

SQUARE ONE OLDER ADULT CENTRE 2013 FALL ACTIVITY GUIDE

SEPTEMBER / OCTOBER / NOVEMBER / DECEMBER



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



SQUARE ONE
SENIORS WELLNESS
SERVICES



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.sqloac.com



Like us on Facebook

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 - 3:30pm

Friday: 8:30am - 12:30pm

Closure Dates

September 2, October 14,
 Noon on December 24, December 25,
 December 26, January 1, 2014.

Weather Cancellations

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

Full-time 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 \$13 for the 2013 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 (1/2 price as of June 1st) \$9 for the 2013 calendar year. 2014 memberships will go on sale December 1st.

Mission:

We are a welcoming place which celebrates individuality, inspiring members to embrace their vitality, optimize their well-being and broaden their horizons.

Vision:

A community of dynamic, healthy, happy and involved older adults.

Full Membership Benefits

- * Reduced rates for special events and day trips
- * Register for more than 90+ great weekly programs and services
- * Opportunity to participate in programs/events at Mississauga West location
- * Access to free health and wellness education, services and clinics through Square One Seniors Wellness Services
- * Access to our community partner groups
- * Provision of free locker service
- * Access to community resource literature, and through our website, direct links to community resources
- * Access to free Internet café
- * Provision of bi-annual newsletters and quarterly activity guides, as well as program and event listings on our website
- * Vote on matters of concern to Centre members at our Annual General Meeting
- * Possibility to become involved in meaningful and rewarding volunteer work
- * Opportunities for leadership through participation in Centre committees and Board
- * Seniors discount list for Mississauga's premiere shopping centre, Square One (available at the Administration Office)
- * Annual celebration for our members over 80 years of age
- * Free membership for individuals over 90 years of age

Registration Information

Registration for Fall programs will begin **Wednesday, August 14th**. 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 **2013 full-time membership cards**. Guests can attend programs twice before becoming a full-time member (program fees apply). Registration and fee payments (cash or cheque) for day programs 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 day program. Withdrawal Request Forms are available at the Administration Office, and must be submitted before the third class of a day program 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. This policy applies to Centre-managed programs only.

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.

Advertising

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

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. If you neglect to return a key you will be asked to pay for replacing the lock.

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. For other customer service issues, please attend the Administration Office.

Accessibility

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

The Centre is an incorporated non-profit organization managed by a volunteer Board of Directors. It 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.

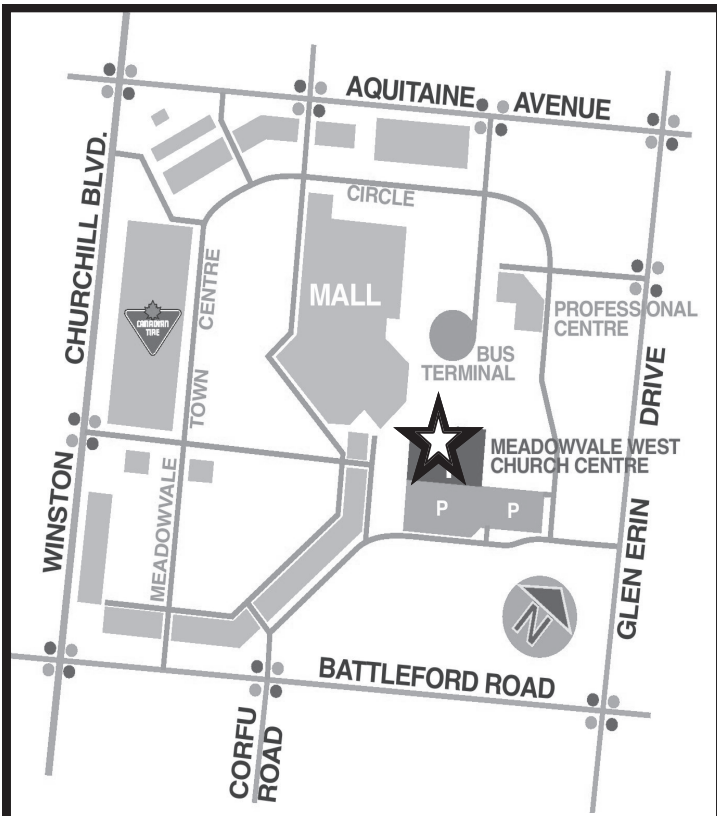
Square One Older Adult Centre
2013 / 2014 Volunteer Board of Directors

Alice Dods	President
Esther Williams	Past President
Robert Lomon	Controller
Manuel Castellino	Director, Facilities
Linda Keen-Lausberg	Director, Marketing
Tessie Buena	Director, Programs and Cafeteria
Terri-Lynne Rade	Director, Special Events and Fundraising
Juliet Rebello	Director, Travel
Jean Michaels	Director, Volunteers
Aloysius Vaz	Director
Lorena Smith	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
Melissa Watson-Whaites	Community Engagement Coordinator (Mississauga West)
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. Failure to do so may result in parking fines.



Greetings from the New President:

This is my first message to you, our members, as President. I will endeavour to do my job to the best of my abilities, and I know I have your support and the support of the Board and Staff.

I hope that everyone had a safe, healthy and active summer and has embraced **our Centre's new Vision and Mission** Statements created/adopted by the Board of Directors and mentioned our AGM in June which states in part "we are to embrace our vitality, optimize our well-being and broaden our horizons." It's not quite that personal, but that's what it means in essence. I think it speaks to our organization's ability to connect with people and to empower or encourage them to find their personal motivation to live a "better" life through participation in our facility – one that's happier, healthier and more engaged in the community. It is supported by the **values** that we believe in as an organization, which are: *respect, friendliness, openness, support, responsiveness, inclusiveness, the creation of a sense of home, and ownership* – after all, our Centre is run by and for our members. It is a new Vision and Mission that we can all get behind, and one that will factor greatly into our decisions as our Centre continues to evolve and grow.

Our **AGM** on June 27th was a great success with 100 voting members in attendance. My thanks to the Cafeteria and Special Events teams for organizing the lovely luncheon for us. If you didn't get a chance to acquire one at the meeting, please pick up a copy of our *2012-2013 Annual Report* and read for yourself the strides our organization has made over the last year. A few copies are still available through the Administration office, however it can also be found on our website under the Donation tab.

Thank you; thank you; thank you! You have outdone yourselves! Linda and I are delighted to announce that the final total for our Buy-a-Brick 2013 Campaign is **\$12,785**. A huge thank you to those who contributed to this renovation appeal and invested in our Centre, Anne Goldspink and the Administration Team who processed your contributions, as well as Laura Surman who envisioned, created and posted all the "bricks"! These funds will be channeled into the identified priority renovation projects and will begin in earnest next January (2014) as renovations in the Mall start to wind down. The areas that will be affected by the refurbishment include the foyer, both washrooms, the Auditorium, the Cafeteria, the Program Room, and the space formerly known as the "Lion's Den".

We extend a **warm welcome** to our new Community Engagement Coordinator, Melissa Watson-Whaites, who takes over for Ann Langdon at our Mississauga West site.

This Fall is shaping up to be one of our busiest yet, as we have various special events, exciting trips, new programs and classes to look forward to. Be sure to take a moment to review this *Guide* to see what interests you.

