

SQUARE ONE OLDER ADULT CENTRE 2012 FALL BROCHURE

SEPTEMBER / OCTOBER / NOVEMBER / DECEMBER

100 City Centre Drive, P.O. Box 2214 * Mississauga, Ontario L5B 2C9 * (905) 615-3207 * Fax: (905) 615-3455
www.sq1oac.com

20 YEARS enhancing lives



SQUARE ONE
SENIORS WELLNESS
SERVICES

Supported by:



Ontario

This project is funded by
the Government of Canada's
New Horizons for Seniors program.



Inside this Issue

General Information	Page 2
Square One Seniors Wellness Services.....	Page 6
Program Listing	Page 10
Community Partner Groups	Page 19
Mississauga West Programs	Page 20
Travel	Page 30
Fundraisers	Page 32
Special Events	Page 35

Square One**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.sq1oac.com

Like us on Facebook and Follow on Twitter

Administration Office Hours

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

Mississauga West**Contact Information**

6945 Meadowvale Town Centre Circle
Mississauga, ON L5N 2W7
(905) 363-0123

Administration Office Hours

Monday to Thursday: 8:30am - 3:00pm

Friday: 8:30am - 12:30pm

Closure Dates

September 3; October 8; 12 Noon on
December 24, December 25; December 26;
12 Noon on December 31; January 1 2013

Weather Cancellations

In the event of severe weather, please listen to the recorded message to ensure that your program will take place.

Membership Information

Mississauga residents 50 years of age and better (spouses may be under 50) are welcome to join the Centre for \$13 for the remainder of the 2012 Calendar year. Non-Residents may join for \$15. Square One membership entitles you to participate at Square One and Mississauga West locations. Mississauga West membership is \$5 for the remainder of the 2012 Calendar year. 2013 memberships will be on sale on Dec 1st.

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 Benefits

- * Reduced rates for special events and day-trips
- * Register for more than 90 great weekly programs and services
- * An opportunity to develop great new friendships, skills and talents
- * Access to affordable wellness treatments
- * Access to free health and wellness education, services and clinics through Square One Seniors Wellness Services
- * Access to our community partner groups
- * Access to community resource literature, and through our website, direct links to community resources
- * Vote on matters of concern to Centre members at our Annual General Meeting
- * Opportunities for leadership through participation in Centre committees and Boards
- * Seniors discount list for Mississauga's premier shopping centre, Square One (available at the Administration Office)
- * Provision of free locker service
- * Provision of bi-annual newsletters and quarterly activity guides in brochure form, as well as program and event listings on our website
- * Access to free Internet café
- * Opportunity to participate in programs/ events at Mississauga West location
- * Annual celebration for our members over 80

Registration Information

Registration for Fall programs will begin **Wednesday, August 15th**. All 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 **2012 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 administration fee for each program. NSF cheques: \$25 fee applies.

Program Cancellations

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.

Scent

As a courtesy to members with allergies, it is requested that you refrain from using perfume or after-shave especially during physical programs.

Locker Service

We have free lockerettes available for use. Just come to the Administration Office 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.

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 to suggestions. We welcome any comments on the provision of programs and services to people with disabilities. Comments can be directed to our Executive Director. A copy of the Accessible Standards for Customer Service for the Centre can be accessed at our Administration Office or from our website.

Advertising

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

There is an elevator down to the Older Adult Centre and all rooms are wheelchair accessible. Accessible devices include a TTY Ultratec Miniprint 425 and a closed circuit monitor. 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.

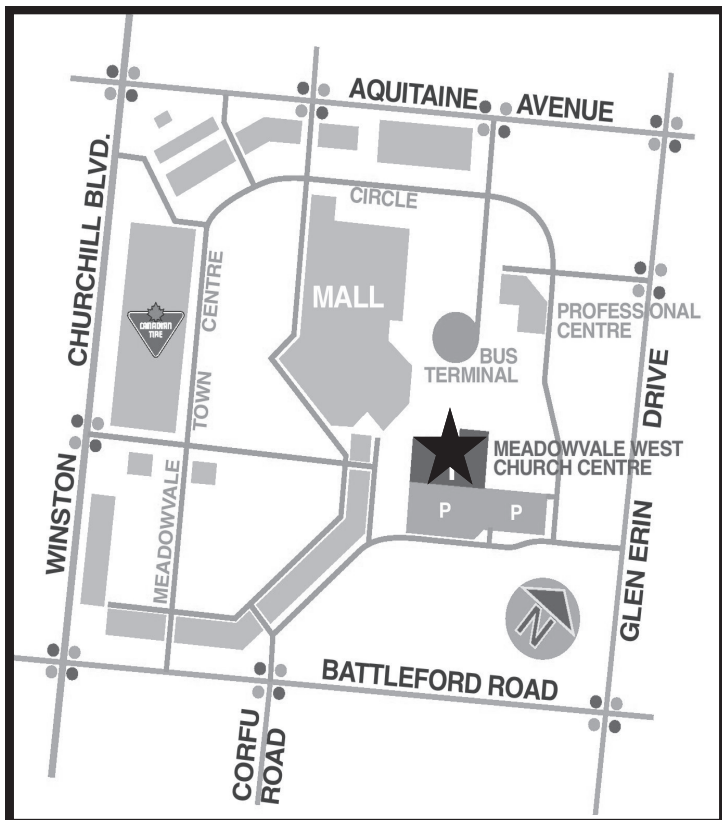
Square One Older Adult Centre
2012 / 2013 Volunteer Board of Directors

Esther Williams	President
Alice Dods	Vice President
Robert Lomon	Controller
Vacant	Director, Administration and Secretary
Judy Willson	Director, Board Development
Manuel Castellino	Director, Facilities
Linda Keen-Lauserg	Director, Marketing
Tessie Buena	Director, Programs and Cafeteria
Terri-Lynne Rade	Director, Special Events and Fundraisers
Juliet Rebello	Director, Travel
Jean Michaels	Director, Volunteers
Theresa Kramer	Ex-Officio Director, City of Mississauga
Claire Santamaria	Ex-Officio Director, Square One Shopping Centre
Frank Dale	Ex-Officio Director, Ward 4 Councillor, City of Mississauga

Square One Older Adult Centre Staff

Linda Salb	Executive Director
Laura Surman	Program Coordinator (with responsibility for Centre Supervision)
Anne Goldspink - Norman	Administration and Facility Coordinator
Lina Zita	Marketing and Community Development Coordinator
Karmela Buzdon	Volunteer Coordinator
Ann Langdon (Mississauga West)	Community Engagement Coordinator
Joan Crews	Saturday Receptionist
Genni Iwanski	Saturday Receptionist
Marie Stewart	Saturday Receptionist

MISSISSAUGA WEST MAP



**OLDER ADULT CENTRE
PARKING MAP**

Please be sure to park your car in the upper level parking area (P2 or P3) across from The Bay and Walmart.



Dear members, volunteers and friends of the Centre,

We hope that each one of you is enjoying your summer so far – a season filled with good friends, delicious local food, bright sunshine and fun activities.

A warm welcome to **Laurie Docimo**, SOSWS's new part-time Resource Development Manager who joined our staff on May 7th! Laurie has extensive experience in fund development for grass-roots organizations and also teaches fundraising and volunteer management part-time at George Brown College in Toronto. Apart from fundraising and donor stewardship, Laurie will also be overseeing the SOSWS budget and grant reporting, plus providing SOSWS Board support. Be sure to introduce yourself when you see her in our hallways. **Welcome Laurie!**

We are also delighted to welcome University of Western Ontario business student **Rochelle Menezes** to our Centre as our summer student until August 24th. Rochelle will be working on myriad of administrative, marketing and outreach tasks both here and at the Mississauga West location in Meadowvale. With her warm smile and delightful, helpful demeanor, she is a great addition to our team!

Thank you for your testimonials! It is inspiring and humbling to read how much your lives have been positively impacted by the Centre and its programs, services and people. Several of your quotes have already appeared in SOOAC's *2011-2012 Annual Report* (found on our website) and will be used in several other events throughout the year. Testimonial sheets are still available through the Administration office, so please take a moment to complete one today.

Our **AGM** on June 28th was a success. Our members voted in new by-laws for both organizations, heard much about our accomplishments over the past year, and listened to the humorous musings of Judy Suke who spoke about "letting laughter lighten the load". We also elected **Terri-Lynne Rade** as the new Director, Special Events and Fundraising on the Centre's Board. A special thank you to Sunrise of Mississauga for providing such a delicious luncheon for us all to enjoy.

Autumns are traditionally jam-packed with activities at our Centre, and this year is certainly no exception. Get your flapper costume ready and be sure to mark **October 2nd** on your calendar, as we gear up for our **Roaring Twenties Gala** in commemoration of SOOAC's 20th Anniversary. Other 20th Anniversary events include *20th Century: The Musical* on September 13th, 14th and 16th, an Open House on September 8th, and a nine-day "Greek Odyssey" trip in October.

