and vision, programs, services, finances, policies and procedures and future offsite locations.

Hats off to:

All members and staff who made the Tree of Sharing project such a successful fundraising event. Donations totalled \$4,735. A warm 'thank you' for your generosity!

Esther Williams

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Square	One	Older	Adult	centre	Starr

Sue Hesjedahl Executive Director
Laura Surman Program Coordinator
(with responsibility for
Centre Supervision)

Anne Goldspink - Administration and Facility
Norman Coordinator
Lina Zita Marketing and Community
Development Coordinator

Karmela Buzdon Volunteer Coordinator

Joan Crews Saturday Receptionist

Genni Iwanski Saturday Receptionist

Peter Hammond Legal Consultant

LL.B. (volunteer)

Square One Older Adult Centre

2010/2011 Volunteer Board of Directors

Esther Williams President

Pat Fyffe Past President

Robert Lomon Acting Vice President

Robert Lomon Controller

Alice Dods Director, Administration and

Secretary

Judy Willson Director, Programs and

Cafeteria

Jean Michaels Director, Volunteers

Juliet Rebello Director, Travel

Tessie Buena Director at Large

Lewis Lawrence Vice President, Facility

Operations (Emeritus)

Frank Dale Ex-Officio Director, Ward 4

Councillor, City of Mississauga

Linda Keen - Ex-Officio Director, Square One

Lausberg Shopping Centre

Wendy Murdock Ex-Officio Director, City of

Mississauga

Message from the Executive Director

Upcoming Fundraisers:

Please join us for our annual Walk-a-thon fundraiser on Friday, October 1st. This is a very important fundraiser for the Older Adult Centre and Seniors Wellness Services. Last year we raised over \$20,000! Thank you to those who have supported us generously over the past several years. Please join us again this year as we are sure to have a great time.

December seems far off, but we are already planning our annual Gift Wrapping fundraiser in Square One. Last year we had our most successful year raising over \$23,000 through the hours and hours of hard work of many volunteers to wrap countless parcels for the Square One shoppers. Please contact Karmela if you are interested in volunteering this year.

Facility Update:

We have installed lockerettes in the men's and ladies' washrooms. These were purchased using a Special Projects Grant through the Elderly Persons Centres Grant of the Ministry of Health and Long Term Care. The lockerettes allow our members to secure your personal belongings while attending programs and events at the Centre. We ask that you sign out a key in the Administration office. Lockerettes must be emptied before you leave each day.

Thank You!

Thank you to those members who participated in the member survey over the summer. We appreciate and value your opinions as they help us to plan for the future. We are researching a possible satellite location and want your help in deciding which programs or services to offer in the possible new location.

Thank you to our many Corporate Sponsors, Donors and Service Clubs who continue to support the Centre in so many ways. We couldn't keep up our good work without your help.

Sue Hesjedahl

BUILDING A STRONGER AND "MEMBER FOCUSED" CENTRE ONE VOLUNTEER AT A TIME

Take the first step today towards making a difference at your Centre by volunteering. Join your fellow members in playing a key role in ensuring the success of your programs and services.

Don't forget to roll up your sleeves and take part in our Annual Gift-Wrapping Fundraiser at Square One this December. Bring a friend, neighbour or grandchild.

Keep busy, stimulated and maintain your professional skills by one half day of service each week at your Centre.

Kindly visit Karmela, our Volunteer Coordinator to find out more.



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Square One Seniors Wellness Services has been registered as a charity because it benefits the community by relieving conditions associated with aging by operating specialized programs in health and recreation and by offering referrals to services such as clinics, counselling, support groups and workshops on physical and mental health topics.



Charitable Registration Number: 81959 5893 RR0001

A variety of programs are funded in part by the Government of Canada's New Horizons for Seniors Program

Telephone Reassurance Program

This **FREE and confidential** program is designed to provide daily phone contact for adults 50+ who live alone in the Mississauga area and have some concerns about their safety and isolation.



5 minutes can make all the difference....

Pick up your Client Application Form at the Administration Office or call (905) 615-3207 extension 107 for more information.



Partnership:





Telephone Reassurance Program

funded by the Mississauga-Halton LHIN:

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Grant of Program

And Program

Telephone Reassurance Program

Square One Seniors Wellness Services

2010 Volunteer Board of Directors

Esther Williams President

Judy Willson Vice President

Robert Lomon Controller

Alice Dods Secretary

Pat Fyffe Director

FREE BE INFORMED — BE HEALTHY:
DRUG AWARENESS & OLDER ADULT HEALTH
Tuesday, November 16th
Noon ~ 3:30pm
Details on Page 31

SQUARE ONE SENIORS WELLNESS SERVICES FIRST ANNIVERSARY CELEBRATION Thursday, December 9th

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Thursday, December 9th
1:30pm - 3:30pm
FREE, sign up in the Admin Office
Details on Page 32

Square One Seniors Wellness Services

Fall 2010

Program	Description	Program Dates	Time/Day	Fee	Location
Blood Pressure Clinic* New Date!!	Have your blood pressure checked on-site and questions answered. Provided by Living Assistance Services	October 18	Monday 1:00pm - 2:00pm	Free Sign up in advance	Board Room
Cancer Conversation*	Volunteer-led program where participants use materials provided by the <i>Go Public</i> initiative to talk about cancer and cancer control. <i>Provided by Campaign to Control Cancer</i>	August 30	Monday 2:30pm - 4:00pm	Free Sign up in advance	Program Room
Chronic Pain Management Workshop* New!!	You will learn about the sources of arthritis pain and how to handle it. From helpful tips to an overview of the different medications used to treat arthritis. Provided by The Arthritis Society	September 29	Wednesday 1:00pm - 3:00pm	Free Sign up in advance	Lion's Den
Circle of Friends Sponsored by: Government of Canada New Date!!	Learn ways to increase your sense of physical and emotional safety, increase your self esteem, share your own concerns, and meet new people. Partnership with Family Services of Peel	September 14, September 28, October 12, October 26, November 9,	Tuesdays 1:30pm - 3:30pm	Free Drop-in Group Session (refreshments included)	Board Room
Epilepsy Training Session* New!!	Epilepsy Halton Peel has selected the Square One Adult Centre to participate in a special pilot project. <i>Teaching Anareness through Puppetry</i> involves putting on a live production using puppets in order to teach seniors sensitivity, awareness and understanding of disabilities and differences. Following each performance, attendees are given the opportunity to ask questions, share experiences, and assist in dispelling myths surrounding epilepsy and other medical conditions.	September 20	Monday Choose between: 9:00am - 10:00am 10:30am - 11:30am	Free Sign up in advance	Program Room
Flu Shot Clinic New!!	Receive your flu shot. Provided by the Region of Peel public health nurses.	November 17	Wednesday 4:00pm - 8:00pm	Free	Auditorium
Health Lecture Series* in partnership with Family Services of Peel. Funded in part by the Government of Canada's New Horizons for Seniors Program	The Facts on Aging and Depression Stress Management and Older Adults Strategies for Caregivers Who Deal With Anger	September 27 October 25 November 29	Mondays 2:30pm - 4:00pm	Free Sign up in advance (refreshments included)	Program Room

