

SQUARE ONE OLDER ADULT CENTRE 2013 SUMMER ACTIVITY GUIDE

JULY / AUGUST



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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
 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

July 1, August 5 and September 2

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.

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

Our Mission

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

Full 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, 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 years of age
- * Free membership for individuals over 90 years of age

Registration Information

Registration for Summer programs will begin **Wednesday, June 12th**. 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.

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.

Advertising

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

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 and a closed circuit monitor.

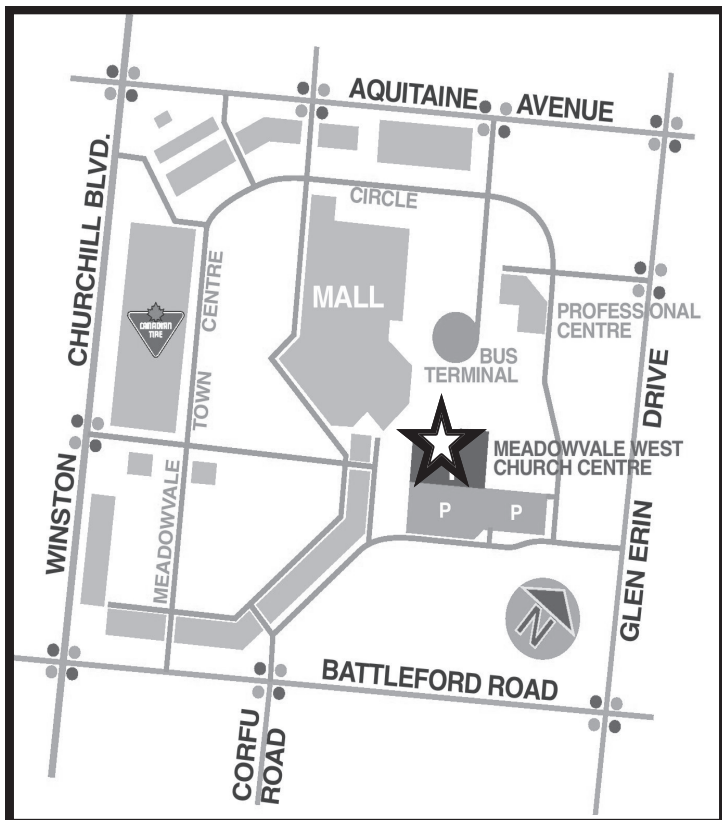
Square One Older Adult Centre
2012 / 2013 Volunteer Board of Directors

Esther Williams	President
Alice Dods	Vice President; Director, Administration
Robert Lomon	Controller
Judy Willson	Director, Board Development
Manuel Castellino	Director, Facilities
Linda Keen-Lauserg	Director, Marketing
Tessie Buena	Secretary; Director, Programs and Cafeteria
Terri-Lynne Rade	Director, Special Events and Fundraising
Juliet Rebello	Director, Travel
Jean Michaels	Director, Volunteers
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
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. Failure to do so may result in parking fines.



To all members:

Many thanks for your words and acts of welcome. I was in Fort Lauderdale for three months trying to retrofit a condominium unit. I did some painting, made draperies and did some caulking. After falling twice, I think it is time to hand over these tasks to the younger generation. I was visited by my sister Wendy who lives in Fort Lauderdale, Marcia and Jenefer (Trinidad) and nieces Hilary (Trinidad) and Sandra (Fort Lauderdale). My oldest brother Clarence and wife came in from Jamaica. My sister Patricia had accompanied me to give me a hand. I now consider that unit a work in progress. How much progress? The jury is still out.

It is good to be back among familiar faces and places .

I was surprised to see the amount of construction taking place in the Square One Mall, the 'shifting/relocation' of stores. When I entered the Mall I thought I was in the wrong place. And this is just the beginning.

As with all construction and movements, there will be some impact on our use of space and programming. I am positive that our members are up to the challenge.