Best wishes for a Happy Fall, Esther Williams (President) and Linda Salb (Executive Director)

Square One Older Adult Centre Volunteers**20 years of supporting, transforming and enhancing our members' lives!**

Our Volunteers play a very key and instrumental role in our service delivery. They continue to excel in their willingness to reach out and share their insight, skills, expertise and knowledge. They are driven, committed, dedicated highly enthusiastic and have an invested interest in our Centres accomplishments. Over this past year, our 191 volunteers have contributed an outstanding 39,000 hours of service. As we reflect on the past twenty years together, we warmly acknowledge and pay tribute to all of our volunteers for their contribution towards our success. We appreciate your efforts in transforming our members' lives by encouraging them to lead healthier, active and engaged lives. Choose to make a difference today by Volunteering! For more information call Karmela our Volunteer Coordinator at (905) 615-3207 ext 104. Take action today and become a Volunteer!

Message from the President and Resource Development Manager:

As the crisp and beautiful fall season approaches, an exciting new leaf is turning over at Square One Seniors Wellness Services (SOSWS)!

At our Annual General Meeting held June 28, we announced that fiscal year 2011 was sustainable. Looking forward, we are anticipating a healthy 2012, in terms of programs and funding. Our desire for the future is to enhance current programs by adding mental and physical health activities that will promote optimum healthy bodies and healthy minds.

To support these hopes and aspirations we have employed Laurie Docimo, Resource Development Manager, to guide us through this process. As the roots of our base deepen and strengthen, our free and low cost offerings will continue to grow.

To achieve these goals, a Fundraising Plan was developed and is currently being implemented. In addition to raising funds from events like our October 12th Walk-a-thon, we are branching out to other funding opportunities, like corporate donations, grants and 3rd Party Events.

Another new development at SOSWS, approved at the Annual General Meeting, was the addition of a new volunteer Resource Development Director position on the Board of Directors, to help us plant our feet on solid ground. Faron Langdon will be assuming this role. We also have a new member joining our SOSWS Board of Directors, Manuel Castellino. Our President, Esther Williams, Controller, Bob, and Secretary, Alice Dods are returning for another term. Please see the accompanying chart for names of all Board members.

We wish to thank our dedicated members, volunteers, partners, donors and staff for their genuine care and strong efforts. We continuously look for ways to better serve you and welcome your suggestions.

Sincerely,
Esther Williams
President

Laurie Docimo
Resource Development Manager

100 CITY CENTRE DRIVE, P.O. BOX 2214 * MISSISSAUGA * L5B 2C9
 (905) 615-3207 * FAX: (905) 615-3455 * squareonesws@rogers.com
 www.sq1oac.com

SQUARE ONE SENIORS WELLNESS SERVICES

2012 / 2013 VOLUNTEER BOARD OF DIRECTORS

Esther Williams	President
Judy Willson	Vice President
Robert Lomon	Treasurer
Alice Dods	Secretary
Faron Langdon	Resource Development Director
Manuel Castellino	Director

Staff

Laurie Docimo	Resource Development Manager
Karmela Buzdon	Volunteer Coordinator
Anne Goldspink - Norman	Administration and Facility Coordinator
Lina Zita	Marketing and Community Development Coordinator

OUR MISSION

A Charitable organization serving the community of Mississauga. We provide quality health and wellness services in partnership with Square One Older Adult Centre.

OUR VISION

Achieving optimum health and wellness for seniors.



**SQUARE ONE
SENIORS WELLNESS
SERVICES**

Charitable Registration Number:
81959 5893 RR0001

Be Informed, Be Healthy: Free Drug Awareness Event

Tuesday, November 20th
9:00am - 12 Noon

Discussion on safe medication use and making informed decisions about alcohol and other substance abuse, displays by community agencies, continental breakfast, and prizes! Please pick up your **free ticket** at the Administration Office.

Telephone Reassurance

This **free and confidential** program gives peace of mind to seniors 50+ who live alone. The program provides a **daily, safety-check phone call**, Monday through Friday. Pick up your Client Application Form at the Admin Office at the Square One Older Adult Centre or call (905) 615-3207 ext 107.

In partnership with Peel Senior Link,
Funded by the Mississauga-Halton LHIN.

Program	Description	Program Dates	Time	Fee	Location
Blood Pressure Clinic	Have your blood pressure checked on-site and questions answered. Provided by Living Assistance Services	Wednesday, December 12	12:00pm - 1:00pm	Free	Lobby
BrainGym and more!*	TBA	Thursdays September 20 - October 11	10:30am - 12:00pm	Free	Lion's Den
Circle of Friends (Family Services of Peel)	Learn ways to increase your sense of physical and emotional safety, increase your self-esteem, share your own concerns & meet new people. Refreshments included.	Mondays Aug 13, Aug 27, Sept 17, Oct 1, Oct 22, Nov 5, Nov 19, Dec 3, Dec 17	2:00pm - 4:00pm	Free	Lion's Den
Diabetic Consultation Session* (Simon)	Meet on a one-on-one basis with a pharmacist to go over individual diabetic case.	Saturdays, August 25	3:00pm - 4:00pm	Free	Board Room
Everything You Need to know About Hormones	At this lecture, Lorna will discuss women's health and wellness issues as they relate to hormones. Provided by Nutrition House.	Tuesday, October 30	5:00pm - 9:00pm	Free	Auditorium
Eyeglass Repairs and Adjustments Clinic	Have your eyeglasses adjusted or receive helpful information about your eyewear. Provided by Sears Optical.	TBA	TBA	Free	Lobby
Flu Shot Clinic	Receive your flu shot. Provided by Region of Peel	Monday, November 5	4:00pm - 9:00pm	Free	Auditorium
Foot Care Clinic* (Alex)	Foot treatment by a certified Chiropodist. Book your appointment at the Admin Office.	Wednesdays, September 19 and November 14	9:00am - 4:00pm	\$14.00 per person	Board Room
Hair Cuts*	Offering professional haircuts for men and women at an affordable price. Provided by Mobile Hair and Spa Services.	Tuesdays August 21 and September 18	12:00pm - 4:00pm	\$10.00 per person	Board Room
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Time	Fee	Location
Health Lecture Series*	Enjoy a nutritious snack while learning about: Monday, September 24: Senior Debt Issues, By Cooper & Co Ltd. Monday, October 29: Downsizing, By Royal LePage Monday, November 26: TBA		2:30pm - 4:00pm	Free	Program Room
Hearing Clinic*	Get your hearing checked at this clinic. Provided by ListenUp! Canada	Tuesday, October 23	12:00pm - 3:00pm	Free	Board Room
Information and Support*	Meet with a qualified counsellor and receive the information and support that will make a world of difference. Provided by Family Services of Peel.	Fridays Book your individual appointment by contacting (905) 615-3207 ext 107	1:15pm - 4:15pm	Free	Board Room
Sensible Living Series* Provided by Scott Funeral Home	Enjoy a bowl of soup while learning about: Wednesday, September 5: Funerals, Finances and Family Wednesday, October 3: Getting Organized - Estate Planning Wednesday, November 7: Travelling Safely Wednesday, December 5: Senior Living December 19: Christmas Centrepiece Workshop		11:30am - 12:30pm	Free	Lion's Den
Shiatsu Chair Massage	Enjoy a 10 minute massage. Provided by students from the Shiatsu Academy.	Fridays	9:30am - 12:00pm	Free	Hallway
STOP Hunger and Malnutrition*	This series will focus on malnutrition, dehydration and the food "superstars" of nutrition. Refreshments included. Presented by Comfort Keepers.	Tuesdays September 4, September 11, December 4, December 11 Thursdays November 8 - November 29	2:30pm - 4:00pm 10:30am - 12:00pm	Free	Mississauga West Lions' Den
Walker and Wheelchair Clinic	Receive a tune-up on your walker or wheelchair or helpful information about mobility aids. Provided by MEDichair.	Wednesday, November 28	10:00am - 12:00pm	Free	Lobby
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
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.	October 15 - November 12 November 19 - December 17	Mondays 12:45pm - 1:45pm	\$38.75 for 5 weeks	Program Room
Tai Chi Beginner Level One* (Heidi)	Learn this wonderful Chinese exercise. Register early, as this class fills up fast!	September 11 - November 27 (Cancelled October 2 and November 20)	Tuesdays 10:20am - 11:20am	\$30.00 for 10 weeks	Program Room
Toning* (Kai)	Toning improves your flexibility, strengthens bones and muscles, aids in weight loss and leaves you feeling great! A long session of stretching will follow the workout. Muscle conditioning can be done twice a week for maximum benefit.	September 11 - October 9 (Cancelled October 2) October 16 - November 6 November 13 - December 4	Tuesdays 9:10am - 10:10am	\$21.00 for 4 weeks	Program Room
Yoga* (Zaneta)	Learn postures and movements that are easy to do. All fitness levels welcome. (1 1/2 hour class).	October 9 - December 4 (Cancelled November 27)	Tuesdays 2:15pm - 3:45pm	\$58.00 for 8 weeks	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Weekly Instructors	Day / Time	Fee	Location
Chair-exercise New Time!	Work out your heart and muscles using a chair for support. Great for beginners.	Faye	Tuesdays 11:30am - 12:30pm	\$3.00 per visit	Program Room
Co-ed Fitness	Fun low-impact class with weight work and stretching.	Diane	Mondays 9:15am - 10:15am	\$3.00 per visit	Auditorium
		Kai	Tuesdays 10:30am - 11:30am		
		Liz	Fridays 9:30am - 10:30am		
		Kai/ Diane	Saturdays 9:15am - 10:15am		
Crane Qi Gong New Time!	Crane Qi Gong is easy to learn. The movement promotes a natural way of healing your body, and enhancing and protecting your health.	Ilda	Thursdays 11:45am - 12:45pm	\$4.00 per visit	Auditorium
Exercise Bike	Book a free orientation with the Administration Office.		Monday - Friday 9:00am - 4:00pm	\$1.00 per visit or \$10.00 for 16 visits	Stage
Mall Walkers	Safe way to walk with friendly people. Warm-up includes muscle conditioning and stretches.	Laura	Wednesdays 8:00am warm-up	\$1.00 per visit or \$10.00 for 16 visits	Auditorium
Table Tennis	Active, friendly game.		Wednesdays Fridays 10:00am - 12:00pm	\$1.75 per visit	Program Room
			Saturdays 10:30am - 12:30pm		Auditorium
Tai Chi Intermediate	Maintain and improve your moves!	Heidi	Tuesdays 9:15am - 10:15am	\$3.00 per visit	Auditorium
Zumba Gold	A fun fitness class with a Latin beat.	Diane	Thursdays 9:15am - 10:15am	\$3.00 per visit	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Bingo	Win prizes at dabber bingo.	Ongoing	Mondays and Wednesdays 1:15pm - 3:00pm	\$4.25/8 sets of 3 games	Auditorium
Contract Bridge	For experienced bridge players. No partners required.	Ongoing	Thursdays 12:30pm - 3:30pm	\$2.00 per visit	Program Room
Cribbage	Fun game!! No partners required.	Ongoing	Thursdays 1:00pm - 3:00pm	\$2.25 per visit	Lion's Den
Dominoes	Everyone welcome.	Ongoing	Fridays 10:00am - 12:00pm	\$1.75 per visit	Lion's Den
Euchre	Fun and challenging game. No partners required.	Ongoing	Tuesdays 1:00pm - 3:00pm	\$2.25 per visit	Program Room
Friendly Card Games	Drop in for companionship and a fun game of cards.	Ongoing	Fridays 10:00am - 12:00pm	\$1.75 per visit	Cafeteria