Page 9

Square One Seniors Wellness Services

 $Fall\ 2010$

Location	Board dvance Room	individ-Board ment by Room 5 Lina -3207	dvance Lion's Den	idvance Lion's Den nents ed)
ay Fee	Free 50pm Sign up in advance	Free Book your individual appointment by contacting Lina (905) 615-3207	s Opm Sign up in advance	Free Sign up in advance 30pm (refreshments included)
Time/Day	Monday 12:00pm - 3:00pm	Fridays 9:30am - 12:30pm	Tuesdays 2:30pm - 3:30pm	Wednesdays 11:30am - 12:30pm
Program Dates	November 1	Ongoing	September 28 October 26 November 30	September 15 October 20 November 10
Description	Get your hearing checked at this free screening clinic. <i>Provided by ListenUp! Canada</i>	Meet with a qualified counsellor and receive the information and support that will make a world of difference. Partnership with Family Services of Peel	Brain Power RecreACTIVE: Recreating Mobility Community Involvement and Engagement	Talking with Your (Adult) Kids Presented by: Home Instead Senior Care The Will Workshop Provided by: Pre-Paid Legal Services, Inc. Downsizing and Making the Move for Mature Adults and Financial Planning for Widows and Widowers Presented By: Century 21 and Dedicated Financial
Program	Hearing Clinic*	Information and Support*	Innovative Exercises for Mind, Body and Soul* New!! Partnership with Recreational Respite Inc.	Sensible Living Speakers Series*





Heritage Glen Community For Seniors

Located in Meadowvale offers large 1 and 2 bedroom apartments for seniors who would like to maintain an active and independent lifestyle

with services and programs to choose from.

Regency Retirement Residence

The Credit River is just minutes from the Regency Retirement Residence at Lakeshore Road West and Mississauga Road North. Choose from a host of services and

activities, and let our trained staff take care of the rest.

Call Kerri today to find out about our Community Bingo dates! Stay for lunch and see what we're all about.



HERITAGE GLEN COMMUNITY FOR SENIORS 6515 Glen Erin Dr., Mississauga

905-567-6015

JOIN US FOR DINNER!

Take a break from cooking and join us for a delicious dinner prepared fresh by our Regency Chef's! Highlighting a different country on the last Thursday of every month. Call Sara to RSVP or for more details.



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ACTIVE PRE-REGISTERED

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Program	Description	Program Dates	Time/Day	Fee	Location
Bodysculpting* (Faye) New!!	Work all of your body in this fun muscle conditioning class. The class will use mats, ball, weights and bands to help you achieve better posture, strength and improved appearance.	September 28 to October 26 November 2 to November 30	Tuesdays 9:15am - 10:15am	\$32.50 for 5 weeks	Program Room
Pilates* (Pam)	This enjoyable strengthening and stretching workout is safe for all fitness levels. Designed to lengthen and tone the muscles, Pilate's holistic approach improves your posture and helps correct muscle imbalance.	September 20 to October 25 (Cancelled October 11) November 1 to November 29	Mondays 1:00pm - 2:00pm	\$37.50 for 5 weeks	Program Room
Tai Chi Beg Level One* New Locations!!	Learn this wonderful Chinese exercise. Suitable for all fitness levels. Register early, as this class fills up fast!	September 28 to November 30 (Heidi) September 24 to November 26 (Glen)	Tuesdays 10:30am - 11:30am Fridays 10:30am - 11:30am	\$27.50 for 10 weeks \$27.50 for 10 weeks	Peace Lutheran Church (in Square One) Streetsville Kinsmen Club
Yoga* (Zaneta)	Learn postures and movements that are easy to do. All fitness levels welcome.	September 28 to December 14 (Cancelled October 19, October 26, November 16, December 7)	Tuesdays 2:15pm - 3:45pm	\$56.00 for 8 weeks (11/2 hour class)	Auditorium

ACTIVE DROP-IN

Fall 2010

Program	Description	Weekly Instructors	Time/Day	Fee	Location
Chair-ercise	Workout your heart and muscles using a chair for support. Great for beginners.	Faye	Tuesdays 10:30am - 11:30am	\$2.75 per visit	Program Room
Co-ed Firness	Fun low-impact class with weight work and stretching.	Diane Fern Kai Liz	Mondays Saturdays 9:15am - 10:15am Tuesdays 10:30am -11:30am Fridays 9:30am - 10:30am	\$2.75 per visit	Auditorium
Exercise Bike	Book a free orientation with the office.		Monday to Friday 9:00am - 4:00pm	\$1.00 per visit or \$10.00 for 18 visits	Stage
Mall Walkers	Safe way to walk with friendly people.	Laura	Wednesdays 8:00am warm-up	\$1.00 per visit or \$10.00 for 18 visits	Auditorium
Table Tennis	Active, friendly game.		Wednesdays Fridays 10:00am - 12:00pm Saturdays 10:30am - 12:30pm	\$1.50 per visit	Program Room Auditorium
Tai Chi Intermediate	Maintain and improve your moves!	Heidi	Tuesdays 9:15am - 10:15am	\$2.75 per visit	Auditorium
Urban Pole Walking N ew!!	Update your walking with this great cardio workout.	Judy	Wednesdays 9:00am - 10:15am	\$2.75 per visit (poles provided)	Meet in the Lobby
Wii Bowling	Have fun bowling! May be done seated. Sponsored by Revera Rapid Response	Margaret	Mondays 11:35am - 12:15pm Wednesdays 11:50am - 12:30pm	\$1.00 per visit	Auditorium
Zumba Gold New!!	A fun fitness class with a Latin beat.	Diane	Thursdays 9:15am - 10:15am	\$2.75 per visit	Auditorium

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CARDS AND GAMES DROP-IN

Fall 2010

Auditorium Lion's Den Lion's Den Location Program Cafeteria Cafeteria Program Program Program Room Room \$1.75 per visit \$1.50 per visit \$1.50 per visit \$2.50 per visit \$1.50 per visit \$1.75 per visit \$2.00 per visit \$1.75 per visit \$4.00/8 sets of 3 games Fee 10:00am - 12:30pm 10:00am - 12:00pm 10:00am - 12:00pm 10:00am - 2:00pm 1:30pm - 3:15pm 1:00pm - 3:00pm 1:00pm - 4:00pm 1:00pm - 3:00pm 1:30pm - 3:30pm Mondays and Wednesdays Time/Day Thursdays Thursdays Thursdays Mondays Tuesdays Mondays Fridays Fridays Program Dates Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Checkmate! Please bring a partner. For experienced bridge players. Win prizes at dabber bingo. Fun and challenging game. No partners required. No partners required. Partners not required. No partners required. No partners required. Everyone welcome. Drop in game. Description Fun game!! Contract Bridge Contract Bridge Program Intermediate Gin Rummy Dominoes Cribbage Beginner Canasta Euchre Bingo Chess