June is Seniors' month. I have glanced over the activities, and I am sure there is something for everyone. "It's Your Party Time", June 28, promises to be a 'let your inhibitions and shyness go' and "have a good time"! WOW! The City of Mississauga usually have planned events for Seniors as well. This gives us an opportunity to 'mix and mingle' with persons from other organizations.

The City has reviewed its Older Adult Plan and an "action plan" is to have the library expand its programs, resources and services for Older Adults. To do this "it will deliver co-ordinated strategies and programs relating to Older Adults". Our Centre hopes to be included in this part of the planning.

It is always a privilege to serve such a dedicated, dynamic group of people.

Enjoy your summer!

Esther Williams
President

Square One Older Adult Centre Volunteers

Taking action, reaching out and making a difference. We warmly invite you to become involved at your Centre by becoming a Volunteer today. We are seeking creative, innovative women and men who can share their skills, vision, leadership and expertise with us all.

Join your fellow members in becoming involved in our upcoming fundraisers, special events, programs or even consider reaching out and making a significant difference in the life of a senior by becoming a telephone reassurance Volunteer. We warmly encourage you all to invite a friend, family member or student to join us in our efforts towards enhancing peoples lives.

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

For more information about becoming a Volunteer please visit or call Karmela at 905-615-3207.

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

* (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

Thank goodness summer is here! Over the past few months, the weather was unpredictable and it seemed like the sunshine would never arrive. Despite the unknown in life, you can count on Square One Seniors Wellness Services to be here for you. Our programs and services are designed to equip you for uncertain times and optimize physical and mental health and wellness.

We provide you with a variety of health and wellness programs and services ranging from counselling, peer support group, various health related clinics (i.e., diabetic consultations, hearing screening), Deaf Seniors Group, Telephone Reassurance Program, Health Lectures and Sensible Living Series. In June, during Seniors Month, we offered a free session "Food Choices ... When Money is Tight" to learn how to save money at the grocery store and prepare healthy meals. Health is possible on a budget.

With the variety of programs, services and activities offered, do you ever wonder what the difference is between Square One Seniors Wellness Services (SOSWS) and Square One Older Adult Centre (SOOAC)? Wellness Services, the charitable arm of the Older Adult Centre, is a registered charity (#81959 5893 RR0001) and can write receipts for income tax deductions. The Older Adult Centre is classified as a nonprofit organization.

As you browse through this Summer Activity Guide, be sure to look for details of our **Fit-a-Thon** to be held October 18th. As our Centre and Square One Mall are undergoing upcoming renovations, so too is our usual Walk event – remodeled as the Fit-a-Thon for this year!

Thank you to our members, volunteers, supporters and staff, who make it possible to keep the quality programs and services running.

All the best to you in health and wellness,

Esther Williams
President

Laurie Docimo
Resource Development Manager

Program	Description	Program Dates	Time	Fee	Location
Blood Pressure Clinic	Have your blood pressure checked on-site and questions answered. Provided by Bayshore Home Health.	Wednesdays, June 12 August 14	1:00pm - 2:00pm	Free	Mississauga West Lobby
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.	Wednesdays, June 12, June 26, July 3, July 17, August 14, and August 28	2:00pm - 4:00pm	Free Drop-in group session	Board Room or Lion's Den
Diabetic Consultation Sessions*	Meet on a one-to-one basis with a pharmacist to go over individual diabetic care.	Saturdays, July 13 and August 17	3:00pm - 4:00pm	Free Sign up in advance	Board Room
Eyeglass Repairs and Adjustments Clinic	Have your eyeglasses adjusted or receive helpful information about your eyewear. Provided by SEARS Optical.	Wednesday, July 10	10:00am - 12:00pm	Free	Lobby
Foot Care Clinic*	Foot treatment by a certified Chiropodist. Book your appointment at the Admin Office.	Wednesdays, June 12 and July 31	9:00am - 4:00pm	\$14.00 per person. Sign up in advance	Board Room
Hair Cuts*	Offering professional haircuts for men and women at an affordable price. Provided by Mobile Hair and Spa Services.	Tuesday, June 25	12:00pm - 4:00pm	\$10.00 per person. Sign up in advance	Board Room
(*) Denotes a pre-registered program					