(*) Denotes a pre-registered program

Program	Description	Program Dates	Day / Time	Fee	Location
Bazaar Crafts New!	Join this fun group who will sew, knit, crochet, chat and create items for our Christmas Bazaar.	September 25 - November 20	Tuesdays 12:30pm - 1:30pm	Free	Lion's Den
Bow Making Workshop* New!	Help us prepare for our gift wrap fundraiser while learning to make fun bows.	September 20 and November 15 October 24	Thursdays 10:30am - 12:00pm Wednesday 10:30am - 12:00pm	Free Sign up in advance	Lion's Den
Bunka Embroidery (Carmen)	Learn the simple and beautiful art of Japanese embroidery. New participants need to order the sampler kit from Laura.	Ongoing Starting September 11	Tuesdays 9:15am - 11:45am	\$2.75 per visit	Lion's Den
Choral Voice Lessons* (Alexis)	Join our choir and improve your voice with professional vocal coach Alexis from Walters Music.	October 12 - December 7 (Cancelled November 23)	Fridays 2:10pm - 3:10pm	\$80.00 for 8 weeks	Walters Music (Square One Shopping Centre)
Craft Workshops (Barbara)	Work on projects or learn different crafts i.e. crochet, plastic canvas.	Ongoing Starting September 25	Tuesdays 12:00pm - 1:30pm	\$1.75 per visit	Lion's Den
Flower Arranging Made Easy* New!	Bring your favourite vase and learn how to do a silk flower arrangement to take home.	September 27	Thursday 9:30am - 1:30pm	\$5.00	Lion's Den
Painting with Watercolours* (Lorraine)	Learn from artist Lorraine Ireland. No experience required.	September 10 - November 19	Mondays 9:30am - 11:30am	\$82.50 for 10 weeks	Lion's Den
Therapeutic Percussion New!	In partnership with ALCE - Latin-American Art and Healing Group.	TBA	TBA	\$2.00 per visit	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Dance Workshops* New!	Learn two different dance styles. Check the Program Board or call the Admin Office for the class information.	September 20 - November 22 (Cancelled October 18 and November 1)	Thursdays 1:00pm - 2:00pm 2:15pm - 3:15pm	\$40.00 for 8 weeks	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	October 9 - November 13	Tuesdays 11:45am - 12:45pm	\$28.50 for 6 weeks	Auditorium
Theatrical Fox Trot Workshop* (Merilyn) New!	Go back in time and learn this classic dance. Some dance experienced required.	November 2 - December 7 (Cancelled November 9 and November 23)	Fridays 12:30pm - 1:30pm	\$20.00 for 4 weeks	Auditorium
Samba Workshop* (Merilyn) New!	Move to a Latin beat! Some dance experienced required.	October 5 - October 26	Fridays 12:30pm - 1:30pm	\$20.00 for 4 weeks	Auditorium
Sequence Dancing* (Kathy) New!	Based on Waltz, Fox Trot, Tango, Cha-cha and Rhumba, these dances are arranged in 16 bar routines.	October 9 - November 13	Tuesdays 1:00pm - 2:00pm	\$30.00 for 6 weeks	Auditorium