ART, CRAFT AND MUSIC PRE-REGISTERED

Fall 2010

Page 16

Program	Description	Program Dates	Time/Day	Fee	Location
Beading* (Karen) New!!	Create earrings, necklaces and bracelets using a variety of beads.	November 5 to November 26	Fridays 1:00pm - 3:00pm	\$45.00 for 4 weeks (Includes material fee of \$25.00)	Program Room
Holiday Planter Floral Design Workshop* (Laura) New!!	Create a stunning Holiday arrangement to take home.	November 10	Wednesday 1:00pm - 3:00pm	\$5.00 plus material fee (TBA)	Cafeteria
Painting with Watercolours*	Learn from artist Lorraine Ireland. No experience required.	September 28 to November 30	Tuesdays 9:30am - 11:30am	\$80.00 for 10 weeks	Lion's Den

ART, CRAFT AND MUSIC DROP-IN

Program	Description	Program Dates	Time/Day	Fee	Location
Bunka Embroidery (Carmen)	Learn the simple & beautiful art of Japanese embroidery.	Ongoing New participants need to order the sampler kit from Laura.	Thursdays 9:00am - 12:00pm	\$2.50 per visit	Lion's Den
Craft Workshops (Barbara)	Work on projects or learn different crafts including crochet and plastic canvas.	Ongoing	Tuesdays 12:00pm - 2:00pm	\$1.50 per visit	Lion's Den
Choir (Hope)	Make a joyful noise! If you enjoy singing, come out and exercise your vocal chords!	Ongoing	Fridays 2:30pm - 3:30pm	\$1.50 per visit	Lion's Den
Let's Create	Work on fun projects for the Centre.	September 28 to November 23	Tuesdays 12:00pm - 2:00pm	Volunteer Group	Lion's Den
Tatting (Hope & Yvonne)	Learn this wonderful heirloom craft.	Ongoing	Tuesdays 12:00pm - 2:00pm	\$1.50 per visit	Lion's Den

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DANCE PRE-REGISTERED

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Fall

Program	Description	Program Dates	Time/Day	Fee	Location
Hawaiian Dancing* (Aracelli)	Learn the hula and the basic steps of Hawaiian dancing in this fun filled class.	September 28 to December 14 (Cancelled October 19, October 26, November 16, and December 7)	Tuesdays 1:00pm - 2:00pm	\$36.00 for 8 weeks	Auditorium
Jazz Dancing 1* (Sue)	Learn jazz steps and simple routines. Includes warm-up exercises. No experience required.	September 16 to December 2 (Cancelled September 23, October 14, October 21 and November 18)	Thursdays 2:00pm - 3:00pm	\$40.00 for 8 weeks (\$76 for both Tap & Jazz 1)	Auditorium
Jazz Dance 2 Performance* (Sue)	Experienced dancers can stay an extra half hour for this challenging class. Learn harder steps and work on a performance piece.	September 16 to December 2 (Cancelled September 23, October 14, October 21 and November 18)	Thursdays 2:00pm - 3:30pm	\$60 for 8 wks 11/2 hr class (\$96 for both Tap & Jazz 2)	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	September 28 to October 26 November 2 to December 14 (Cancelled November 16, And December 7)	Tuesdays 11:45am - 12:45pm	\$22.50 for 5 weeks	Auditorium
Salsa Dancing* (Merilyn)	Dance to the Latin beat! This great dance style is fast and fun. No partners required.	October 29 to November 26	Fridays 12:30pm - 2:00pm	\$30.00 for 5 weeks	Auditorium
Tap Dancing* (Sue)	Always wanted to learn to tap? Now's the time! Tap shoes preferred, but hard soled shoes are fine. No experience required.	September 16 to December 2 (Cancelled September 23, October 14, October 21 and November 18)	Thursdays 1:00pm - 2:00pm	\$40.00 for 8 weeks (\$76 for both Tap & Jazz 1)	Auditorium

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Fall 2010

Program	Description	Weekly Instructors	Time/Day	Fee	Location
Belly Dancing	Learn the shimmy, undulation and the veil dance. Lots of fun and great exercise too!!	Mary	Wednesdays Beginners 3:45pm - 4:45pm Performance Troupe 4:45pm - 6:00pm	\$2.75 per class	Auditorium
Line Dancing Beginner	Dance the Rumba, Cha-Cha, Tango and more. No partners needed.	Sarina Merilyn Eugene	Mondays 10:30am - 11:30am Wednesdays 9:00am - 10:00am Thursdays 10:30am - 11:30am	\$2.75 per visit	Auditorium
Line Dancing Intermediate Beginner	Building on the Beginner Level. Learn more complicated dances.	Rhoda Rhoda	Wednesdays 10:15am - 11:45am Fridays 2:15pm - 3:15pm	\$3.75 per visit \$2.75 per visit	Auditorium
Line Dancing Intermediate	Learn more complicated dances to a variety of music.	Eugene Merilyn	Thursdays 11:45am - 12:45pm Fridays 10:45am - 12:15pm	\$2.75 per visit	Auditorium

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EDUCATIONAL AND SOCIAL PRE-REGISTERED

Program	Description	Program Dates	Time/Day	Fee	Location
Book Club*	Love to read? Join this fun group and discuss a different book each month. Books are provided by the Mississauga Central Library.	September 29, October 27, November 24	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Lion's Den
DVD Lecture Series* New!!	London: A Short History of the Greatest City in the Western World. This 1 hour per week DVD lecture series by "The Teaching Company" is followed by a short discussion period.	September 13 to December 6 (Cancelled October 11)	Mondays 2:45pm - 4:00pm	\$36.00 for 12 weeks	Lion's Den
Foot Care Clinic*	Foot treatment by a certified Chiropodist. Book your appointment at the Administration Office.	September 22, November 3, December 15	Wednesdays 9:00am - 4:00pm	\$14.00 per person. Sign up in advance	Board Room
Introduction to Digital Pictures* (Andy)	Learn how to download photos from your digital camera, email or the internet, plus how to organize & print them.	September 13 to October 4 November 1 to November 22	Mondays 10:00am - 11:30am	\$20.00 for 4 weeks	Board Room
Pamper Yourself*	Enjoy a relaxing morning as you get a hand massage, facial and make-up tips from the Mary Kay experts.	November 5	Friday 9:00am - 12:00pm	\$10.00 (includes light refreshments)	Lion's Den
PowerPoint Presentations* (Andy) New!!	Use PowerPoint for slide shows and presentations	October 18 and October 25	Mondays 10:00am - 11:30am	\$10.00 for 2 weeks	Board Room
Seated Massage* New!!	Enjoy a fifteen minute back and shoulder massage by a Registered Massage Therapist. No need to get undressed!	September 21, October 19, November 16	Tuesdays 12:00pm – 2:00pm	\$23.00 for 15 minutes	Board Room
Slideshow and Movies* (Andy) New!!	Learn the tips and tricks for creative movies and slideshows	November 29 to December 20	Mondays 10:00am - 11:30am	\$20.00 for 4 weeks	Board Room
Touring Cambodia & Vietnam* New!!	Learn more about a wonderful trip Nexus has organized for Spring 2011 to see the wonders of Cambodia and Vietnam.	November 17	Wednesday 11:00am - 12:30pm	Free Sign up in advance	Lion's Den
Touring China*	Have you always wanted to visit China? Nexus Holidays presents photos and information on a affordable 15 day China tour which leaves November 2nd.	September 21	Tuesday 10:00am – 11:30am	Free Sign up in advance	Lion's Den