Program	Description	Date / Time	Fee	Location
Health Lecture Series*	Enjoy a nutritious snack while learning about: July 29: Taking Control of Your Health August 26: How Common Over-the-Counter Medications Can Help and Harm You	Mondays 2:30pm - 4:00pm	Free Sign up in advance	Program Room
Hearing Clinic*	Get your hearing checked at this clinic. Provided by ListenUp! Canada.	Wednesday, June 19 1:00pm - 2:00pm	Free Sign up in advance	Mississauga West
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 1:15pm - 4:15pm	Free Book your appointment in advance (905) 615-3207 ext107	Board Room
Pharmacist Advice	A pharmacist will be available to help and advise you on many common health concerns.	Mondays, July 15 and August 12 11:00am - Noon	Free	Lobby
Sensible Living Series*	Enjoy a bowl of soup while learning about: July 3: Senior Services and the Government's Seniors' Strategy presented by MPP Dipika Damerla August 7: Personal Safety presented by Larry Camejo, Ontario Martial Arts	Wednesdays 11:30am - 12:30pm	Free Sign up in advance	Program Room or Lion's Den
Walker and Wheelchair Clinic	Receive a tune-up on your walker or wheelchair or helpful information about mobility aids. Provided by MEDichair.	Wednesday, August 21 10:00am - 12:00pm	Free	Lobby

(*) Denotes a pre-registered program

Program	Description	Weekly Instructors	Day	Time	Fee	Location
Chair-exercise	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/ Rosalie	Saturdays	9:15am - 10:15am		
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 New Early Evening Programs!!	Active, friendly game.		Mondays	4:15pm - 6:15pm	\$1.75 per visit	Auditorium
			Wednesdays	9:30am - 12:00pm		Program Room
			Thursdays	4:00pm - 6:00pm		Auditorium
			Fridays	9:30am - 12:00pm		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
Toning*	A long session of stretching will follow the workout.	Kai	Tuesdays July 9 - July 30 Aug. 6 - Aug. 27	9:10am - 10:10am	\$21.00 for 4 weeks	Program Room
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	Program Room
Dominoes	Everyone welcome.	Ongoing	Fridays 10:00am - 12:00pm	\$1.75 per visit	Cafeteria
Euchre	Fun and challenging game. No partners required.	Ongoing	Tuesdays 1:00pm - 3:30pm	\$2.25 per visit	Program Room
Wii Bowling New Day!	Have fun bowling! May be done seated. Sponsored by Revera Rapid Response.	Ongoing	Mondays 11:45am - 12:15pm	\$1.00 per visit	Auditorium