(*) Denotes a pre-registered program

Program	Description	Weekly Instructors	Day / Time	Fee	Location
Belly Dancing	Learn the shimmy, undulation and the veil dance. Lots of fun and great exercise too!!	Mary	Wednesdays Beginners 3:45pm - 5:00pm Performance Troupe 5:00pm - 6:30pm	\$3.00 per visit	Auditorium
Intergenerational Line Dance	Please call the Administration Office for details.		Thursdays and Fridays evenings	TBA	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	\$3.00 per visit	Auditorium
Line Dancing Intermediate Beginner	Building on the Beginner Level. Learn more complicated dances.	Rhoda	Wednesdays 10:15am - 11:15am or 10:15am - 11:45am Fridays 2:15pm - 3:15pm	\$3.00 for 1 hour or \$4.00 for 1 1/2 hours \$3.00 per visit	Auditorium
Line Dancing Intermediate	Learn more complicated dances to a variety of music.	Merilyn	Fridays 10:45am - 11:45am or 10:45am - 12:15pm	\$3.00 for 1 hour or \$4.00 for 1 1/2 hours	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Bermuda Cruise Info Session* New!	Join Maxima Tours to find out about this great 10 day/9 night cruise to Bermuda with over-nights in the Poconos and Sands Casino departing May 18, 2013.	October 18 December 12	Thursday 11:00am - 12:30pm Wednesday 11:00am - 12:30pm	Free Sign up in Advance	Lion's Den
Book Club*	Love to read? Join this fun group & discuss a different book each month. Books are provided by Mississauga Central Library.	September 26, October 31, November 28	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Lion's Den
Digital Pictures* (Blaine) New!	Learn how to download photos from your digital camera, email or the internet, plus how to organize and print them.	September 17 - October 1	Mondays 10:15am - 11:45am	\$9.75 for 3 weeks	Board Room
French for Beginners Level Three* New!	Continue to learn conversational French from a certified instructor.	September 10 - November 19	Mondays 12:30pm - 1:30pm	\$27.50 for 10 weeks	Board Room
Holland River Cruise Info Session* New!	Cosmos is back to take you on the trip of a lifetime! Cruise the rivers of Holland and visit Keukenhof Gardens. Trip departs April 17 2013.	September 19 and November 21	Wednesdays 11:00am - 12:30pm	Free Sign up in Advance	Lion's Den
Making Slide Shows* (Andy) New!	Learn to put your pictures into a slide show.	October 29 and November 5	Mondays 10:15am - 11:45am	\$6.50 for 2 weeks	Board Room
One on One Computer Tutoring* (Andy)	Do you want to learn to use the computer, but need personal attention? Andy will work with you to solve problems or teach you the basics.	Starting September 12 Book your session at least one week in advance.	Wednesdays 9:30am - 11:30am	\$10.00 per session	Library
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
RECONNECT Computer Workshops* (reBOOT Canada)	Volunteers from reBOOT Canada will lead you through 6 beginner workshop topics. Manual included. Shared computers.	October 3 - November 7	Wednesdays 12:00pm - 1:00pm	\$16.50 for 6 weeks	Library
Skype* (Andy) New!	Communicate better with your friends and family.	October 15	Monday 10:15am - 11:45am	\$3.25	Board Room
Spanish for Beginners Level Two* New!	Ole! Looking to learn Spanish for fun or travel? Sign up for this beginner class.	September 10 - November 19	Mondays 2:00pm - 3:00pm	\$27.50 for 10 weeks	Board Room
Taiwan Trip Info Session* New!	Learn about this wonderful trip planned for March 2013 by Nexus Holidays.	September 12 and November 14	Wednesdays 12:30pm - 1:30pm	Free Sign up in Advance	Lion's Den
Touring China Info Session* New!	Nexus Holidays presents photos and info on an affordable 15-day China tour which departs November 2012 and March 2013.	September 12 and November 14	Wednesdays 11:00am - 12:30pm	Free Sign up in Advance	Lion's Den
Windows 8* (Blaine) New!	Learn all about this new computer system.	November 12 and November 19	Mondays 10:15am - 11:45am	\$6.50 for 2 weeks	Board Room
YouTube* (Andy) New!	Learn how to navigate this great site.	October 22	Monday 10:15am - 11:45am	\$3.25	Board Room
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Computer Club (Blaine)	Get tips on working with email, internet & other common problems.	Ongoing Starting September 12	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Board Room
Creative Writing Level One	Try your hand at writing short stories, memoirs and poetry. Share your writing in a non-judgmental environment.	Ongoing	Thursdays 1:00pm - 2:00pm	\$2.00 per visit	Board Room
Creative Writing Level Two	Continue to write stories, memoirs and poetry.	Ongoing	Fridays 12:30pm - 2:00pm	\$2.50 per visit	Lion's Den
Internet Café	Check your email or browse the internet.	Ongoing (as available)	Monday - Friday 9:00am - 4:00pm	Free	Library
Laughter Club (Sue)	Release your stress and take a break from the pressures of life with this fun, relaxing Laughter Yoga class.	September 25, October 9, October 23, November 6, November 20, December 4	Tuesdays 2:00pm - 3:00pm	\$3.00 per visit	Lion's Den
Self Empowerment and Meditation	Connect your mind, body and spirit during this relaxing session.	Ongoing	Mondays 10:00am - 12:00pm	\$1.75 per visit	Program Room
Movie Matinee	The Iron Lady One for the Money The Ides of March White Christmas	September 5 October 3 November 7 December 5	Wednesdays Starting at 1:00pm	Free (Popcorn \$1.00)	Lion's Den

(*) Denotes a pre-registered program

Ethno-Cultural Group	Time/Day	Location	Contact Name	Contact Number
ALCE - Latin-America Art and Healing Group	Wednesdays 2:00pm - 5:00pm	Program Room	Elsa Galan or Silvia Damar Radvansky	(905) 897-2495 (905) 822-9142
Caribbean Seniors Social Activities	Saturdays 12:00pm - 3:00pm	Lion's Den	Cynthia Houston or Joyce Goldson	(905) 896-3765 (905) 804-8998
Chinese Golden Age Seniors	Sundays 1:00pm - 5:00pm	Older Adult Centre	Andrew Lee	(905) 270-8239
Elderly Vietnamese Seniors Association	Saturdays 12:45pm - 4:00pm	Auditorium	Diep Tran (Vietnamese)	(905) 212-7164
Goan Cultural Group	Wednesdays 6:30pm - 9:00pm	Program Room	Saby Carvalho or Theo Fernandez	(905) 281-1213 (647) 208-7031
Multicultural Asian Seniors	Wednesdays 12:30pm - 3:30pm	Board Room	Gurmel Singh Gill	(905) 507-4839
Silayan Filipino Volunteer Group	Saturdays 1:00pm - 4:00pm	Program Room	Tessie Buena	(905) 607-1902
Partner Group	Time/Day	Location	Contact Name	Contact Information
Square One Deaf Seniors Group	Mondays Aug 13, Aug 27, Sept 10, Sept 17, Oct 1, Oct 22, Nov 5, Nov 19, Dec 3, Dec 17 2:00pm - 4:00pm	Program Room	Marty Goldstein or Sally Wall	squareonedeafseniorsgroup@yahoo.ca swall@chs.ca

For a complete listing of our Community Partner Groups and their programming times, please contact our Administration Office.

Program	Description	Program Dates	Day / Time	Fee
Acrylic Painting* (Helena & Juliana)	Learn the basics of composition and texture as you paint with acrylics.	September 26 - October 24 November 7 - December 5	Wednesdays 12:30pm - 2:30pm	\$24.00 for 5 weeks
Art History (Ken)	Art DVD series. Refreshments included.	Ongoing	Mondays 1:00pm - 2:30pm	\$2.75 per visit
Ballroom Line Dance (Sunny)	Have fun dancing ballroom steps to the old standards. No partner required.	Ongoing	Thursdays 10:10am - 11:10am	\$3.00 per visit
Belly Dancing (Mary & Diane)	Learn the shimmy, undulation and the veil dance.	Ongoing	Tuesdays 11:05am - 12:05pm	\$3.00 per visit
Book Club	Love to read? Join this fun group and discuss a different book each month.	September 5, October 3, November 7, December 5	Wednesdays 10:30am - Noon	\$2.75 per visit
Chair-ercise (Faye)	Work out your heart and muscles using a chair for support.	Ongoing	Mondays 10:30am - 11:30am	\$3.00 per visit
Co-ed Fitness	Fun low-impact class with weight work and stretching.	Ongoing	Mondays (Liz) 9:15am - 10:15am Tuesdays (Rosalie) 9:00am - 10:00am	\$3.00 per visit
Computers Level 1 & 2 (Diane & Nelly)	Get more out of your PC (laptop Required). Learn basic computer skills at these lecture-style workshops	September 13 – November 15	Thursdays 1:00pm - 2:30pm	\$3.00 per visit
Crafts, Stitch and Chat (Jessica)	Enjoy working on your craft projects with friends.	Ongoing	Wednesdays 9:00am - 10:30am	\$1.75 per visit
(*) Denotes a pre-registered program				

Program Description	Program Description	Program Dates	Time / Day	Fee
Creative Writing (Herb)	Try your hand at writing short stories, memories and poetry. Share your writing in a non judgemental environment.	September 24 – November 26	Mondays 11:45am – 1:15pm	\$3.00 per visit
Gentle Co-ed Fitness (Rosalie)	Fun low impact exercises, muscle toning and stretching. A beginner class	Ongoing	Tuesdays 10:10am - 11:00am	\$3.00 per visit
Gentle Yoga* (Zaneta)	This gentle class is a great way to practice yoga! All fitness levels welcome.	September 20 - October 18 October 25 - November 22	Thursdays 11:15am - 12:45pm	\$45.00 for 5 weeks
Line Dance Intermediate (Merilyn)	Learn more complicated dances to a variety of music. No partner required.	Ongoing	Wednesdays 11:00am - 12:00pm	\$3.00 per visit
Spanish for Beginners Level 1* (Raiza)	Looking to learn Spanish for travel? Sign up for this beginner class.	September 18 – November 20	Tuesdays 2:15pm - 3:30pm	\$27.50 for 10 weeks
STOP Hunger and Malnutrition* (Comfort Keepers)	This series will focus on malnutrition, dehydration and the food “superstars” of nutrition.	September 4, September 11, December 4 and December 11	Tuesdays 2:30pm - 4:00pm	Free
Tai Ci Level One* (Mark)	Learn this wonderful Chinese exercise. Suitable for all fitness levels. Register early, as this class fills up fast!	September 7 – November 9	Fridays 10:30am - 11:30am	\$30.00 for 10 weeks
Toning (Rosalie)	Toning improves your flexibility, strengthen bones and muscles, aids in weight loss and leaves you feeling great!	Ongoing	Thursdays 9:00am - 10:00am	\$3.00 per visit
Zumba Gold (Diane)	A fun fitness class with a Latin beat.	Ongoing	Tuesdays 1:00pm - 2:00pm Fridays 9:15am - 10:15am	\$3.00 per visit
(*) Denotes a pre-registered program				



Better care for a better life

Home care designed especially for you

OUR CLIENTS SAY it's the compassion and professionalism of our caregivers that makes the difference – and allows them to live with independence and dignity in the comfort of their own homes.