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EDUCATIONAL AND SOCIAL DROP-IN

Program	Description	Program Dates	Time/Day	Fee	Location
Computer Club (Andy)	Get tips on working with your email, the internet and other common problems.	Ongoing	Wednesdays 10:00am - 11:30am	\$1.50 per visit	Board Room
Creative Writing	Learn to write stories, memoirs and poetry.	Ongoing	Fridays 12:30pm - 2:00pm	\$2.25 per visit	Lions Den
Internet Café	Check your email or browse the internet.	Ongoing	Monday - Friday 9am - 4pm (as available)	Free	Library
Gardener's Circle	Fall Containers Share your Garden Photos	September 8 October 13	Wednesdays 10:00am - 11:15am	\$2.00 per visit	Lion's Den
	Creation	September 1			
	Ghosts of Girlfriends Past	October 6	Wednesdays	Free	
Movie Maunee	The Holiday	November 3	Starting at 1:00pm	(Popcorn \$1.00)	Lion's Den
	Holiday Inn	December 1			
Tea Party Gals (Formerly Red Hats)	Put on your fancy clothes & party hat and join us for tea, trivia, crafts and fun.	September 28, October 12, November 23	Tuesdays 2:30pm - 3:30pm	\$2.75 per visit	Lion's Den
Travelogue	Explore exotic locations.	Ongoing	Mondays 1:00pm - 2:15pm	\$1.75 per visit	Lion's Den
Meditation and Self Empowerment	Connect your mind, body and spirit during this relaxing session.	Ongoing	Mondays 10:00am - 12:00pm	\$1.50 per visit	Lion's Den
T.O.P.S. Weight Loss Program	Learn strategies for weight loss.	Ongoing	Wednesdays 5:00pm - 6:00pm	\$2.00 per visit + \$30.00 yearly membership fee	Program Room

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ETHNO CULTURAL PROGRAMS

Ethno-Cultural Group	Time/Day	Contact Name	Contact Number
ALCE - Latin-America Art and Healing Group	Wednesdays 2:00pm - 4:00pm	Elsa Galan or Silvia Damar Radvansky	(905) 897-2495 (905) 822-9142
Caribbean Seniors Social Activities	Saturdays 12:00pm - 3:00pm	Cynthia Houstan or Joyce Goldson	(905) 896-3765 (905) 804-8998
Chinese Golden Age Seniors	Sundays 1:00pm - 5:00pm	Leon Eng	(905) 507-2280
Elderly Vietnamese Seniors Association	Saturdays 12:45pm - 4:00pm	Diep Tran or Phan Dam (English)	(905) 212-7164 (905) 629-2283
Goan Cultural Group	Wednesdays 6:30pm - 9:00pm	Saby Carvalho	(905) 281-1213
Multicultural Asian Seniors	Wednesdays 12:30pm - 3:30pm	Gurmel Singh Gill	(905) 507-4839
Silayan Filipino Volunteer Group	Saturdays 1:00pm - 4:00pm	Rudy Bombase	(905) 874-6942





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Remember the days when life seemed so easy? We do, too. So we reinvent them — every day.

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- delicious meals with menu options
- 24-hr. security, fire & safety systems
- diverse arts & leisure programs
- inviting spaces & superior service
- choices in personalized care & services
- independent, assisted & secure living options

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Bough Beeches Place Retirement Residence 905-625-2022 1130 Bough Beeches Blvd

Constitution Place Retirement Residence 905-279-8554 3051 Constitution Blvd

King Gardens Retirement Residence 905-566-4545 85 King St E

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Nexus Holidays | SquareOne Senior Promotion!

15 Days Classic China & Yangtze River Cruise **Super Value Deluxe Tour**

Nov.1,2010 & Mar. 28,2011 depart from Toronto

Beijing , Yangtze river cruise, Shanghai, Suzhou, Hangzhou, Wuxi

Only 1999.00+taxes All-inclusive package

Only \$1999.00+\$390.00taxes

Deluxe China Tour at Unbelievable low price

Square One March China Group led by Laura was successfully organized. Due to the overwhelming demand, Nexus Holidays will offer this tour again on Nov. 1st 2010& March 28th, 2011. Only 28 seats available each group. Hurry!

Highlight: Great Wall, Forbidden City, Olympic Stadiums

4Days 5-Star Yangtze River Crusie Beautiful three Gorges sceneries

East Venice Suzhou, West lake of Hangzhou,

Morden Metropolis Shanghai

Great News for Nov and March China group:

Only add \$120.00/person to take Air Canada Direct Flight to China!

Limited seats available! First come, First serve!

Tour presentation on

Time: Sep.21,2010 10:00am-11:30pm Place : Square One Older Adult Centre

Please Call **Danna 416-222-8989**

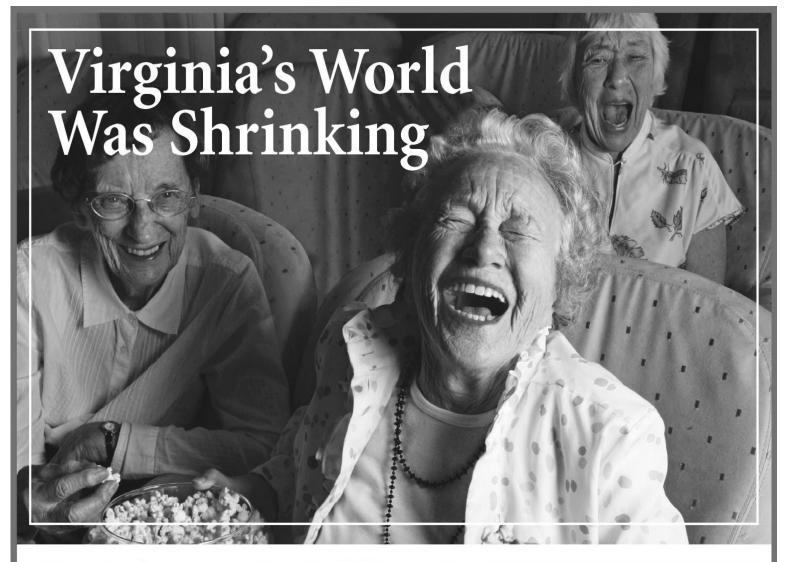
for RSVP and detailed information!