From Linda, your Executive Director, and me, **our very best wishes** for a fun and festive Fall,
Alice Dods, SOOAC President

Volunteers.....at the heart of our Centre!

The Square One Older Adult Centre and Square One Seniors Wellness Services warmly acknowledge and give thanks to our outstanding, hardworking, enthusiastic and highly skilled women and men who continue to play a significant role at their Centre by Volunteering. We encourage you also to take action by making a difference at your Centre by becoming involved. Consider becoming a Volunteer today. We are seeking telephone reassurance Volunteers, knitting instructors, sewing instructors, cafeteria support and program leaders. In addition, we are inviting adults as well as youth seeking community service hours to join our "Gift-Wrapping Team of Volunteers" this December. Roll up your sleeves and join our incredibly "talented and gifted" Volunteers with our Holiday Gift-Wrapping Fundraiser in the mall. For more information re. becoming a Volunteer, please contact Karmela our Volunteer Coordinator at (905)615-3207.

"We make a living by what we get. We make a life by what we give". - Winston Churchill

SQUARE ONE SENIORS WELLNESS SERVICES**2013 / 2014 VOLUNTEER BOARD OF DIRECTORS**

Esther Williams	President
Alice Dods	Vice President
Robert Lomon	Treasurer
Manuel Castellino	Director
Po Ping Ngai	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

* (provides support to SOSWS)

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

Square One Seniors Wellness Services issues tax receipts for donations of \$25 and over.

Message from Square One Seniors Wellness Services:

As the autumn season approaches, it is refreshing to watch the leaves turn glorious colours and observe birds preparing for winter. This is also the time we stock up our pantries and prepare our homes for the cold season ahead. Unfortunately, we often forget to take care of our own health and wellness.

With this in mind, check out one of the varied and mostly free health and wellness options this fall, ranging from our Telephone Reassurance Program, health and wellness clinics, workshops, Drug Awareness Event or Sensible Living Series topics listed in this Activity Guide. We are thrilled to announce the addition of **Dental Clinics** for one year, thanks to funding from Green Shield Canada. Clinics are available to older adults who don't have access to dental plans.

Without funding, we could not provide free programs/services. One major source of funding for SOSWS is the Annual Walk-a-Thon. Be sure to join us on **Friday, October 18th** for our annual event. This year, our Walk will be remodeled into a **Fit-a-Thon**. As our facility and Square One Mall are both undergoing renovations, so too will this event. Be sure to come yourself or put together a team for even more fun!

The Fit-a-Thon event this year will have additional features: welcoming of groups to sign up, prizes for best team and individual costumes (costumes are optional and the theme is your choice) and the event will be held inside the Centre rather than throughout the Mall. There are prizes for the top 3 individual fundraisers and top fundraising group.

Another update to share with you is regarding our Board of Directors. Judy Willson and Faron Langdon have retired from the Board and we thank them for their dedication and efforts. At our AGM held June 27, a new Board Director was voted in - welcome to Po Ping Ngai! Please look at the complete listing of Board members in this Activity Guide. Thank you to our supporters and all the best to you in health and wellness!

Esther Williams, President

Laurie Docimo, Resource Development Manager

Program	Description	Program Dates	Time	Location	Fee
Blood Pressure Clinic	Have your blood pressure checked on-site and questions answered. Provided by Bayshore Home Health.	Wednesdays, August 14 and November 13	1:00pm – 2:00pm	Lobby	Free
Circle of Friends	Learn ways to increase your sense of physical and emotional safety, increase your self-esteem, share your own concerns and meet new people. Refreshments included. Provided by Family Services of Peel.	Wednesdays, Aug. 14 & 28, Sept. 11 & 25, Oct. 9 & 23, Nov. 13 & 27, and Dec. 11 & 18	2:00pm - 4:00pm	Board Room Lion's Den	Free Drop-in group session
Confluientes (Claudia) New Evening Class!	Participants will share life stories and meditate while listening to inspirational music. All sessions conducted in Spanish.	Mondays Starting September 9	6:30pm - 8:00pm	Program Room	Free Drop-in group session
Dental Hygienist Clinic* New!	Meet with a dental hygienist for dental cleaning, oral exam, dental education and dental referrals as required. Please visit the Administration Office to book an appointment and to check eligibility requirements. Provided by Access Dental Care.	September - December By appointment only	Varies See Poster	Board Room	Free sign up in advance
Diabetic Consultation Session*	Meet one-to-one with a pharmacist to go over individual diabetic care. Provided by Remedy's Rx Spadina Medical Pharmacy.	Saturdays, Aug. 17, Sept. 21, Oct. 5, and Nov. 2	3:00pm – 4:00pm	Board Room	Free sign up in advance
Eyeglass Repairs and Adjustments Clinic	Have your eyeglasses adjusted or receive helpful information about your eyewear.	TBA	TBA	Lobby	Free
Foot Care Clinic*	Foot treatment by a certified Chiropodist. Provided by Lakeshore Foot Clinic.	Wednesdays, September 18 and November 6	9:00am - 4:00pm	Board Room	\$14.00 per person. Sign up in advance
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Time	Location	Fee
Hair Cuts*	Offering professional hair cuts for men and women at an affordable price. Provided by Mobile Hair & Spa Services.	Tuesday, October 8	Noon - 4:00pm	Board Room	\$10.00 per person. Sign up in advance
Health Lecture Series*	Enjoy a nutritious snack while learning about: August 26: How common over-the-counter medications can Help and Harm you, presented by Target Pharmacy September 30: Brain Health presented by Alzheimer Society Peel October 28: TBA November 25: TBA		Mondays 2:30pm - 4:00pm	Program Room	Free sign up in advance
Hearing Clinic*	Get your hearing checked at this clinic. Provided by ListenUp! Canada	Wednesday, October 16	12:30pm - 4:30pm	Board Room	Free sign up in advance
Information and Support*	Meet a qualified counsellor and receive the information and support that will make a world of difference. Provided by Family Services of Peel.	Fridays	1:15pm - 4:15pm	Board Room	Free sign up in advance
Pharmacist Advice	A pharmacist from Target Pharmacy will be available to help and advise you on many common health concerns.	Mondays, Aug. 12, Sept. 16, Oct. 21 and Nov. 18	11:00am - Noon	Lobby	Free
Sensible Living Series* New time!	Enjoy a bowl of soup while learning about: September 4: Funerals, Finances and Family October 2: Getting Organized: Estate Planning November 6: TBA December 4: Christmas Centrepiece Flower Arranging Provided by Scott Funeral Home.		Wednesdays 12:30pm - 1:30pm	Lion's Den	Free sign up in advance
Walker and Wheelchair Clinic	Receive a tune-up on your walker or wheelchair or helpful information about mobility aids. Provided by MEDchair.	Wednesday, August 21 and Thursday, October 17	10:00am - Noon	Lobby	Free
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Aqua Zumba* New!	Enjoy a fun aquafit class with a Latin beat at Terry Fox pool.	October 9 - November 27	Wednesdays 3:15pm - 4:00pm	\$16.00 for 8 weeks	Terry Fox Pool
Pilates* (Pam)	This enjoyable strengthening and stretching workout is safe for all fitness levels. Designed to lengthen and tone the muscles, Pilates' holistic approach improves your posture and helps correct muscle imbalance.	October 7 - November 11 (Cancelled October 14) November 18 - December 16	Mondays 12:45pm - 1:45pm	\$38.75 for 5 weeks	Program Room
Tai Chi Beginner Level One* (Linda)	Learn this wonderful Chinese exercise. Register early, as this class fills up fast!	September 10 - November 12	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.	September 17 - October 8 October 15 - November 5 November 12 - December 3	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. (1½ hour class).	September 24 - November 26 (Cancelled October 29 and November 19)	Tuesdays 2:15pm - 3:45pm	\$58.00 for 8 weeks	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Day	Time	Fee	Location
Chair-ercise (Faye)	Work out your heart and muscles using a chair for support. Great for beginners.	Tuesdays	11:30am - 12:30pm	\$3.00 per visit	Program Room
Co-ed Fitness	Fun low-impact class with weight work and stretching.	Mondays (Diane) Tuesdays (Kai) Fridays (Liz) Saturdays (Kai/ Diane/ Rosalie)	9:15am - 10:15am 10:30am - 11:30am 9:30am - 10:30am 9:15am - 10:15am	\$3.00 per visit	Auditorium
Crane Qi Gong (Ilda) New Time!	Crane Qi Gong is easy to learn. The movement promotes a natural way of healing your body, & enhancing and protecting your health.	Thursdays Starting Sept. 12	11:30am - 12:30pm	\$4.00 per visit	Lion's Den
Mall Walkers (Laura)	Safe way to walk with friendly people. Warm-up includes muscle conditioning and stretches.	Wednesdays	8:00am warm-up	\$1.00 per visit or \$10.00 for 16 visits	Auditorium
Table Tennis	Active, friendly game.	Mondays Wednesdays Thursdays Fridays Saturdays	4:15pm - 6:15pm 9:30am - 12:00pm 4:00pm - 6:00pm 9:30am - 12:00pm 10:30am - 12:30pm	\$1.75 per visit	Auditorium Program Room Auditorium Program Room Auditorium
Tai Chi Intermediate (Heidi)	Maintain and improve your moves!	Tuesdays	9:15am - 10:15am	\$3.00 per visit	Auditorium
Zumba Gold (Diane)	A fun fitness class with a Latin beat.	Thursdays	9:15am - 10:15am	\$3.00 per visit	Auditorium