We also care for people in hospitals, long-term care facilities and retirement residences. Contact us today and find out how a personalized care plan can help you or your loved one.

For more information, please call

905.277.3116 / 1.866.613.7706

www.bayshore.ca



Bayshore
Home Health

- Nursing
- Personal Care
- Home Support
- Companionship
- Funding Investigations
- Free Assessments
- Nurse Supervised Staff
- 24 Hour/7 Day Service

SQUARE ONE



The 37th Annual Lions Club Square One Farmers' Market

Friday, June 1st, 2012 to Sunday, October 28th, 2012

HOURS OF OPERATION: Fridays and Sundays: 8:00am - 4:00pm



Next to the Cineplex Coliseum 10 Theatre
309 Rathburn Road West @ Living Arts Dr.

The market consists of top quality and fresh vendors:

- * Fruits & Vegetables
- * Eggs/bread/cold meats
- * Maple syrup, Honey
- * Fresh flowers
- * Home-made preserves and more!



For more information
please call
Manny, Market Chairman,
(647) 830-0216

3 Great Locations To Choose From in the Mississauga Area!



Find out how an enjoyable retirement can be yours.

With a wide range of services and programs in a comfortable setting, we can offer a retirement tailored to you.

Call today to arrange your personal visit!

Get Around In Style!

Use our chauffeured town car service to get to your appointments! It's less stressful and travelling to an appointment is no longer an issue. Visit us today!



**REGENCY
RETIREMENT
RESIDENCE**

29 Mississauga Rd. North
Port Credit
Call 905-891-2422

Located in the heart of Meadowvale, Heritage Glen offers TRUE independent retirement living. Schedule your personal visit today to learn more about us!



**HERITAGE GLEN
COMMUNITY
FOR SENIORS**

6515 Glen Erin Drive
Meadowvale
Call 905-567-6015

An Oasis in the Heart of Mississauga!

Give yourself a break and relax with us! Choose from a host of services and activities, and let our staff take care of the rest. Call Vanessa or Lynn for your complimentary lunch today!



Chartwell
CLASSIC
ROBERT SPECK

100 Robert Speck Parkway
City Centre
Call 905-501-9922



Registered Providers of Veterans Independence Program (V.I.P.)



Canadian Owned



ACCREDITATION CANADA • AGREMENT CANADA
Accredited • Agréé



**PREMIER
HOMECARE
SERVICES**
home sweet homecare

HomecareMississaugaSouth.com

Independently Owned & Operated

SERVICES

- Hourly, Overnight Care & Live-in Care
- Companionship
- Homemaking & Laundry
- Personal Care
- Meal Planning & Preparation
- & Much More

Specializing in
Alzheimer's
and related
dementia care.

Call today for your
complimentary assessment!

905.281.8100

Premier Homecare Services - Mississauga South

The reason so many people plan ahead... *love.*

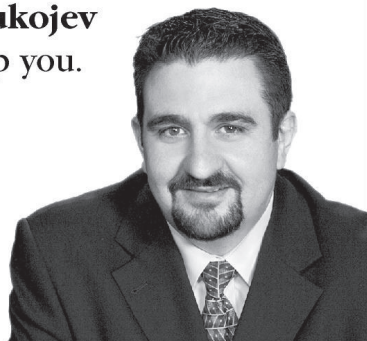
At Scott Funeral Home we have helped families plan ahead for over 10 years. Our Licensed Pre-Planning Specialist **Bogoslav "Bogi" Vukojev** will be happy to help you.

Simply call:

905-272-4040

or email:

bvukojev@arbormemorial.com



SCOTT FUNERAL HOME

Mississauga Chapel • www.scottmississauga.ca
420 Dundas Street East, Mississauga, L5A 1X5



Mosaic offers: **meal preparation, companionship, light cleaning & grocery shopping.**

Mosaic provides care by the **hour, overnight, 24 hour care** and **live-in** services for ALL AGES in the GTA including Mississauga. **Customize** a service that fits your lifestyle & we will do the rest! For more information, **visit our website!**



Mosaic Home Care Services & Community Resource Centre

2900 Steeles Avenue East | Suite 218 | Thornhill, ON | L3T 4X1

905-597-7000 | mosaichomecare.com

Hi! We are Helen Goljak and Marc Jurman and we think the world of Square One Older Adult Centre

If you're thinking of downsizing or if your family is growing...
If you're having trouble keeping up with the maintenance or taxes of your home, or just looking for a change...

We will help you make the change by discounting our commission to you when you list your home with us.

We also will donate to **Square One Older Adult Centre** from our commission whether it's from selling your home or finding you a new one so that you and others continue to enjoy life at **Square One Older Adult Centre**.

**The
Next Best Phase
Team**



Let us help you and Square One Older Adult Centre. Contact Helen Goljak or Marc Jurman today.

1.855.505.5554
info@thenextbestphase.ca
www.thenextbestphase.ca





EVERGREEN
RETIREMENT COMMUNITY

Senior living in

Style



Evergreen Retirement Community offers beautiful accommodations and amenities with exceptional services including Independent, Full-Service and Assisted Living Lifestyles.

ASK ABOUT OUR
MOVE-IN
INCENTIVES

905-502-8882

820 Scollard Court Mississauga, Ontario
N.W. corner of Mavis & Eglinton

www.evergreenretirement.ca



EVERGREEN
RETIREMENT COMMUNITY

**COMPLIMENTARY LUNCH
FOR YOU AND A GUEST**

Call today to make reservations.

(Coupon)



Managed by
Diversicare

*Have a loved one that needs care? Looking for a retirement home & don't know where to start? Call us for a **FREE** no-obligation assessment of your Care Needs*

Phone: 905 - 997 - 0540

Email: mississaugasouth@abc-seniors.com

Visit Us At: www.alwaysbestcarecanada.ca



Senior Services Include:

- ✓ Home Support
- ✓ Personal Care
- ✓ Nursing Services
- ✓ Retirement Home Placement & Consulting Services

✓ Multi-Lingual Care Giver Support Available

Specialize In Care For:

- ✓ Alzheimer's & Dementia
- ✓ Parkinson's Disease
- ✓ Multiple Sclerosis
- ✓ Cancer Patients

Always
BEST CARE
SENIOR SERVICES

TD Waterhouse

Here's how we can help you



We can work with you to:

- Create a road map for your financial future.
- Design a tax-efficient portfolio based on your tax situation.
- Estimate cash flows from all relevant sources during your retirement.
- Maximize the value of your business.
- Create income enhancement solutions for your lifestyle.
- Communicate openly and proactively ensuring you are on track to meet your goals.
- Tailor cash and debt management solutions to your needs.
- Have peace of mind and protect your financial well-being no matter what life brings your way.

www.themehtawealthmanagementgroup.com

Kairas Mehta
Investment Advisor
T 416 308 3050
T 888 576 4447
F 416 308 7825
kairas.mehta@td.com

Paul Badham
Estate Planning Advisor
T 416 308 3384
paul.badham@td.com



The Mehta Wealth Management Group consists of Kairas Mehta, Investment Advisor and Ryan Davenport, Sales Assistant. The Mehta Wealth Management Group is part of TD Waterhouse Private Investment Advice. TD Waterhouse Private Investment Advice is a division of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. - Member of the Canadian Investor Protection Fund.

* The TD logo and other trade marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or in other countries.

**Health
and
well-being,**
Delivered to
your home!



Delicious Meals To Your Door

**COPPER COUNTY
FOODS**

*Nutritious food,
no tax, FREE delivery*



www.coppercountyfoods.ca 1-866-494-4333

Seeking peace of mind?

**Worried
about leaving
behind
debts?**

**Thirty-four
per cent of
seniors have
\$20,000 or more
in debt**

**Owe income
tax from
cashing
assets?**

**More seniors are
cashing assets
to pay bills and
support family**



**You have options.
Find out what you can do.**

Cooper & Co. Ltd.
is a federally licensed Trustee.
We can help you eliminate your debt,
while avoiding bankruptcy.
It's free to talk to us.
We have four locations in the GTA.
Give us a call at 416.665.3383
or visit us online at www.cooperco.ca.



Compassion • Support • Hope

At First Class Home Care Inc., we see ourselves as your extended family - offering solutions that will give you peace of mind. Our personalized services give you options in caring for your loved one, so that they can remain independent and feel vital for as long as possible in their own home.

**Clip and save for one FREE hour
of any First Class service.**

*minimum of two hours paid service will apply to get one free hour.

info@firstclasshomecareinc.com or go to our website: www.firstclasshomecareinc.com

Personal care • Housekeeping • Companionship • Transportation • Respite care/hospital recovery • 24/7 service

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 latecomers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable circumstances or difficult weather. Full refunds are issued if the Centre is responsible for a cancelled bus trip. A minimum of 40 passengers is required for all trips. No refunds available unless the trip is sold out and your ticket is resold. Please be sure to park your car in the upper level parking area (P2 or P3) across from The Bay and Walmart. For more information call (905) 615-3208.