Toll free: 1-866-553-8989 Fax: (416) 222-6212, Adress: 428-45 Sheppard Ave.E ,Toronto M2N 5W9 E-mail: Dannag@nexusholidays.com









Now she has so much to look forward to

Now that Virginia lives in a Chartwell residence, she is surrounded by people with similar interests and experiences. Her new friends are quickly becoming her best friends.

To find out more call Chartwell Classic Robert Speck at 905-501-9922 or visit www.chartwellreit.ca



100 Robert Speck Parkway, Mississauga, ON



Thanks Mississauga for Nominating Chartwell Classic Robert Speck for

BEST RETIREMENT RESIDENCE!



* For a limited time, try Companion Plus™ and get 2 hours of your first 4 hours free!

For a free consultation or to learn more about Companion Plus, please call our Mississauga office at

905.277.3116 / 1.866.613.7706

www.bayshore.ca

Offer applies only to new clients who are privately purchasing a minimum of two hours of non-nursing home care service for the first time from Bayshore Home Health. It is valid only for services purchased from Bayshore Home Health's Mississauga Private Services office before September 30, 2010, and is limited to two free hours per person. This offer cannot be used in conjunction with services provided by third-party funders such as government care programs and insurance companies.

When a little help is all you need to live safely at home

A kettle plugged in and forgotten. An empty fridge. Missed appointments, fewer visits with friends, laundry piling up. They're all signs that living at home is becoming a challenge. So what can you do if the one thing your parent wants most – an independent lifestyle – is the same thing that keeps you awake at night?

Bayshore Home Health offers personalized, affordable support for just this situation. Whether we're stopping by for a chat to ensure your loved one is safe and well, or arranging for reputable local companies to provide a wide range of additional services, the Companion Plus service delivers peace of mind to seniors and families alike.

All Companion Plus clients have 24-hour telephone access to our service coordinators and in the Peel Region the program starts at \$16.50 per hour.

Companion Plus services include:

- · Home safety check-in
- Light housekeeping / laundry
- · Escorted shopping, outings and appointments
- Companionship
- · Light meal preparation
- · Medication reminders
- Caregiver relief
- · 24-hour / 7-day service

The Companion Plus service also provides our clients with assistance in finding other services that enables them to live comfortably in their own home

- · House cleaning
- Home maintenance
- · Lawn and garden care
- · Home safety modifications
- Transportation
- · Meal delivery
- · Hairstyling and personal grooming





Tickets must be purchased in advance at the Travel Office, Monday to Friday from 9:30am - 1:30pm. Guests are welcome and must be 50 years of age or older. Please advise if you have dietary concerns and we will try and accommodate you. All bus trips include gratuities and all taxes. Ticket holders should be at the Centre at least 20 minutes before the scheduled departure time, the bus will wait 5 minutes only for late comers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable circumstances or difficult weather. A minimum of 40 passengers is required for all trips. No refunds unless the trip is sold out and your ticket is resold.

For more information, please call (905) 615-3208.

Casino Rama

Thursday, August 26th, Tuesday, September 14th, Thursday, September 30th, Tuesday, October 12th, Thursday, October 28th, Thursday, November 25th

Departure: 8:15am, Return to SQ1: 5:00pm - 5:30pm Ticket price: Members: \$5.00, Guests 50+: \$6.00.

Tickets on sale six weeks prior to trip.

Includes **five hour stay** and **\$10.00 in tokens** at the Casino. * Remember to bring your Players Passport Card and valid Government issued Photo Identification in order to receive your tokens. *

South Pacific at the Four Season Centre for the Performing Arts Wednesday, August 25th ~ SOLD OUT ~

Kiss Me, Kate at the Stratford Festival

Tuesday, September 21st

Departure: 9:00am, Return to SQ1: 6:00pm - 6:30pm. Ticket price: Members: \$93, Guests 50+: \$98. <u>Tickets on sale now.</u>

Travel by coach bus to see an afternoon performance Kiss Me, Kate at the Festival theatre.

Enjoy the unforgettable melodies and wickedly witty lyrics. Lunch on your own.

Shirley's Mystery Tour

Wednesday, October 13th

Departure: 8:30am, Return to SQ1: 6:00pm - 6:30pm. Early Bird Ticket price: Members: \$85.00, Guests: \$90.00. **Effective** Monday, September 13th Ticket price: Members: \$90.00, Guests: \$95.00 <u>Tickets on sale now.</u>

CLUE: Will you travel by train, plane or automobile?

Niagara Fallsview Casino

Tuesday, November 9th

Departure: 9:00am, Return to SQ1: 5:00pm - 5:30pm. Ticket price: Members: \$15.00, Guests:\$20.00 Tickets on sale Monday, September 27th.

Includes **five hour stay** and **\$10.00 in tokens** at the Casino. *Remember to bring your Players Advantage Club card & valid Government issued Photo Identification in order to receive the tokens.*

Early Christmas in Presqu'ile

Wednesday, November 10th

Departure: 9:00am, Return to SQ1: 6:00pm - 6:30pm. Early Bird Ticket price: Members: \$70.00, Guests: \$75.00. **Effective** Tuesday, October 12th Ticket price: Members: \$75.00, Guests: \$80.00 Tickets on sale Wednesday, September 1st.

Enjoy at the **Presquille Park**: The Nature Centre, The Lighthouse Interpretive Centre and Friends' Lighthouse Gift Shop, **lunch at the Mill Restaurant and Pub**, visit the **Alpaca Vista Ranch** with an opportunity to browse the Ranch Boutique - clothing made with luxuriously soft and incredibly warm alpaca, and tour the **Fine Art Gallery** in Alderville.

Casino Rama Tuesday, December 7th

Departure: 8:15am, Return to SQ1: 5:00pm - 5:30pm

~ NO REFUNDS ~

Ticket price: Members: \$2.00, Guests 50+: \$3.00. <u>Tickets go on sale Monday, October 5th.</u>

Includes 5 hour stay, \$10 in tokens at the Casino and a special Christmas draw for members.

* Remember to bring your Players Passport Card and valid Government issued Photo Identification. *

Ho Ho Home for the Holidays

Wednesday, December 8th

Departure: 9:00am, Return to SQ1: 6:00pm - 6:30pm. Early Bird Ticket price: Members: \$90.00, Guests: \$95.00. **Effective** Monday, November 1st Ticket price: Members: \$95.00, Guests: \$100.00 <u>Tickets on sale Friday, October 1st.</u>

There will be a morning stop at **Kittling Ridge for wine tasting**. Then on for a **five course lunch** consisting of French Canadian pea soup, roast beef, roast chicken, fresh Atlanta haddock, roast potatoes, vegetable medley plus dessert and tea/coffee during the musical show. Oh Canada Eh? Productions presents our 2010 Holiday Show - "**Ho-Ho-Home for the Holidays" in Niagara Falls**. This hilarious and heart-warming show follows a young couple on their holiday visits to each other's families. Music and laughter abound as we meet one zany family member after another. We end this great Christmas trip with a **special tea at Betty's Restaurant**.