Program	Description	Program Dates	Day / Time	Fee	Location
Beading Class (Ambi) New!	Learn to create beaded necklaces, earrings and bracelets for our Holiday Marketplace.	Ongoing Starting September 23	Mondays 10:00am - 12:00pm	\$2.00 per visit	Program Room
Bow Making Workshop	Help us prepare for our gift wrap fundraiser while learning to make fun bows.	September 5, October 24, November 21, November 28	Thursdays 10:00am - 11:30am	Free	Board Room
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 3 (Cancelled Sept. 17, Oct. 22, Nov. 19, Dec. 10)	Tuesdays 9:15am - 11:45am	\$2.75 per visit	Lion's Den
Craft Workshops (Barbara)	Work on projects or learn different crafts i.e., crochet, plastic canvas.	Ongoing Starting September 3 (Cancelled Sept. 17, Oct. 22, Nov. 19, Dec. 10)	Tuesdays 12:00pm - 1:30pm	\$1.75 per visit	Lion's Den
Intergenerational Craft Class New!	Work with students from the local high schools to learn beading, knitting, folk painting, bow making & sewing as you make items for our Holiday Marketplace!	September 9 - November 18 (Cancelled October 14)	Mondays 3:00pm - 5:00pm	Free	Lion's Den
Painting with Watercolours* (Lorraine)	Learn from artist Lorraine Ireland. No experience required.	September 9 - November 18 (Cancelled October 14)	Mondays 9:30am - 11:30am	\$82.50 for 10 weeks	Lion's Den
Therapeutic Drumming	Join this intergenerational drumming group. Drums are provided. In partnership with ALCE - Latin-American Art and Healing Group.	Ongoing	Tuesdays 6:30pm - 7:30pm	\$1.00 per visit (special rate)	Auditorium
Women's International Choral Program*	Join the Ontario Heartland Chorus! Participants are expected to develop and maintain a skill level established by Sweet Adelines International. The Service Provider will contact you with registration details.	Ongoing Free vocal lessons for guests August 20 - September 24	Tuesdays 7:30pm - 10:30pm	Please call the Admin Office for info.	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 - 3:30pm	\$2.25 per visit	Program Room
Wii Bowling	Have fun bowling! May be done seated. <i>Sponsored by Revera Rapid Response.</i>	Ongoing	Mondays 11:45pm - 12:15pm	\$1.00 per visit	Auditorium