Fallsview Casino**Tuesday, August 14th**Depart: 9:00 a.m., Return: 5:30 p.m. approx. Sold out.**Casino Rama****Thursday, August 30th**Depart: 8:30 a.m., Return: 5:30 p.m. approx. Sold out.**Casa Loma, Chocolate Shop, Bakery and More****Tuesday, September 11th**

Depart: 9:00 a.m., Return: 5:30 p.m. approx.

Ticket price: \$55.00/member, \$60.00/guest. Tickets on sale. We will start our day browsing at Apple Factory on Hwy#7, onto Crawford's Village Bakery and Chocolate Shop in Norval. Lunch at Mario's San Francisco Restaurant in Mississauga. Following lunch we visit Casa Loma for a tour to view the gardens and afternoon tea.

Flamboro Downs in Hamilton plus horse racing**Wednesday, September 12th**

Depart: 9:00 a.m., Return: 5:30 p.m. approx.

Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale.**Casino Rama****Thursday, September 27th**

Depart: 8:30 a.m., Return: 5:30 p.m. approx.

Ticket price: \$1.00/person, members and guests. Tickets on sale Wednesday, August 15th. *Please bring your Players Passport card and valid Government issued Photo Identification in order to receive your incentive.* No refunds.

Cirque Du Soleil**Thursday, October 4th**Depart: 11:00 a.m., Return: 6:30 p.m. approx. Sold out.**Fallsview Casino****Thursday, October 11th**

Depart: 9:00 a.m., Return: 6:00 p.m. approx.

Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale Wednesday, August 29th. *Please bring your Players Advantage Club card & valid Government issued Photo Id in order to receive your \$10.00 incentive which can only be used on machines.*

Casino Rama**Thursday, October 25th**

Ticket price: \$1.00/person, members and guests. Tickets on sale Wednesday, September 12th. *Please bring your Players Passport card and valid Government issued Photo Id order to receive your incentive.* No refunds.

We are Off to London**Thursday, November 8th**

Depart: 8:30 a.m., Return: 7:30 p.m. approx.

Ticket price: \$105.00/member, \$110.00/guest. Tickets on sale. Tour The Grand Theatre in London, afternoon performance of the hilarious, funny and poignant Calendar Girls. Dinner at Elm Hurst Inn and Spa in Ingersoll. Time on your own between tour and theatre.

Casino Rama**Tuesday, November 13th**

Ticket price: \$1.00/person, members and guests. Tickets on sale Monday, October 1st. *Please bring your Players Passport card and valid Government issued Photo Id order to receive your incentive.* No refunds.

Casino Rama**Thursday, November 29th**

Ticket price: \$1.00/person, members and guests. Tickets on sale Wednesday, October 17th. *Please bring your Players Passport card and valid Government issued Photo Id order to receive your incentive.* No refunds.

Casino Rama**Tuesday, December 4th**

Ticket price: \$1.00/person, members and guests. Tickets on sale Monday, October 22nd. *Please bring your Players Passport card and valid Government issued Photo Id order to receive your incentive.* No refunds.

Casino Rama**Thursday, December 6th**

Ticket price: \$1.00/person, members and guests. Tickets on sale Wednesday, October 24th. *Please bring your Players Passport card and valid Government issued Photo Id order to receive your incentive.* No refunds.

Christmas Bus Tour**Thursday, December 6th**

Depart: 10:30 a.m., Return: 8:00 p.m. approx. Ticket price: \$90.00/member, \$95.00/guest. Tickets on sale Wednesday, September 5th. Enjoy a special edition of the Geritol Follies Variety Show presenting at the McIntyre Performing Arts Centre at Mohawk College. After the show we will travel to Ancaster Old Mill for a delicious Christmas dinner, dessert, tea or coffee. Choice of Roast Stuffed Turkey or Roasted Top Sirloin Beef au jus. We shall stop for a coffee and muffin on our way to Hamilton.

Casino Rama**Thursday, January 31st 2013**

Ticket price: \$1.00/person, members and guests. Tickets on sale Wednesday, December 19th. *Please bring your Players Passport card and valid Government issued Photo Id order to receive your incentive.* No refunds.

Credit Valley Explorer - Snow Train**Wednesday, February 20th 2013**

Depart: 9:30 a.m., Return: 3:30 p.m. approx. Ticket price: TBA. Tickets on sale Monday, November 19th. Enjoy a mid-day tour through the wintery Credit Valley and Forks of the Credit from Orangeville to Snelgrove and return. Tour includes complimentary refreshments and a delicious light lunch.

You keep 100% of the money! Gold Party Princess™ will pay Square One Older Adult Centre 10% of all sales. Book your appointment at the Administration Office.



Nexus Holidays All-Inclusive Tour Promotion



Travel with Laura to Taiwan and the south of China in 2013!
Come to our presentation on September 12 or November 14 for all the details.

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

Nov.1 2012, Mar.28 May 16 Sep.12 Oct.10 2013

Presentation available on Sep.12

Including International & domestic Airfare, deluxe 5 star hotels, transportations, meals, admissions fees, shows, banquets, accidental insurance, English tour guides.

Start from
1999.00
 + taxes

18 Days Highlight of Vietnam & Cambodia -- Oct.16 Nov.18 2012 departure

Hanoi, Halong bay, Hoi Ann, Saigon, Cuchi Town, Mytho, Siem Reap, Phom Penh, Hong Kong

Only From \$3699.00+\$430 taxes

14 Days Exotic Asia--Thailand, Malaysia, Singapore -- Feb.8 2013 departure

Bangkok, Pattaya, Penang, Kula Lumpur, Malacca, Singapore

Only From \$3399.00+\$480 taxes



Please call Danna / Vicki
 to RSVP **1-855-604-6488**
vickic@nexusholidays.com
dannag@nexusholidays.com

Do Your Christmas Shopping With Us!

Avon

Check out our Monthly campaigns. View the catalog at the Administration Office.

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

Regal

30% of all purchases made will be donated to the Centre. Pick up a catalog at the Administration Office starting October 1st.

Crafter's Club Show & Sale

November 26th - November 30th

Plan to pick up some wonderful hand-made items at this great annual sale by our crafters!

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

Did you know?

- * When donating to employee workplace giving campaigns, you can direct your donation to Square One Seniors Wellness Services!
- * Employers often match donations if asked!
- * 3rd Party Events are a fun and easy way to raise funds for Square One Seniors Wellness Services! They can be no cost to you, like replacing Holidays hostess gifts with donations OR as elaborate as golf tournaments.

Contact Laurie Docimo for Information at
squareonesws@rogers.com or
 905-615-3207.

Cruising to Bermuda! No Flying!

CELEBRITY CRUISE LINES + LAND PACKAGE

10 Days, 9 Nights *May 18th - 27th, 2013*

- Deluxe motor coach transportation from the Square One Older Adult Centre
- 1 night stay at the Pocono Manor Inn in the Pocono Mountains (breakfast & dinner incl.)
- 7 night luxurious cruise on the Celebrity Summit from Bayonne, NJ to Bermuda and back
- All meals included on board; shore excursions are available at a cost
- 1 night stay at the Sands Casino in Bethlehem, PA (breakfast, meal & gaming credits incl.)
- New York City tour after disembarking the cruise ship
- Maxima Tour Director for the duration of your trip; all taxes included!



Please contact **Juliet Rebello** for more info:
905-276-7890 or jjfrebello@yahoo.ca

\$1959^{DbI}*
Outside

\$1759^{DbI}
Inside

\$2199^{DbI}
Veranda

* On-board ship gratuity not included which totals \$82.00 per person.

1-800-598-5474 www.maxima.net



Ontario Registration
#50018105

497 Main Street East
Hamilton, ON L8N 1K8

TULIP TIME CRUISE 2013: APRIL 17 - 24, 2013



Discover picturesque Holland and Belgium in the spring on this marvelous river cruise vacation! Enjoy a canal cruise in Amsterdam, the charming windmills at Kinderdijk, discover St. Baaf's Cathedral in medieval Ghent, explore Antwerp, and learn about Holland's complex flood controls at the Delta Works. Visit Maastricht, the university town on the borders of Belgium and Germany, and the famous Keukenhof Gardens with the world's largest bulb flower park. This cruise vacation is certain to delight all of your senses!