Casino Rama

Thursday, December 9th

Departure: 8:15am, Return to SQ1: 5:00pm - 5:30pm

~ NO REFUNDS ~

Ticket price: Members: \$2.00, Guests 50+: \$3.00. Tickets go on sale Wednesday, October 7th.

Includes 5 hour stay, \$10 in tokens at the Casino and a special Christmas draw for members.

* Remember to bring your Players Passport Card and valid Government issued Photo Identification. *

Billy Elliot: The Musical

Wednesday, March 30th 2011

Departure: 10:00am, Return to SQ1: 5:00pm - 5:30pm.

Ticket price: Members: \$105.00, Guests:\$110.00. Down payment of \$50.00 and reserve your space. Balance no later than Friday, January 14th or your ticket will be resold. Only 48 tickets available for this very special show. Tickets go on sale Wednesday, September 1st.

The most celebrated show of the year, **Billy Elliot: The Musical** has captured hearts worldwide, delighted the critics and swept the awards - winning ten 2009 Tony Awards® including Best Musical! Who remembers the "**Acadian Court**" in Simpson's now located in The Bay in the Eaton Centre? We will have this room to ourselves and enjoy a **buffet lunch**. After lunch we will cross Yonge Street to the Canon Theatre.



"Seeing as how this is my life, I'm planning to make the most of it."

TAPESTRY RESIDENTS Talented Chefs, Doting Grandparents, Health Buffs, Lovers of Life

At Tapestry, you'll meet people like Harry Harper whose Eggs Florentine are a local legend. The Corcorans whose grandkids have already started having kids of their own. Angela who likes to swim every day, rain or shine. And Ruth whose dazzling smile suggests that ninety could very well be the new seventy. These are people who choose to stay physically and mentally fit with Tapestry's custom health and wellness programs, fine dining options and the stimulating company of people with a true zest for living. Should the need arise, they can rely on Tapestry's Assisted Living Services. Without compromising the quality of life they've grown to enjoy. For Tapestry residents, making the most of each day is more than a pleasant sounding pastime. It's an entire philosophy for living.

Stop by today or call us to schedule your complimentary lunch and tour:

15 Summerland Terrace, Toronto 416.777.2911

www.DiscoverTapestry.com/VGW





Square One Older Adult Centre & Square One Seniors Wellness Services

Indoor Walk-a-Thon and Continental Breakfast

Friday, October 1st, 2010



8:00am Registration

8:30am Warm-up

8:45am Indoor Walk

9:30am Continental Breakfast



Square One Older Adult Centre
100 City Centre Drive, Mississauga

Walkers of ALL levels are welcome

Every walker who raises \$20.00 or more receives a free t-shirt, free continental breakfast and a chance to win great prizes!

Reward Prize Levels for TOTAL of Pledges: \$40, \$80, and \$160

For more information please contact the Administration Office (905-615-3207) or check our website at www.sq1oac.com

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WE ARE SEARCHING FOR ONE MILLION PENNIES!!!

Check your change and drop off your pennies at the Administration Office. We hope to raise \$10,000 in pennies to purchase new equipment for the Centre.

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Gold Party!! Thursday, September 16th 10:00am to 2:00pm

Bring in your old gold and silver and trade it in for money! The expert will be in the lobby, and a portion of the sales will benefit the Centre!

Show You Colours' International Dress Day Thursday, September 23rd

Wear your favourite ethnic costume for a chance to win a prize.

Remembrance Day Thursday, November 11th

Wear red to show your support of our veterans and our troops.

COMING SOON

ANNUAL DONOR BOARD CAMPAIGN

Be recognized and thanked with your name on our wall.

Do Your Christmas Shopping With Us!

Gift Certificates Square One Older Adult Centre gift certificates may be purchased for memberships and program registrations. Gift certificates make a great gift for friends and relatives.

Entertainment Books are available for Toronto and many cities across North America, starting in <u>September.</u>

Crafter's Club Show & Sale:

November 22nd to November 26th in the lobby

Christmas Gift Wrap

Saturday, December 4th to Friday, December 24th Monday to Saturday: 9:30am - 9:30pm Sunday: 11:00am - 6:00pm

Have all of your Christmas gift wrapping done in the Square One Shopping Centre this holiday season. We need you! Please see Karmela Buzdon if you are able to help out.

New Member Social

Wednesday, August 25th 2:00pm - 3:30pm

New and potential members are encouraged to attend this afternoon to learn about our programs, special events and bus trips.

Please pick up your **free** ticket at the Administration office. Refreshments Sponsored By: Revera Living

Wii Bowling Tournament at Regency

Tuesday, October 5th starting at 11:00am

Join us at Regency Retirement Residence for lunch, then see if Team Square One can beat the Regency Bowlers! Car pooling from the Centre.

Tickets: \$4 members, \$5 guests 50+

Wine Tasting

Tuesday, October 26th starting at 2:00pm

An expert will teach you about taste, quality and food pairing as you sample a variety of wines and foods.

Tickets:

\$8 members, \$10 guests 50+ Sponsored By: Revera Living

2nd Annual Euchre Tournament

Tuesday, September 14th starting at 1:00pm

Join us for this fun and challenging tournament. Plenty of refreshments and prizes!

Tickets: \$5 members, \$6 guests 50+ Sponsored by: Heritage Glen and Regency Retirement Residence

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Jayco Productions and Square One Older Adult Centre presents

British Airwaves

Thursday, October 21st
Friday, October 22nd
Sunday, October 24th
all performances start at 2:00pm

Enjoy a musical tribute to all things British!

Our talented members join the McAndrews Sisters and Janet Thorpe to sing, dance and whistle through a century of British music.

Tickets: \$10 members, \$12 guests, \$6 children (12 and under)

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Be Informed — Be Healthy: Drug Awareness & Older Adult Health

Tuesday, November 16th from Noon - 3:30pm in the Auditorium

This **free** event includes: <u>Light lunch</u>, <u>discussion</u> on safe medication use and making inform decisions about alcohol and other substance abuse, <u>displays</u> by community agencies, <u>prizes</u> and <u>surprises!</u>

Please pick up your **free** ticket at the Admin office.

Funded in part by the Government of Canada's

New Horizon for Senior Program.

International Lunch

Thursday, November 18th starting at 12:00pm

This fabulous luncheon is hosted by our Ethno Cultural groups and features various international foods & entertainment. This event sells out every year.

Dress up or Cultural Attire Tickets: \$10.00 members only Sponsored By: V!VA Retirement Living



Thursday, December 9th 1:30pm ~ 3:30pm

Enjoy light refreshments and entertainment as we celebrate our first year of providing wellness services.

Funded in part by the Government of Canada's New Horizon for Senior Program.