(*) Denotes a pre-registered program

Program	Description	Program Dates	Day / Time	Fee	Location
Advanced Dance Workshop* (Merilyn) New!	Work on perfecting three routines: the foxtrot, merengue and samba.	September 5 - October 10	Thursdays 12:15pm - 1:15pm	\$30.00 for 6 weeks	Auditorium
Ballroom Dance Coaching and Rehearsal* New Evening Class!	Practice your ballroom moves in preparation for competition. The Service Provider will contact you with registration details.	Ongoing	Thursdays 8:00pm - 10:00pm	Please call the Admin Office for details	Auditorium
Ballroom Dance Lessons* New Evening Class!	Learn ballroom dancing from an experienced instructor. This is an intergenerational class! The Service Provider will contact you with registration details.	Ongoing	Mondays Beginner 7:30pm - 8:15pm Beg. Inter. 8:15pm - 9pm Intermediate 9pm - 9:45pm Inter. Adv. 9:45pm - 10:30pm	Please call the Admin Office for details	Auditorium
Intergenerational Line Dance* New Evening Class!	Join Rhoda for these fun classes and learn new dances to your favourite hits. The Service Provider will contact you with registration details.	Ongoing	Thursdays Beginner 6:45pm - 7:45pm Intermediate 8pm - 9pm Fridays 6:30pm - 9:30pm	Please call the Admin Office for details	Auditorium
Flamenco Dance Workshop* (Sue) New!	Learn this wonderful Spanish dance.	September 12 - October 10	Thursdays 2:45pm - 3:45pm	\$25.00 for 5 weeks	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	September 24 - October 22 October 29 - December 10 (Cancelled November 19 and December 3)	Tuesdays 11:45am - 12:45pm	\$23.75 for 5 weeks	Auditorium
Rhumba Workshop* (Merilyn) New!	Move to a Latin beat! Work on your arm and foot placement for this Latin dance. Some dance experienced required.	November 1 - December 13 (Cancelled November 22)	Fridays 12:30pm - 1:30pm	\$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
International Folk Dancing New!	Learn these wonderful folk dances. This is a great class for beginners and experienced dancers!	Kathy	Tuesdays Starting September 24 1:00pm - 2:00pm	\$3.00 per visit	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 Basic and Beginner New Time!	Want to get some extra dance time? Have fun practicing a variety of dances.	Merilyn	Thursdays 1:30pm - 2:30pm	\$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 hrs \$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 hrs	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Basic Computer Workshops*	Our instructor will lead you through 6 beginner workshop topics. Manual included. Shared computers.	September 11 - October 16 October 31 - December 4	Wednesdays 12:00pm - 1:00pm	\$16.50 for 6 weeks	Library
Book Club*	Love to read? Join this fun group & discuss a different book each month. Books are provided by Mississauga Central Library.	September 25, October 30, November 27	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Lion's Den
Computer Club (Placid)	Get tips on working with email, internet and other common problems.	Ongoing Starting September 25	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Cafeteria/ Board Room
Conversational French for Beginners 2 (Mr. Joshi)	This class will help you practice your conversational French. Some French knowledge required.	September 9 - November 25 (Cancelled October 7 and October 14)	Mondays 12:30pm - 1:30pm	\$27.50 for 10 weeks	Board Room
Creative Writing Level One	Try your hand at writing short stories, memoirs and poetry. Share your writing in a supportive 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
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Digital Pictures* (Andy) New!	Learn how to download photos from your digital camera, make DVD's and make slide shows.	October 21 & 28 November 18 & 25	Mondays 10:15am - 11:45am	\$6.50 for 2 weeks	Board Room
Eastern Caribbean Cruise Info Session* New!	Join Maxima Tours to find out about this trip. Overnights in the Poconos (no flying!) and New York City tour. Departs February 2014	September 11, November 20	Wednesday 12:30pm - 1:30pm	Free Sign up in Advance	Board Room
Internet Café	Check your email or browse the internet.	Ongoing (as available)	Monday - Friday 9:00am - 4:00pm	Free	Library
Japan Tour Info Session* New!	Laura is travelling again! Join her to learn about this fabulous trip to Japan to see the cherry blossoms, historic sites and beautiful gardens. Departs March 2014.	September 4 October 16 November 13	Wednesdays 12:30pm - 1:30pm Starting at 7:00pm 12:30pm - 1:30pm	Free Sign up in Advance	Board Room Auditorium Board Room
Laughter Club (Sue)	Release your stress and take a break from the pressures of life with this fun, relaxing Laughter Yoga class.	September 17, October 1, October 15, October 29 and November 19	Tuesdays 2:00pm - 3:00pm	\$3.00 per visit	Board Room / Auditorium
Lifelong Learning Mississauga* New!	This group offers informative and affordable lecture series. The Rollicking History of the English Language People and Planet Earth	October 15 - December 3 October 17 - December 5	Tuesdays 10:00am - 12:00pm Thursdays 10:00am - 12:00pm	\$40.00 per series See poster for payment details	Mississauga Valley Community Centre
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Movie Matinee	Hyde Park on Hudson Greenfingers Charlie Wilsons War Vote on your favourite movie	September 4 October 2 November 6 December 4	Wednesdays Starting at 1:30pm	Free (Popcorn \$1.00)	Lion's Den
Myrtle Beach Info Session* New!	Learn about this 10-day trip to Myrtle Beach which includes shows, trips to Charleston and shopping. Departs April 2014.	September 11 and November 20	Wednesdays 11:00am - 12:30pm	Free Sign up in Advance	Lion's Den
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. You can bring your laptop!	Starting September 11 Book your session at least one week in advance.	Wednesdays 9:30am - 11:30am	\$10.00 per 1 hour session	Library
Spanish for Beginners Level Two* New!	Ole! Looking to learn Spanish for fun or travel? Sign up for this beginner class.	September 12 - Nov. 14	Thursdays 10:00am - 11:00am	\$27.50 for 10 weeks	Lion's Den
Tips for Searching the Internet* (Placid) New!	Learn tips on how to search the internet & use free services - telephone, Skype, Messenger. Must have some experience and internet access.	September 23 & 30 November 4 & 11	Mondays 10:15am - 11:45am	\$6.50 for 2 weeks	Board Room
Touring China Info Session* New!	Travel to China to see the Great Wall, the Forbidden City and cruise the Yangze River. Nexus Holidays presents photos and info on this amazing and affordable 15-day China tour.	September 4 October 16 November 12	Wednesdays 11:00am - 12:30pm Starting at 7:00pm Tuesday 11:00am - 12:30pm	Free Sign up in Advance	Board Room Auditorium Board Room
(*) Denotes a pre-registered program					

Program	Description	Weekly Instructor	Day	Time	Fee
Ballroom Line Dancing at Mississauga West	Have fun dancing ballroom steps to the old standards. No partner required.	Sunny	Thursdays	11:15am - 12:15pm	\$3.00 per visit
Belly Dancing at Mississauga West	Learn the shimmy, undulation and the veil dance. Lots of fun and great exercise too!	Diane	Tuesdays Sept. 3 - Nov. 5	1:00pm - 2:00pm	\$3.00 per visit
Book Club at Mississauga West	Love to read? Join this fun group and discuss a different book each month.		Wednesdays Sept. 4, Oct. 2, Nov. 6, Dec. 4	10:30am - 12:00pm	\$2.75 per visit
Co-ed Fitness at Mississauga West	Fun low-impact class with weight work and stretching.	Liz Rosalie	Mondays Tuesdays	9:15am - 10:15am 9:00am - 10:00am	\$3.00 per visit
Co-ed Fitness, Gentle at Mississauga West	"Gentle" Co-ed Fitness with fun low-impact exercises, muscle toning and stretching.	Diane	Tuesdays	10:10am - 11:10am	\$3.00 per visit
Computer Workshops at Mississauga West	These workshops will take you from little experience with computers up to social networking and video calling!	Diane & Nelly	Thursdays Sept. 12 - Nov. 14	1:00pm - 2:30pm	\$3.00 per visit
Conversational Spanish* at Mississauga West	A continuation of Conversational Spanish. Learn to speak Spanish, easily and effectively.	Dora	Wednesdays Sept. 4 - Nov. 6	9:00am - 10:30am	\$30.00 for 10 weeks
Creative Writing at Mississauga West	Try your hand at writing short stories. Share your writing in a supportive environment. For new writers.	Herb	Mondays Sept. 9 - Nov. 11	11:45am - 1:15pm	\$3.00 per visit
Mississauga West - 6945 Meadowvale Town Centre Circle (905) 363-0123 (*) Denotes a pre-registered program					

Program	Description	Weekly Instructor	Day	Time	Fee
Line Dance Beginner at Mississauga West	Need to learn the steps for line dancing? This is the class! No partner required.	Sunny	Mondays	11:40am - 12:40pm	\$3.00 per visit
Painting Classes* at Mississauga West	Learn the basics of composition and texture as you paint with a variety of mediums.	Helena	Wednesdays Sept. 18 - Oct. 16	12:30pm - 2:30pm	\$24.00 for 5 weeks
Sit & Dance at Mississauga West	Low impact fitness sitting in a chair.	Sunny	Mondays	10:30am - 11:30am	\$3.00 per visit
Stretching & Meditation at Mississauga West	Stretch in a gentle form to release the stress in your body. Cool down meditation is included at the end of class.	Rosalie	Thursdays	10:10am - 11:10am	\$3.00 per visit
Tai Chi* at Mississauga West	Learn this wonderful Chinese exercise. Suitable for all fitness levels.	Mike	Fridays Sept. 13 - Nov. 15	10:30am - 11:30am	\$30.00 for 10 weeks
Toning at Mississauga West	Toning improves your flexibility, strengthens bones and muscles, aids in weight loss.	Rosalie	Thursdays	9:00am - 10:00am	\$3.00 per visit
Yoga* at Mississauga West	Learn postures and movements that are easy to do.	Margaret	Wednesdays Sept. 4 - Oct. 2	9:15am - 10:45am	\$20.00 for 5 weeks
Zumba at Mississauga West	This infectious fun fitness craze combines spicy Latin music and world music with invigorating dance rhythms like salsa, mambo & tango.	Laurie	Tuesdays Wednesdays	11:15am - 12:15pm 11:00am - 12:00pm	\$3.00 per visit
Zumba Gold at Mississauga West	A fun fitness class with a Latin beat.	Diane	Fridays	9:15am - 10:15am	\$3.00 per visit
Mississauga West - 6945 Meadowvale Town Centre Circle (905) 363-0123 (*) 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 1:30pm - 4:30pm	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 Thelma D'Souza	(905) 281 - 1213 (905) 828 - 9243
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, September 9 & 23, October 7 & 21, November 4 & 18, December 2 & 16 2:00pm - 4:00pm	Program Room	Marty Goldstein or Helen Park	squareone deafseniorsgroup@yahoo.ca sh-park77@rogers.com
For more information regarding our Community Connections programs, please contact our Administration Office.				