SAVE
\$500
PER COUPLE ON 2013
EUROPE CRUISES*

Tulip Time Cruise: April 17 - 24, 2013

8 days from Amsterdam to Amsterdam

\$2,731, Port charges: \$133 (Aboard the MS Avalon Visionary)

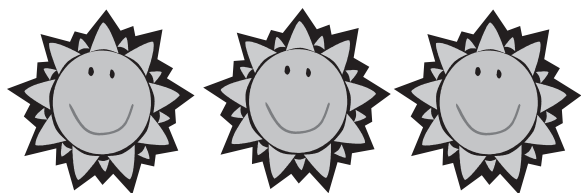
Amsterdam :: Maastricht :: Antwerp :: Ghent :: Middelburg ::
Veere :: Rotterdam :: Kinderdijk :: Schoonhoven :: Amsterdam

FOR RESERVATIONS OR MORE INFORMATION, PLEASE CONTACT:

CANADIAN CHRISTIAN TOURS, 1259 North Service Road, Crossroads Centre, Burlington, ON L7R 4M2, TEL# **1-888-635-8687**, TICO# 50010912

Featured price is per person, land/cruise (Cat. Cabin E), based on double occupancy, departure date as indicated, includes taxes and does not reflect the \$250 per person discount. Flights and travel insurance are additional. * Book a 2013 Europe Avalon Waterways vacation to receive \$250 off per person on the cruise/land only price. Booking must be made, under deposit, and discount applied between February 1 and September 18, 2012 for travel in 2013. Offer reliant on space availability and may be withdrawn at any time. Not combinable with any other offer, other than Journeys Club Repeat Traveller benefit. Applies to new 2013 bookings only, and offer will not be applied to preexisting bookings. Offer reliant on space availability. Full cancellation penalties will apply. Additional restrictions may apply.

AVALON
WATERWAYS®



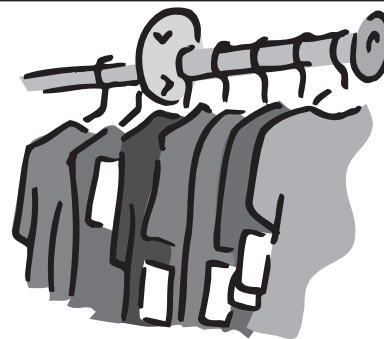
Summertime

An Afternoon with Sandra Cohen

Tuesday, August 14th
starting at 2:00pm

Enjoy a celebration of Summer favourites as Sandra sings with her four-piece band.

Tickets: \$10.00 (all ages)



Fall Clothing Sale

Wednesday, August 15th
9:00am - 11:00am

The Swap is gone, but the sale is on! Everyone is welcome as we sell gently-used clothes, shoes and accessories at great prices. Cleaning out your closet? We will take donations as of Wednesday, August 1st.

New Member Socials

Thursday, August 16th
1:00pm - 3:00pm

Mississauga West Location

Monday, August 20th
2:00pm - 3:30pm

Square One Location

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

Country Line Dance Frolic

Thursday, August 30th
1:30pm - 3:30pm

Put on your cowboy hat and join us for a fun afternoon of dancing to your favourite numbers. Light refreshments included.

Tickets: \$5.00 members,
\$6.00 guests 50+

Open House

Saturday, September 8th
9:30am - 11:30am

Meet our instructors, try our programs and visit our members' art show.
Free refreshments and door prizes. Members receive a ballot to
win a free 2013 membership for every guest they bring.

20th Anniversary Committee presents

20th Century: The Musical

100 Years at the Emerald Ballroom

Thursday, September 13th

Friday, September 14th

Sunday, September 16th

all performances start at 2:00pm

Journey with us through time as we present 100 years of
songs and dances in our Auditorium. Join all our
fabulous singers and dancers for this great show.



Tickets: \$10.00 members, \$12.00 guests (all ages),
\$6.00 children 12 and under

**3rd Annual Euchre Tournament**

Tuesday, September 25th
starting at 1:00pm

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

Tickets: \$5 members, \$6 guests 50+

Mississauga Choral Society

Friday, September 28th
1:00pm - 2:00pm

Celebrate Culture Days Canada with
a concert from the Mississauga Choral
Society featuring the art of the Group
of Seven. Please pick up your
free ticket at the Admin Office.
Small charge for refreshments.



**20th Anniversary
Roaring Twenties Gala
Tuesday, October 2nd
12 Noon - 3:00pm
Tickets: \$25.00 (Members Only)**

Halloween Potluck Lunch

Wednesday, October 31st
12 Noon - 2:30pm

Come and enjoy the festivities of October. Dig out your favorite costume and join in the fun over lunch.

Mississauga West Location

Tickets: \$5.00 members,
\$6.00 guests 50+

Tea and Coffee Market

Thursday, November 1st
12:30pm - 3:00pm

Enjoy lunch as you learn about tea and coffees. Taste test, then shop at our market for your favourites or make up a gift basket.

Tickets: \$5.00 members,
\$6.00 guests 50+

Free

New Member Social

Wednesday, November 14th
1:00pm - 2:30pm

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

Mississauga West Location

Square One Seniors
Wellness Services
**Be Informed, Be Healthy:
Drug Awareness**

Tuesday, November 20th
9:00am - 12 Noon

Discussion on safe medication use and making informed decisions about alcohol and other substance abuse, displays by community agencies, Continental breakfast, and prizes! Please pick up your **free ticket** at the Administration Office.

**Lewis Lawrence
International Lunch**

Friday, November 23rd
starting at 12 Noon

This fabulous luncheon is hosted by our Ethno-Cultural groups and features various international foods and entertainment. This event sells out every year. Dress up or Cultural Attire.

Tickets: \$10.00 members
Members only

Tea and Bingo

Tuesday, November 27th
2:30pm - 4:00pm

Enjoy an afternoon of bingo, tea and refreshments.

Mississauga West Location

Tickets: \$3.00 members,
\$4.00 guests 50+

Free New Member Social

Monday, December 10th
2:30pm - 4:00pm

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 Admin Office.

Christmas Lunch and Dance

Tuesday, December 11th
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: \$20.00 members, \$22.00 guests 50+

Christmas Potluck Lunch

Wednesday, December 12th
12 Noon - 2:30pm

Come and celebrate the Christmas Season with friends over a festive lunch with music provided by Ron da Roza.

Mississauga West Location

Tickets: \$2.00 members and \$3.00 guests 50+

Christmas Music

Thursday, December 13th
starting at 2:00pm

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

Tickets: \$5.00 members, \$6.00 guests (all ages)

The Best of Asia Travelogue

Tuesday, December 18th
1:00pm - 3:00pm

Join Laura in the Auditorium for this fabulous tour of the gardens and must-see sites of China, Vietnam, Cambodia, Hong Kong, Thailand, Malaysia and Singapore. Light refreshments included by Nexus Holidays.
Tickets: \$5.00 members, \$6.00 guests (all ages)

Christmas Bake Sale and Free Open House

Tuesday, December 18th
1:30pm - 4:00pm

Plan to support your centre. Enjoy a Christmas cup of tea and goodies with friends. Learn more about the programs and events.

Mississauga West Location

Christmas Toonie Bingo

Thursday, December 27th
starting at 1:15pm

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

Tickets: \$2.00 members, \$3.00 guests 50+

New Year's Eve Party

Monday, December 31st
1:00pm - 5:00pm

Celebrate the New Year in style! Enjoy a buffet lunch, then dance to live music from The Ron da Rosa Band. During the breaks, line dance with Marilyn! **Dress up event.**

Tickets: \$16.00 members, \$18.00 guests 50+

Monthly Avon campaigns

AUGUST

August 13th: Shirley's Mystery Tour day trip
August 14th: Fallsview Casino day trip
August 14th: An Afternoon with Sandra Cohen
August 15th: Fall Clothing Sale
August 15th: Fall registration starts
August 16th: Free New Member Social at MW
August 20th: Free New Member Social
August 30th: Casino Rama day trip
August 30th: Country Line Dance Frolic

SEPTEMBER

Entertainment Books are available
September 3rd: Centres are closed
September 8th: Free Open House
September 11th: Casa Loma, Chocolate Shop, Bakery and More day trip
September 12th: Flamboro Downs day trip
September 13th: 20th Century: The Musical
September 14th: 20th Century: The Musical
September 16th: 20th Century: The Musical
September 20th: 15 Days China Tour
September 23rd: 6 Days Nashville Tour
September 25th: Euchre Tournament
September 27th: Casino Rama day trip
September 28th: Free Mississauga Choral Society

OCTOBER

October 1st: Regal fundraiser campaign starts
October 2nd: **20th Anniversary Roaring 20's Gala**
October 4th: Cirque Du Soleil day trip
October 8th: Centres are closed
October 10th: Gold Party Fundraiser
October 11th: Fallsview Casino day trip
October 11th: 15 Days Classic China Tour
October 12th: 9 Days Greece Tour
October 12th: Indoor Walk-a-thon
October 16th: 18 Days Vietnam & Cambodia Tour
October 20th: 11 Days Tuscany and Umbria tour
October 25th: Casino Rama day trip
October 31st: Halloween Potluck at MW