FREE, sign up in the Admin Office

Sponsored By: Amica at City Centre 🥞 and Amica at Erin Mills.

Toonie Bingo

Tuesday, December 28th starting at 1:30pm

Enjoy snacks at your table and lots of door prizes during this special bingo. Free jackpot card for all.

Tickets: \$2 members, \$3 quests 50+ Sponsored By: Bayshore Home Health

Christmas Lunch and Dance

Tuesday, December 7th, starting at 1:00pm

Celebrate the season with a turkey dinner and all the trimmings and then enjoy live dance music with Phyllis Styles and the Stylistics. Dress up event

Tickets: \$20 members, \$22 quests 50+ Sponsored By: Revera Living

New Member Social

Tuesday, December 14th 2pm - 3:30pm

New and potential members are encouraged to attend this afternoon to learn about our programs, special events & bus trips. Please pick up your **free** ticket at the Admin office. Refreshments Sponsored By: The Village of Humber Heights

Christmas Music

Thursday, December 16th starting at 2:00pm

Sing along with our choir to your favourite Christmas songs, then enjoy hot apple cider and cookies.

Tickets: \$4 members, \$5 guests (all ages) Sponsored By: Bayshore Home Health

New Year's Eve Party

Friday, December 31st from 1pm - 5pm

Celebrate the New Year in style! Line dance and ballroom dance, socialize with friends, and enjoy wine, hors d'oeuvres, desserts plus live music from The Ron da Rosa Band. Dress up event

Tickets: \$15 members, \$17 quests 50+ Sponsored by: Heritage Glen and Regency Retirement Residence

Opening Spring 2011
Now Under Construction!



It's easy to smile when you're among friends.



A fresh approach to retirement living.

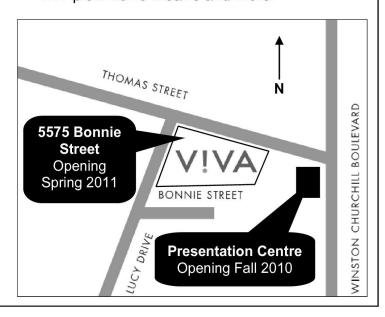
Now under construction, V!VA Mississauga will change your perception of just how great rental retirement living can be. Gone are the days of small suites, bland food and the same activities day in and day out. With a fabulous location, bright spacious suites, V!VAlicious dining, and thoughtful amenities designed around the way you live, V!VA Mississauga offers a truly refreshing approach to retirement living.

- Spacious suites: studio up to two bedroom
- Independent or Assisted Living
- Suites include kitchenette and walk-in closets for extra storage
- 24-hour nursing and security with emergency call-button system
- V!VAfit stretch & strength amenities
- Victory Garden with raised planters for easier ache-free gardening
- V!VAplex movie theatre and more!

PRESENTATION CENTRE OPENING SEPT. 2010

In the new Rexall Plaza at the corner of Winston Churchill Blvd. and Thomas Street.

REGISTER NOW at www.vivalife.ca or call 905.566.4500



"Helping Seniors Add Years To Life!"



905 306-0202

HEALTHCARE GROUP

Closing the Gap Healthcare Group provides exceptionally high quality in-home health care services.

- Nursing
- Personal Support Workers
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech-Language Pathology (for adults and children)



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Greenly Clean provides 100% environmentally friendly, safe and effective cleaning services. Let us help you clean your home with products that reduce your exposure to harmful household chemicals.

- Vacuuming
- Mopping
- Dishes and Laundry
- Dusting
- Wiping and Washing Surfaces

"Your Choice Makes a Difference For This Generation And The Next"

SAFETYCHOICE™ BY COMFORT KEEPERS IN-HOME CARE TECHNOLOGY HELPING SENIORS LIVE INDEPENDENT LIVES AT HOME

For over a decade, Comfort Keepers® has been helping seniors maintain independent lives by providing in-home care and safety. Like cooking, light housekeeping, bathing or grooming. And with our NEW SafetyChoice™ PERS and Medication Management Systems mean help is always available. Call us at (905) 272-7489.





Brand Promise

"Whatever it takes to bring you peace of mind"

Here is how we deliver on our promise:

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- Fast and easy access to the help you need
- Always open 24/7 access, 24/7 service
- We manage everything, every step of the way

GUARANTEED!

905-532-3742

AUGUST

Wednesday, August 18th: Fall registration

Wednesday, August 25th: South Pacific at the Four Casino bus trip

Season Centre for the Performing Arts bus trip Wednesday, August 25th: New Member Social

from 2:00pm - 3:30pm

Thursday, August 26th: Casino Rama bus trip

SEPTEMBER

Entertainment Books on sale starting in Sept. Monday, September 6th: the Centre is closed

Tuesday, September 14th: Casino Rama bus trip Tuesday, September 14th: 2nd Annual Euchre

Tournament starting at 1:00pm

Thursday, September 16th: Gold Party from

10:00am - 2:00pm

Tuesday, September 21st: Kiss Me, Kate at the

Stratford Festival bus trip

Thursday, September 23rd: International Dress

Friday, September 24th: Gift cards / certificate orders due

Thursday, September 30th: Casino Rama bus trip

OCTOBER

Friday, October 1st: Walk-a-Thon, registration starts at 8:00am

Tuesday, October 5th: Wii Bowling Tournament at

Regency starting at 11:00am

Monday, October 11th: the Centre is closed Tuesday, October 12th: Casino Rama bus trip Wednesday, October 13th: Shirley's Mystery Tour bus trip

Thursday, October 21st: Annual Broadway Show:

British Airwaves starting at 2:00pm

Friday, October 22nd: Annual Broadway Show:

British Airwaves starting at 2:00pm

Sunday, October 24th: Annual Broadway Show:

British Airwaves starting at 2:00pm

Tuesday, October 26th: Wine Tasting starting at

2:00pm

Thursday, October 28th: Casino Rama bus trip

NOVEMBER

Tuesday, November 9th: Niagara Fallsview

Wednesday, November 10th: Early Christmas in

Presqu'ile bus trip

Thursday, November 11th: Wear Red for

Remembrance Day

Tuesday, November 16th: Be Informed - Be Healthy: Drug Awareness and Older Adult Health

from Noon - 3:30pm FREE

Wednesday, November 17th: Flu Shot Clinic FREE Thursday, November 18th: International Lunch

starting at 12:00pm

November 22nd - November 26th: Crafter's Club

Show and Sale

Thursday, November 25th: Casino Rama trip

DECEMBER

Wednesday, December 1st: 2011 memberships on

December 4th - December 24th: Christmas Gift

Wrap

Monday, December 6th: Winter 2011 Brochure

arrives at the Centre

Tuesday, December 7th: Christmas Lunch and

Dance starting at 1:00pm

Tuesday, December 7th: Casino Rama bus trip Wednesday, December 8th: Ho Ho Home for the