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 13th**

Depart: 9:00am, Return: 6:00pm approx. Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale. *Please bring your Players Advantage Club card and valid Government issued Photo ID in order to receive your \$10.00 incentive which can only be used on the machines.

Mystery Tour Day Trip**Tuesday, August 20th**

Depart: 9:00am, Return: 7:00pm approx. Ticket price: \$100.00/member, \$105.00/guest. Tickets on sale.

Casino Rama**Thursday, August 29th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15/member, \$16/guest. Tickets on sale. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15 incentive.*

Flamboro Downs in Hamilton**Tuesday, September 10th**

Depart: 9:00am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale. *Please bring your Winner's Circle Reward card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Stratford - Fiddler on the Roof**Thursday, September 19th**

Depart: 9:00am, Return: 6:30pm approx. Ticket price: \$95.00/member, \$100.00/guest. Tickets on sale. Enjoy the Fiddler on the Roof at the Festival Theatre. This musical is an affectionately humorous portrait of life in a Jewish village in Tsarist Russia. Lunch not included.

Casino Rama**Thursday, September 26th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$16.00/guest. Tickets on sale Wednesday, August 14th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Fallsview Casino**Tuesday, October 8th**

Depart: 9:00am, Return: 6:00pm approx. Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale Monday, August 26th. *Please bring your Players Advantage Club card and valid Government issued Photo ID in order to receive your \$10.00 incentive.*

It's Your Choice Day Trip: Oktoberfest / Verses Restaurant & St. Jacob's**Wednesday, October 16th**

Depart: 9:30am, Return: 6:30pm. Ticket price: \$70.00/member, \$75.00/guest. Tickets on sale. Choice of Oktoberfest at Bingemans in Kitchener with a stop for coffee on the way back home OR lunch at Verses Restaurant in Kitchener with shopping at St. Jacobs.

Casino Rama**Tuesday, October 29th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$16.00/guest. Tickets on sale Monday, September 16th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Famous People Players**Wednesday, November 6th**

Depart: 10:45am, Return: 3:45pm approx. Ticket price: \$75.00/member, \$80.00/guest. Tickets on sale. Travel by school bus to Famous People Players for their afternoon performance. Enjoy lunch before the performance. Dessert, coffee and tea will be served following the performance.

Fallsvie Casino**Tuesday, November 12th**

Depart: 9:00am, Return: 6:00pm approx. Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale Monday, September 30th. *Please bring your Players Advantage Club card and valid Government issued Photo ID in order to receive your \$10.00 incentive which can only be used on the machines.

Casino Rama**Thursday, November 28th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$16.00/guest. Tickets on sale Wednesday, October 16th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Casino Rama**Thursday, December 5th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$16.00/guest. Tickets on sale Tuesday, October 22nd. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Skylon Day Trip**Wednesday, December 11th**

Depart: 11:00am, Return: 7:30pm approx. Ticket price: \$80.00/member, \$85.00/guest. Tickets on sale Wednesday, September 11th. Coffee stop enroute to winery. Pillittieri Estate winery for tour and tasting, then onto Skylon Tower for Chef Salad, Prime Rib Roast of Beef and Peach Melba.

Casino Rama**Thursday, January 30th 2014**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$16.00/guest. Tickets on sale Wednesday, December 4th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

February Day Trip — TBA

Tickets on sale Friday, November 1st.

Fallsvie Casino**Tuesday, February 11th 2014**

Depart: 9:00am, Return: 6:00pm approx. Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale Wednesday, December 4th. *Please bring your Players Advantage Club card and valid Government issued Photo ID in order to receive your \$10.00 incentive which can only be used on the machines.

Tupperware Fundraising Event for Square One Seniors Wellness Services

Wednesday, August 14th
10:30 am – 12Noon
 Pre-registration required.

Fall Clothing Sale

Wednesday, September 18th
9:30am - 11:30am

Everyone is welcome as we sell gently-used clothes, shoes and accessories at great prices. Cleaning your closet? We will take donations as of Thursday, August 1st.



Gold Party

Wednesday, September 18th
10:00am - 1:00pm

Turn unwanted gold (yellow gold, white gold, rose gold and platinum) into cash. Gold Party Princess™ will be available to evaluate and weigh your gold and offer you money on the spot. You can bring your broken chains, single earrings, dented jewellery or even gold teeth. Jewellery with stones can also be evaluated and stones can sometimes be removed on the spot. They also take sterling silver flatware and dishes, stamped 925 jewellery, vintage costume jewellery and silver and gold coins. Valid government issued identification (such as a driver's license) will be necessary to sell your gold. This is a requirement when dealing with second hand goods. 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 Admin Office.**

Annual Event – Join Our Fit-a-Thon!

Come join us on **Friday, October 18th** for **our major event – this year it's the Fit-a-Thon**, to be held in one convenient location – the Auditorium. This event is appropriate for all fitness levels and is a great opportunity to try some specially selected fitness options!

- Themed costumes of your choice (optional) for teams and individuals! It's fun to dress up! Express your individuality or your team's theme!
- Prizes for best team and solo costumes!
- Top 3 individual fundraising prizes!
- Top team fundraising prize!
- Complimentary gift bag, door prizes, t-shirt!
- Continental breakfast, entertainment!
- Registration/pledge forms at the front counter or visit sq1oac.com
- Just \$20 in collected pledges to participate!



Do Your Christmas Shopping With Us!

Avon - Check out our Monthly campaigns. View the catalog at the Admin Office.

Special seasonal products will be available for Christmas at the Admin Office.

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

It's Your Choice Raffle from October 7th - October 11th**Crafter's Club Show & Sale from November 25th - November 29th**

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

It's Your Choice Raffle from December 9th - December 13th

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.