NOVEMBER

November 1st: Tea and Coffee Market
November 1st: 15 Days Classic China Tour
November 5th: Free Flu Shot Clinic
November 8th: We are Off to London day trip
November 13th: Casino Rama day trip
November 14th: Free New Member Social at MW
November 18th: 18 Days Vietnam & Cambodia Tour
November 20th: Free Drug Awareness Event
November 23rd: Lewis Lawrence International Lunch
November 26th – 30th: Crafter's Show & Sale
November 27th: Tea and Bingo at MW
November 29th: Casino Rama day trip

DECEMBER

December 1st: 2013 memberships on sale
December 4th: Casino Rama day trip
December 6th: Casino Rama day trip
December 6th: Christmas day trip
December 10th: Winter 2013 Brochure arrives
December 10th: Free New Member Social
December 11th: Christmas Lunch and Dance
December 12th: Christmas Potluck at MW
December 12th: Winter registration starts
December 13th: Christmas Music
December 18th: The Best of Asia
December 18th: Christmas Bake Sale and Free Open House at MW
December 24th: Mississauga West closed
December 24th: Square One Centre closed at Noon
December 25th: Centres are closed
December 26th: Centres are closed
December 27th: Christmas Toonie Bingo
December 31st: Centres close at Noon
December 31st: New Year's Eve Party

2013

January 1st: Centres are closed
January 31st: Casino Rama day trip
February 8th: 14 Days Exotic Asia Tour
February 20th: Credit Valley Explorer - Snow Train day trip
March 28th: 15 Days Classic China Tour
April 17 - 24: 8 Day Holland Cruise
May 16th: 15 Days Classic China Tour
May 18th: 10 Day Bermuda Cruise

SQUARE ONE OLDER ADULT CENTRE & SQUARE ONE SENIORS WELLNESS SERVICES

WEEKLY CALENDAR SEPTEMBER - DECEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chinese Golden Age Seniors 1:00pm - 5:00pm Contact: Andrew Lee 905-270-8239	9:15am - 10:15am Co-ed Fitness	9:10am - 10:10am Toning*	8:00am Mall Walkers 9:00am - 4:00pm Foot Care Clinic*	9:15am - 10:15am Zumba Gold	9:30am - 10:30am Co-ed Fitness	9:15am - 10:15am Co-ed Fitness
Table Tennis 1:00pm - 5:00pm	9:30am - 11:30am Painting with Watercolors*	9:15am - 11:45am Burika Embradery	9:00am - 10:00am Line Dancing Beginner	9:30am - 1:30pm Flower Arranging Made Easy*	9:30am - 12:00pm Shiatsu Chair Massage	Table Tennis 10:30am - 12:30pm
Breathing Exercise 1:00pm - 2:00pm	10:00am - 12:00am Self Empowerment & Meditation	10:20am - 11:20am Tai Chi Beginner Level 1*	10:00am - 11:30am Computer Club	10:30am - 12:00pm Bow Making Workshop*	10:00am - 12:00pm Friendly Card Games	Caribbean Seniors Social Activities 12:00pm - 3:00pm Contact Cynthia Houston 905- 896-3765 or Joyce Goldson 905- 804-8998
Brush Painting 1:00pm - 5:00pm	10:15am - 11:45am Digital Pictures*	10:30am - 11:30am Co-ed fitness	10:00am - 12:00pm Table Tennis	10:30am - 12:00pm BrainGym and more!	10:00am - 12:00pm Dominoes	Elderly Vietnamese Seniors Association 12:45pm - 4pm Contact Diep Tran 905-212-7164
Chinese Aerobics 2:00pm - 3:00pm	Making Slide Shows*	11:30am - 12:30pm Chair-a-ctle	10am - 12pm Walker & Wheelchair Clinic	10:30am - 11:30am Line Dancing Beginner	10:45am Line Dancing Intermediate	Silayan Filipino Volunteer Group 1:00pm - 4:00pm Contact Tessie Buena 905-607- 1902
Line Dancing 3:00pm - 4:30pm	Windows 8*	11:45am - 12:45pm Line Dancing Basics*	10:15am Line Dancing Intermediate Beginner	11:00am - 12:30pm Bermuda Cruise Info Session*	12:30pm - 2:00pm Creative Writing Level Two	3:00pm - 4:00pm Diabetic Consultation Session*
	You Tube*	12:00pm - 1:30pm Craft Workshops	10:30am - 12:00pm Bow Making Workshop*	11:00am - 12:30pm Bermuda Cruise Info Session*	12:30pm - 2:00pm Creative Writing Level Two	
	10:30am - 11:30am Line Dancing Beginner	12:00pm - 4:00pm Hair Cuts*	11:00am - 12:30pm Bermuda Cruise Info Session*	11:45am - 12:45pm Crane Qi Gong	12:30pm - 1:30pm Samba Workshop*	
	12:30pm - 1:30pm French for Beginners Level 3*	12:00pm - 3:00pm Healing Clinic*	10am - 12pm Walker & Wheelchair Clinic	12:30pm - 3:30pm Contract Bridge	12:30pm - 1:30pm Theatrical Fox Trot Workshop*	
	12:45pm - 1:45pm Pilates*	12:30pm - 1:30pm Bazaar Crafts	11:30am - 12:30pm Sensible Living Series*	1:00pm - 2:00pm Creative Writing Level One	1:15pm - 4:15pm Information and Support*	
	1:15pm - 3:00pm Bingo	12:30pm - 1:30pm Bazaar Crafts	12:00pm - 1:00pm RECONNECT Computer Workshops*	1:00pm - 3:00pm Citibage	2:10pm - 3:10pm Choral Voice Lessons*	
	2:00pm - 4:00pm Circle of Friends	1:00pm - 3:00pm Euchre	12:30pm - 1:30pm Taiwan Trip Info Session*	1:00pm - 2:00pm Dance Workshop*	2:15pm - 3:15pm Line Dancing Intermediate Beginner	
	2:00pm - 3:00pm Spanish for Beginners Level 2*	1:00pm - 2:00pm Sequence Dancing*	Multicultural Asian Seniors 12:30pm - 3:30pm Contact: Gurmel Singh Gill 905-507-4839	2:15pm - 3:15pm Dance Workshop*		
	Square One Deaf Seniors Group 2:00pm - 4:00pm	2:00pm - 3:00pm Laughter Club	ALCE - Latin-America Art and Healing Group 2:00pm - 5:00pm Contact: Elsa 905-897-2495 or Silvia 905-822- 9142	2:15pm - 3:15pm Dance Workshop*		
	2:30pm - 4:00pm Health Lecture Series*	2:15pm - 3:45pm Yoga*	3:45pm - 5:00pm Belly Dancing Beginners	2:15pm - 3:15pm Dance Workshop*		
	4pm - 9pm Flu Shot Clinic	5:00pm - 9:00pm Everything You Need to Know about Hormones	5:00pm - 6:30pm Belly Dancing Performance Troupe	2:15pm - 3:15pm Dance Workshop*		
			Goan Cultural Group 6:30pm - 9:00pm Contact: Saby 905-281-1213 or Theo 647-208-7031			
			Monday to Sunday 4:30pm - 11:00pm Community and Ethno-Cultural Partner Social programming			

MISSISSAUGA WEST WEEKLY CALENDAR SEPTEMBER - DECEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am - 10:15am Co-ed Fitness	9am - 10am Co-ed Fitness	9:00am - 10:30am Crafts, Stitch and Chat	9:00am - 10:00am Toning	9:15am - 10:15am Zumba Gold
10:30am - 11:30am Chair-a-ctle	10:10am - 11:00am Gentle Co-ed Fitness	10:30am - 12:00pm Book Club	10:10am - 11:10am Ballroom Line Dancing	10:30am - 11:30am Tai Chi Level One*
11:45am - 1:15pm Creative Writing	11:05am - 12:05pm Belly Dancing	11:00am - 12:00pm Line Dancing Intermediate	11:15am - 12:45pm Gentle Yoga*	
1:00pm - 2:30pm Art History	1pm - 2pm Zumba Gold	12:30pm - 2:30pm Acrylic Painting*	1:00pm - 2:30pm Computers Level 1 & 2	

You must register
in advance for all
programs with an
asterisk (*).

Please see the
Brochure for
cancellation
dates.

Exercise Bike
is available
Monday - Friday
9:00am - 4:00pm

Internet Café
is available
Monday - Friday
9:00am - 4:00pm

Square One
Older Adult Centre
(905) 615-3207
Admin Office Hours
Monday - Friday:
8:30am - 4:30pm
Saturday:
9:00am - 4:00pm

Mississauga West
(905) 363-0123
Admin Office Hours
Monday - Thursday:
8:30am - 3:00pm
Friday:
8:30am - 12:30pm

www.sq1oac.com