Holidays bus trip

Wednesday, December 8th: Winter registration

starts

Thursday, December 9th: Casino Rama trip Thursday, December 9th: Seniors Wellness Services 1st Year Anniversary, 1:30pm - 3:30pm FREE

Tuesday, December 14th: New Member Social

from 2:00pm - 3:30pm

Thursday, December 16th: Christmas Music

starting at 2:00pm

Thursday, Dec. 23rd: the Centre is closed at Noon December 24th - December 27th: the Centre is closed

Tuesday, December 28th: Toonie Bingo, 1:30pm Friday, December 31st: New Year's Eve Party from

1:00pm - 5:00pm

Friday, December 31st: the Centre is closed Saturday, January 1st: the Centre is closed

Wednesday, March 30th 2011: Billy Elliot: The Musical bus trip

SQUARE ONE OLDER ADULT CENTRE AND SQUARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR September 1st - December 31st 2010

y Saturday	ເດ	- 3pm Cynthia Houstan (905) 896-3765 or Joyce n - 2:00pm Goldson (905) 804-8998 n - 12pm Elderly Vietnamese Seniors Association 12:45pm - 4:00pm Diep Tran (905) 212-7164 or Phan Dam (English)	Oam Silayan Filipino 26) Volunteer Group 1:00pm - 4:00pm Rudy Bombase (905) 874-6942 5pm g	You must register in advance for all programs with an asterisk (*). "@" denotes offsite location. Please see the Brochure for cancellation dates. Bike Registration for all tole
Friday		9:30am - 12:30pm ner Chess 10:00am - 2:00pm Dominoes 10am - 12pm Table Tennis 10:00am - 12:00pm Tai Chi Beg Level One*@	10:30am - 11:30am (Sept 24 - Nov 26) Line Dancing Intermediate 10:45am - 12:15pm Creative Writing 12:30pm - 2:00pm Salsa Dancing*	12:30pm - 2:00pm (Oct 29 - Nov 26) Beading* 1pm - 3pm (Nov 5 - Nov 26) Line Dancing Intermediate Beginner 2:15pm - 3:15pm Choir 2:30pm - 3:30pm Exercise Bike is available
Thursday	2 0 1 1 0 0 2	10:00am - 12:00pm Line Dancing Beginner 10:30am - 11:30am Line Dancing Intermediate 11:45am - 12:45pm Contract Bridge 1:00pm - 4:00pm	- , - , - , - , - , - , - , - , - , - ,	Jazz Dancing 2 Performance* 2:00pm - 3:30pm (Sept 16 - Dec 2) Women's Support and Education Group* 2:00pm - 4:00pm (Sept 16 - Nov 4) 6 Internet Café is available
Wednesday	Mall Walkers 8:00am warm-up Foot Care* 9:00am - 4:00pm (Sept 22, Nov 3, Dec 15) Line Dancing Beg 9am - 10am Urban Pole Walking 9:00am - 10:15am Book Club* 10:00am - 11:30am	(Sept 29, Oct 27, Nov 24) Computer Club 10am - 11:30am Gardener's Circle 10:00am - 11:15am (Sept 8, Oct 13) Table Tennis 10am - 12:00pm Line Dancing Intermediate Beginner 10:15am - 11:45am Touring Cambodia & Vietnam* 11am - 12:30pm November 17	Senisble Living Speakers Series* 11:30am - 12:30pm (Sept 15, Oct 20, Nov 10) Wii Bowling 11:50am - 12:30pm Multicultural Asian Seniors 12:30pm - 3:30pm Gurmel Singh Gill (905) 507-4839 Chronic Pain Management Wrkshp* 1pm - 3pm Sept 29 Holiday Planter Floral Design	
Tuesday	Bodysculpting* 9:15am - 10:15am (Sept 28 - Oct 26, Nov 2 - Nov 30) Tai Chi Intermediate 9:15am - 10:15am Painting with Watercolours* 9:30am - 11:30am (Sept 28 - Nov 30)	Touring China* 10:00am - 11:30am September 21 Chair-ercise 10:30am - 11:30am Co-ed Fitness 10:30am - 11:30am Tai Chi Beg Level One*® 10:30am - 11:30am (Sept 28 - Nov 30)	Line Dancing Basics* 11:45am - 12:45pm (Sept 28 - Oct 26, Nov 2 - Dec 14) Craft Workshops 12:00pm - 2pm Let's Create 12:00pm - 2:00pm (Sept 28 - Nov 23) Seated Massage* 12:00pm - 2pm (Sept 21, Oct 19, Nov 16) Tatting 12:00pm - 2:00pm	Euchre 1:00pm - 3:00pm Hawaiian Dancing* 1pm - 2pm (Sept 28 - Dec 14) Circle of Friends 1:30pm - 3:30pm (Sept 14, Sept 28, Oct 12, Oct 26, Nov 23) Yoga* 2:15pm - 3:45pm (Sept 28 - Dec 14) Innovative Exercises for Mind, Body & Soul* 2:30pm - 3:30pm (Sept 28, Oct 26, Nov 30) Tea Party Gals 2:30pm - 3:30pm (Sept 28, Oct 12, Nov 23)
Monday	Co-ed Fitness 9:15am - 10:15am Canasta 10:00am - 12:30pm Intro to Digital Pictures* 10am - 11:30am (Sept 13 - Oct 4, Nov 1 - Nov 22) Meditation and Self	Empowerment 10am - 12:00pm PowerPoint Presentations* 10:00am - 11:30am (Oct 18 - Oct 25) Sildeshow and Movies* 10:00am - 11:30am (Nov 29 - Dec 20) Epilepsy Training Session* 9:00am - 10:00am 10:30am September 20	Line Dancing Beginner 10:30am - 11:30am Wil Bowling 11:35am - 12:15pm Hearing Clinic* Noon - 3pm November 1 Blood Pressure Clinic* 1pm - 2pm October 18 Pliates* 1pm - 2pm (Sept 20 - Oct 25, Nov 1 - Nov 29)	Travelogue 1:00pm - 2:15pm Bingo 1:30pm - 3:15pm Gin Rummy 1:30pm - 3:30pm Cancer Conversation* 2:30pm - 4:00pm August 30 Health Lecture Series* 2:30pm - 4:00pm (Sept 27, Oct 25, Nov 29) DVD Lecture Series* 2:45pm - 4:00pm (Sept 13 - Dec 6)
Sunday	Table Tennis 1pm - 5pm Breathing Exercise 1:00pm - 2:00pm Brush painting 1:00pm - 5:00pm	Chinese Aerobics 2:00pm - 3:00pm Line Dancing 3:00pm - 4:30pm All Sunday programs are hosted by Chinese Golden Age Seniors 1pm - 5pm Leon Eng (905) 507-2280	SOUARE ONE OLDER ADULT	CENTRE SOLARE ONE SENIORS WELLNESS SENIORS WELLNESS SENIORS Mon. to Fri. 8:30am - 4:30pm Saturday 9am - 4pm Square One Older Adult Centre 100 City Centre Drive