Christmas Gift Wrap Fundraiser

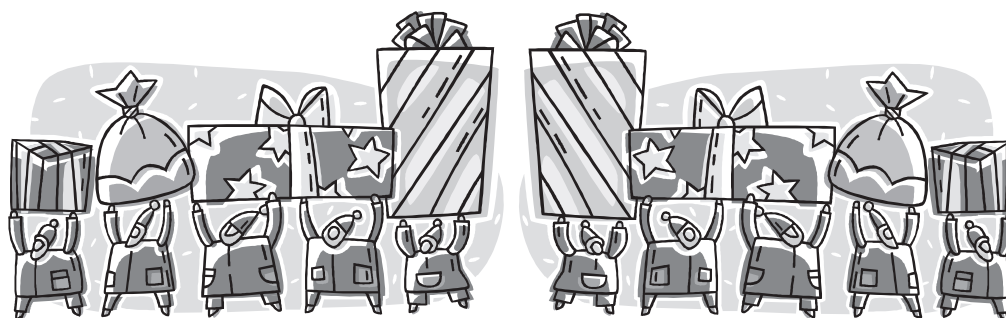
Saturday, November 30th - Tuesday, December 24th

Monday - Saturday: 10:00am - 9:00pm

Sunday: 11:00am - 7:00pm

Have all of your Christmas gift wrapping done in the Square One Shopping Centre
this holiday season and support our largest annual fundraiser. We need you!

Please see Karmela Buzdon if you are able to volunteer.



Nexus Holidays

Senior Club Special Promotion!

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

Date: Oct 17th, Oct 31st, 2013

Mar 27th, Apr 24th, May 15th, Sep 11th, Oct 16th, Nov 6th, 2014

Only from **\$1999.00** + \$480.00 taxes **Unbelievable low price**

Highlight: Great Wall, Forbidden City, 4days 5-Star Yangtze River Cruise
"East Venice"-- Suzhou. Garden City-Wuxi m. Morden Metropolis- Shanghai

from **\$1,999.00** +taxes
All-inclusive package

Tour presentation

Time: Sep 4, 2013 11:00am

Oct 17, 2013 7:00pm

Nov 12, 2013 11:00am

Location :

Square One Older Adult Centre

Please Call **Natalie/Kirk**

905-604-6488

for **RSVP** and details!

Tel: 905-604-8896

Add: 7170 Warden Ave, Unit 14,
Markham ON L3R 8B3

E-mail: nataliec@nexusholidays.com

Golden Japan 9 Days Garden Tour

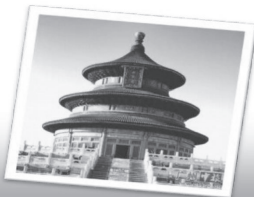
Ma 30th, 2014

Only **\$3850.00** + \$750.00 taxes

Peru Mystic 7/11 Days Tour

Sep 4th, 2014

From **\$3249.00** + \$200.00 taxes



MYRTLE BEACH!!

October 21st - 30th, 2013

10 Days - 9 Nights

Temperatures in the 20's still!

999 DBL

\$1319 SGL

2 Night stay in Virginia (there & back)

9 Breakfasts, and 3 dinners included

3 Spectacular live shows including the Jersey Nights!

Day trips to Charleston, SC and Brookgreen Gardens

Shopping at Barefoot Landing, Broadway at the Beach and more!



Eastern Caribbean Cruise



February 25th - March 5th, 2014

GET OUT
OF THE
COLD!!



NCL

**Enjoy a fantastic cruise experience with pre and post
stays at the Inn at Pocono Manor (4 meals)**

*Norwegian Cruise Line's Norwegian Gem Ship

*Motor coach tour * No Flying! * New York City tour

* Lunch included in New York City

\$2129 Dbl
(Balcony
Cabin)

\$1999 Dbl
(Outside
Cabin)

\$1899 Dbl
(Inside
Cabin)

11 Days - 16 Meals



TUSCANY & UMBRIA

October 11th - 21st, 2014

**This is a bucket list trip. Discover the Italian
Countryside through this delectable tour.**

\$3149* DBL

*Flight is extra.
Please inquire

- 1 night stay in Rome upon arrival in Italy
- 4 night stay in the beautiful town of Spoleto (Umbria)
- 4 night stay in the picture postcard Montalcino (Tuscany)
- Sightseeing in Orvieto, Spoleto, Bevagna, Montefalco, Assisi
- Florence, Siena, Monteriggioni, Volterra & San Gimignano
- Cooking class, olive oil factory, home-hosted dinner, winery & more!

Please contact **Maxima Tours** for more info
800-598-5474 or info@maxima.net

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

MAXIMA Tours

tico.ca

Ontario Registration
#50018105

The Art Gallery Murder Mystery**Thursday, August 15th starting at 1pm**

Art imitates death when an artist's new painting predicts his murder.

Our Square One Players are back to stump you with another "Who Done It".

Light lunch included.

Tickets: \$8 members, \$10 guests (all ages)

Mississauga West location

**Open Ballroom and
Line Dancing****Saturday, August 17th****7:00pm - 11:00pm**

Dance with Jack and Eugene to a variety of Ballroom, line dance and Latin favourites!

Singles and couples are welcome.

Tickets: \$7.00 members and guests (all ages)

Free New Member Social

Square One Location

Monday, August 19th from 2:00pm - 3:30pm

Mississauga West Location

Wednesday, Sept. 11th from 1pm - 2:30pm**Game Show Mania****Thursday, August 29th starting at 1:00pm**

Enjoy a light lunch and afternoon playing

Concentration and Jeopardy!

Tickets: \$8 members, \$9 guests (all ages)

Labour Day Toonie Bingo**Tuesday, September 3rd****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+

5th Annual Euchre Tournament**Tuesday, September 10th****starting at 1:00pm**

Join us for this fun and challenging tournament. Bonus cash and lots of door prizes!

Light refreshments included.

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

Open Ballroom and Line Dancing**Saturday, September 14th****7:00pm - 11:00pm**

Dance with Jack and Eugene to a variety of Ballroom, line dance and Latin favourites!

Singles and couples are welcome.

Tickets: \$7.00 members and guests (all ages)

**Free Seniors Information and
Active Living Fair****Thursday, September 26th****10:00am - 3:00pm**

This event is hosted by Square One Older Adult Centre - Mississauga West in partnership with the Older Adult Centres' Association and sponsored by the Ontario Seniors' Secretariat.

Mississauga West location

Downton Abbey Tea & Tour

**Tuesday, October 8th
12:30pm - 3:30pm**

We will be car pooling to Benares Historic House and discover the "Upstairs and Downstairs" stories of the Harris & Sayers families in 1918. Tour the house and then enjoy tea and scones.
Tickets: \$20 members, \$22 guests (all ages)

An Evening of Travel

**Wednesday, October 16th
starting at 7:00pm**

Invite your friends and family to this great travelogue. Laura and Nexus will present a slide show featuring China, Vietnam and Cambodia. Then learn about some of the great upcoming trips to China, Japan and Peru. All ages welcome. Please pickup your **free ticket** at Admin.



South Seas Cruise: The Musical

Thursday, October 24th

Friday, October 25th

Sunday, October 27th

all performances start at 2:00pm



We are sailing the south seas with a dance legend, a movie star, a lounge singer, a crazy Doctor and lots of enthusiastic travellers!

Our dancers, singers and whistler are back to entertain you as we sail the ocean blue!

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

Scaraoke Party

**Thursday, October 31st
12:30pm - 3:00pm**

It's time to dust off your Halloween costumes and warm up your vocal chords for this afternoon of fun, games, food and karaoke. Light lunch included. Prizes for best costume!

Tickets: \$8.00 member and \$10.00 guests (all ages)



Louisiana Royale Masquerade Ball

**Saturday, November 2nd
6:30pm**

**Join us for this New Orleans style fundraiser!
Enjoy a fabulous meal, then dance the night away
to a Dixieland band. Door prizes, silent auction,
photo booth and wandering entertainers are just a
few of the highlights of this magical evening!
Boaden Banquet Centre, 755 Queensway Ave. E.**

Tickets: \$60.00 Table of 8: \$420.00

Holiday Marketplace

**Thursday, November 7th
10:00pm - 2:00pm**

Shop from our great selection of vendors for tea, nuts, chocolate, jewelry, crafts and more. Our personal shoppers can help you find just the right gift or make up a fabulous holiday basket. Plan to lunch in our café which will offer a selection of soups and sandwiches.

**Open Ballroom and
Line Dancing
Saturday, November 9th
7:00pm - 11:00pm**

Dance with Jack and Eugene to a variety of Ballroom, line dance and Latin favourites! Singles and couples are welcome.

Tickets: \$7.00 members and guests (all ages)



Mixed Company Theatre Presents
Elder Voices
Thursday, November 14th
Starting at 2:00pm
Enjoy this live theatre presentation.
Light refreshments included
Tickets: \$5 members, \$6 guests 50 +

Pamper Yourself
Friday, November 15th from 10 - Noon
Mary Kay is back to pamper you with mini makeovers.
Light refreshments included.
Tickets: \$5 members & guests 50 +

Square One Seniors Wellness Services
Be Informed, Be Healthy:
Drug Awareness
Tuesday, November 19th
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.

Free New Member Social
Wednesday, November 27th
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

Lewis Lawrence International Lunch

**Tuesday, December 3rd
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 only**

Free New Member Social

**Monday, December 9th
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 Bake Sale and Free Open House

**Wednesday, December 11th
1:00pm - 3:00pm**

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

Mississauga West location

Christmas Music

**Tuesday, December 17th
starting at 2:00pm**

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

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

Christmas Toonie Bingo

**Mississauga West location
Thursday, December 19th
Starting at 1:00pm**

**Square One location
Friday, 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 Tuesday, December 31st 1:00pm - 5:00pm

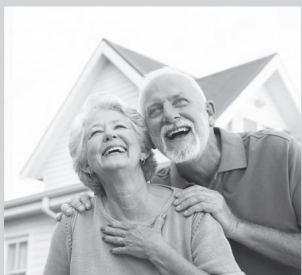
Celebrate the New Year in style! Enjoy a buffet lunch, then dance to live music from The Ron da Rosa Band. During the breaks, line dance with Marilyn! **Dress up event.**

Tickets: \$15.00 members,
\$17.00 guests 50+



Worry-free Retirement Living

Model Suites
NOW OPEN!



At Walden Circle Retirement Community, life is all about choices! And with so much included at no extra charge, you'll find that it's easy to plan your day exactly the way you like it.

For one simple monthly fee, you'll have:

- A beautifully designed private suite
- Kitchenette, fridge and microwave
- Weekly housekeeping and flat linen service
- Utilities, including water, heat and hydro
- Three delicious meals prepared daily by our Executive Chef
- Movies and seminars, outings in our bus
- Coffee, tea and fresh baked goodies in our own bistro all day long
- Aquafit in our heated salt-water indoor pool
- CLUBfit programs
- Personal Safety Response System monitored by 24 hour on-site staff and more!

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Walden Circle 

Retirement Community *by Signature*

Experience Vibrant Seniors Living



1907 Lakeshore Road West, Mississauga

To find out more about our retirement living
call today! 905 • 403 • 8660
www.WaldenCircleRetirement.com



The 38th Annual Lions Club Square One Farmers' Market

Friday, June 7th, 2013 to Sunday, October 27th, 2013

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

Next to the Cineplex Coliseum 10 Theatre
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Celebrate our Nation's Heroes!

Monday November 4, 2013
Oakville Conference Centre
 (2515 Wyecroft Road)
11:30 a.m. - 2:00 p.m.

Pre Ceremony Events

10:15 a.m. Registration & Seating
 Live Music

11:00 a.m. Door Prize Selection with
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Featuring

- Dave Devall, weather specialist - Master of Ceremonies
- Flag and wreath laying ceremony
- Colour Party - Burloak Naval Veterans
- Special guests to honour Veterans
- Entertainers - Barbershop Chorus, Kerr Street Big Band
- Museum Displays including:
 Oakville Museum at Erchless Estate
 The Canadian Red Cross
- Door prizes and small gifts for everyone
- Enjoy special moments with comrades
- Flypast - Great War Flying Museum at 1:45 p.m. (weather permitting)

Register

Please contact Kristin Courtney before
 October 15, 2013 as seating is limited
 905-825-5335 ext. 300
kristin@halton.medichair.com

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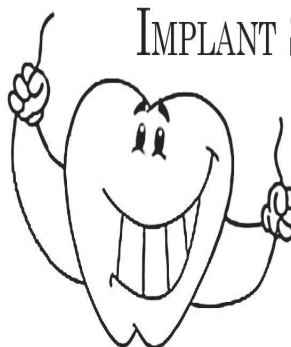
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AUGUST

August 13th: Fallsview Casino day trip
August 14th: Tupperware fundraiser
August 14th: Free Blood Pressure Clinic
August 14th: Fall registration starts
August 15th: The Art Gallery Murder Mystery at MW
August 17th: Open Ballroom and Line Dancing
August 19th: Free New Member Social
August 20th: Mystery Tour day trip
August 21st: Free Walker and Wheelchair Clinic
August 29th: Game Show Mania
August 29th: Casino Rama day trip

SEPTEMBER

September 2nd: Centres are closed
September 3rd: Labour Day Toonie Bingo
September 10th: 5th Annual Euchre Tournament
September 10th: Flamboro Downs day trip
September 10th: Free Dental Hygiene Clinic*
September 11th: New Member Social at MW
September 14th: Open Ballroom and Line Dancing
September 18th: Fall Clothing Sale
September 18th: Gold Party fundraiser
September 19th: Stratford: Fiddler on the Roof day trip
September 24th: Free Dental Hygiene Clinic*
September 26th: Casino day trip
September 26th: Free Seniors Information and Active Living Fair at MW

OCTOBER

Regal catalogs will be available
October 7th: Free Dental Hygiene Clinic*
October 7th - 11th: It's Your Choice Raffle
October 8th: Fallsview Casino day trip
October 8th: Downton Abbey Tea and Tour
October 8th: Hair Cuts
October 14th: Centres are closed
October 16th: An Evening of Travel
October 16th: It's Your Choice Day Trip:
Oktoberfest/Verses Restaurant & St. Jacob's
October 16th: Free Hearing Clinic*
October 17th: Free Walker and Wheelchair Clinic
October 18th: Fit-a-Thon
October 23rd: Free Dental Hygiene Clinic*
October 24th: South Seas Cruise show
October 25th: South Seas Cruise show
October 27th: South Seas Cruise show
October 29th: Casino Rama day trip
October 29th: Free Dental Hygiene Clinic*
October 31st: Scaraoke Party

NOVEMBER

November 2nd: Louisiana Royale Masquerade Ball
November 5th: Free Dental Hygiene Clinic*
November 7th: Holiday Marketplace
November 6th: Famous People Players day trip
November 9th: Open Ballroom and Line Dancing
November 12th: Fallsview Casino day trip
November 13th: Free Blood Pressure Clinic
November 14th: Elder Voices Presentation
November 15th: Pamper Yourself
November 16th: Free Dental Hygiene Clinic*
November 19th: Free Be Informed, Be Healthy: Drug Awareness Event
November 25th - 29th: Crafter's Club Show and Sale
November 26th: Free Dental Hygiene Clinic*
November 27th: Free New Member Social at MW
November 28th: Casino Rama day trip
November 30th - December 24th: Christmas Gift Wrap fundraiser

DECEMBER

December 1st: 2014 memberships on sale
December 3rd: Lewis Lawrence International Lunch
December 5th: Casino Rama day trip
December 9th: 2014 Winter Activity Guide arrives at the Centre
December 9th: Free New Member Social
December 9th - 13th: It's Your Choice Raffle
December 9th: Free Dental Hygiene Clinic*
December 11th: Winter registration starts
December 11th: Skylon day trip
December 11th: Christmas Bake Sale and Free Open House at MW
December 19th: Christmas Toonie Bingo at MW
December 17th: Christmas Music
December 24th: Centres are closed at Noon
December 25th & 26th: Centres are closed
December 27th: Christmas Toonie Bingo
December 31st: New Year's Eve Party

UPCOMING EVENTS

January 1st: Centres are closed
January 30th: Casino Rama day trip
February 11th: Fallsview Casino day trip

SQUARE ONE OLDER ADULT CENTRE & SQUARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR SEPTEMBER - DECEMBER 2013

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 Watercolours*	9:15am - 11:45am Bunka Embroidery	9:00am - 10:00am Line Dancing Beginner	10:00am - 11:30am Bow Making Workshop	9:30am - 12:00pm Table Tennis	10:30am - 12:30pm Table Tennis
Breathing Exercise 1:00pm - 2:00pm	10am - 12pm Beading Class	9:15am - 10:15am Tai Chi Intermediate	9:30am - 11:30am One to One Computer Tutoring*	10:00am - 11:00am Spanish for Beginners Level 2*	10:00am - 12:00pm Dominoes	Caribbean Seniors Social Activities 1:30pm - 4:30pm Contact Cynthia Houston 905-896-3765 or Joyce Goldson 905-804-8998
Brush Painting 1:00pm - 5:00pm	10:15am - 11:45am Digital Pictures*	10:20am - 11:20am Tai Chi Level 1*	9:30am - 12:00pm Table Tennis	10:30am - 11:30am Line Dancing Beginner	10:45am Line Dancing Intermediate	Elderly Vietnamese Seniors Association 12:45pm - 4pm Contact Diep Tran 905-212-7164
Chinese Aerobics 2:00pm - 3:00pm	10:30am - 11:30am Line Dancing Beginner	10:30am - 11:30am Co-ed Fitness	10:00am - 11:15am Computer Club	11:30am - 12:30pm Crane Qi Gong	12:30pm - 2:00pm Creative Writing Level Two	Silayan Filipino Volunteer Group 1:00pm - 4:00pm Contact Tessie Buena 905-607-1902
Line Dancing 3:00pm - 4:30pm	11:00am - 12:00pm Pharmacist Advice	11:30am - 12:30pm Chair-exercise	10:15am Line Dancing Intermediate Beginner	12:15pm - 1:15pm Advance Dance Workshop*	12:30pm - 1:30pm Rhumba Workshop*	3:00pm - 4:00pm Diabetic Consultation Sessions*
	11:45am - 12:15pm Wii Bowling	11:45am - 12:45pm Line Dancing Basics*	Myrtle Beach Info Session*	12:30pm - 3:30pm Contract Bridge	1:15pm - 4:15pm Information and Support*	
	12:30pm - 1:30pm French for Beginners Level 2*	12:00pm - 1:30pm Craft Workshops	12:30pm - 1:30pm Sensible Living Series*	1:00pm - 2:00pm Creative Writing Level One	2:15pm - 3:15pm Line Dancing Intermediate Beginner	
	12:45am - 1:45pm Pilates*	12:30pm - 1:30pm Japan Trip Info Session*	12:00pm - 1:15pm Basic Computer Workshops*	1:00pm - 3:00pm Cribbage	6:30pm - 9:30pm Intergenerational Line Dance	
	1:15pm - 3:00pm Bingo	12:30pm - 1:30pm Japan Trip Info Session*	12:30pm - 1:30pm Eastern Caribbean Cruise Info Session*	2:45pm - 3:45pm Flamenco Dance Workshop*		
	Square One Deaf Seniors Group 2:00pm - 4:00pm	1:00pm - 3:30pm Euchre	Japan Trip Info Session*	4:00pm - 6:00pm Table Tennis		
	2:30pm - 4:00pm Health Lecture Series*	1:00pm - 2:00pm International Folk Dancing	1:15pm - 3:00pm Bingo	6:45pm - 7:45pm Intergenerational Line Dance Beginner		
	3:00pm - 5:00pm Intergenerational Craft Class	2:00pm - 3:00pm Laughter Club	1:30pm - Movie Matinee	8:00pm - 10:00pm Ballroom Dance Coaching and Rehearsal		
	4:15pm - 6:15pm Table Tennis	2:15pm - 3:45pm Yoga*	ALCE - Latin-America Art and Healing Group 2:00pm - 5:00pm Contact: Elsa 905-897-2495 or Silvia 905-822-9142	8:00pm - 9:00pm Intergenerational Line Dance Intermediate		
	6:30pm - 8pm Confluencies	2:15pm - 3:45pm Yoga*	2:00pm - 4:00pm Circle of Friends			
	7:30pm - 8:15pm Ballroom Dance Lessons Beginner	6:30pm - 7:30pm Therapeutic Drumming	3:15pm - 4:00pm Aqua Zumba*			
	8:15pm - 9:00pm Ballroom Dance Lessons Beginner Intermediate	7:30pm - 10:30pm Women's Intergenerational Choral Program*	3:45pm - 5:00pm Belly Dancing Beginners			
	9:00pm - 9:45pm Ballroom Dance Lessons Intermediate		5:00pm - 6:30pm Belly Dancing Performance Troupe			
	9:45pm - 10:30pm Ballroom Dance Lessons Intermediate Advanced		Goan Cultural Group 6:30pm - 9:00pm Contact: Saby 905-281-1213 or Thelma 905-828-9243			

You must register in advance for all programs with an asterisk (*). Please check Guide for dates. Please see the Guide for cancellation dates.

MISSISSAUGA WEST WEEKLY CALENDAR SEPTEMBER - DECEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am - 10:15am Co-ed Fitness	9:00am - 10:00am Co-ed Fitness	9:00am - 10:30am Conversational Spanish*	9:00am - 10:00am Toning	9:15am - 10:15am Zumba
10:30am - 11:30am Sit and Dance	10:10am - 11:10am Co-ed Fitness, Gentle	9:15am - 10:45am Yoga*	10:10am - 11:10am Stretching and Meditation	10:30am - 11:30am Tai Chi*
11:40am - 12:40pm Line Dance Beginner	11:15am - 12:15pm Zumba	10:30am 12:00pm Book Club	11:15am - 12:15pm Ballroom Line Dancing	
11:45am - 1:15pm Creative Writing	1:00pm - 2:00pm Belly Dancing	11:00am - 12:00pm Zumba	1:00pm - 2:30pm Computer Workshops	
		12:30pm - 2:30pm Painting Classes*		

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 - 3:30pm
Friday:
8:30am - 12:30pm
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