Program	Description	Program Dates	Day / Time	Fee	Location
Bunka Embroidery (Carmen)	Learn the simple and beautiful art of Japanese embroidery. New participants need to order the sampler kit from Laura.	Ongoing	Tuesdays 9:15am - 11:45am	\$2.75 per visit	TBA
Bow Making Workshop	Help us prepare for our gift wrap fundraiser while learning to make fun bows.	July 18, August 1, August 15	Thursdays 10:00am - 11:30am	Free	Board Room
Drawing* (Lorraine)	This summer you will have the opportunity to draw local gardens and buildings. No experience required.	July 4 - August 8	Thursdays 9:30am - 11:30am	\$59.50 for 6 weeks	Program Room / City Hall
Intergenerational Craft Class	Come on your own or <u>bring the grandkids</u> to this class. Learn beading, painting, knitting and sewing as you make items for our Craft Show!	July 8 - August 26 (Cancelled August 5)	Mondays 10:00am - 12:00pm	\$3.00 for members Free for youth	Program Room
Intergenerational Drumming New!	In partnership with ALCE - Latin-American Art and Healing Group. Drums are provided.	Ongoing	Tuesdays 6:30pm - 7:30pm	\$2.00 per visit	Program Room
Women's Intergenerational Choral Program* New Evening Program	Join the Ontario Heartland Chorus! Participants are expected to develop and maintain a skill level established by Sweet Adelines International.	Starting August 20	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
Ballroom Dance Lessons* New Evening Class!!	Learn ballroom dancing from an experienced instructor. This is an intergenerational class!	Ongoing	Mondays Beginners 7:30pm - 8:15pm Beg - Intermediate 8:15pm - 9:00pm Intermediate 9:00pm - 9:45pm Inter - Advanced 9:45pm - 10:30pm	Please call the Admin Office for info.	Auditorium
Bollywood Class* New Day!	This great class is back for another session.	August 6 - August 27	Tuesdays 1:00pm - 2:00pm	\$20.00 for 4 weeks	Auditorium
Dance Fitness* New!	Enjoy this fun class that combines dance and fitness.	August 6 - August 27	Tuesdays 2:15pm - 3:15pm	\$20.00 for 4 weeks	Auditorium
International Folk Dancing* (Kathy) New!	Learn these wonderful folk dances with Kathy. Beginners welcome!	July 9 - July 30	Tuesdays 1:00pm - 2:00pm	\$20.00 for 4 weeks	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	July 9 - August 13 (Cancelled August 6)	Tuesdays 11:45am - 12:45pm	\$23.75 for 5 weeks	Auditorium
Poi Dance Wksp* (Sunny) New!	Learn the Poi dance from New Zealand.	July 9 - July 30	Tuesdays 2:15pm - 3:15pm	\$20.00 for 4 weeks	Auditorium
Theatrical Samba Workshop* New!	Perfect this great dance for the October Show. Some dance experience required.	July 11 - August 2 (Cancelled August 8)	Thursdays 12:15pm - 1:15pm	\$30.00 for 6 weeks	Auditorium
Tinikling Dance Workshop* New!	Learn this wonderful Filipino bamboo dance with Sue.	July 4 - July 25	Thursdays 2:45pm - 3:45pm	\$20.00 for 4 weeks	Auditorium
(*) Denotes a pre-registered program					

Program	Description	Weekly Instructors	Day / Time	Fee	Location
Ballroom Dance Coaching and Rehearsal New Evening Program!	Practice your ballroom moves in preparation for competition.	Ongoing	Thursdays 8:00pm - 10:00pm	Please call the Admin Office for info.	Auditorium
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* New Evening Program!	Join Rhoda for these fun classes and learn new dances to your favourite hits.	Ongoing	Thursdays Beginner 6:45pm - 7:45pm Intermediate 8:00pm - 9:00pm Friday 6:30pm - 9:30pm	Please call the Admin Office for info.	Auditorium Program Room 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 New time starts July 4th	\$3.00 per visit	Auditorium
Line Dancing Beginner	Dance the Rumba, Cha-Cha, Tango and more. No partners needed.	Sarina Eugene	Mondays 10:30am - 11:30am Thursdays 10:30am - 11:30am	\$3.00 per visit	Auditorium
Line Dancing Intermediate Beginner New Time!	Building on the Beginner Level. Learn more complicated dances.	Merilyn Rhoda	Wednesdays 9am - 10am Wednesdays 10:10am - 11:10am or 10:10am - 11:45am	\$3.00 for 1 hour or \$4 for 1 1/2 hours	Auditorium
Line Dancing Intermediate	Learn more complicated dances to a variety of music.	Rhoda Merilyn	Fridays 2:15pm - 3:15pm Fridays 10:45am - 11:45am or 10:45am - 12:15pm	\$3.00 for 1 hour or \$4 for 1 1/2 hours	Auditorium

Program	Description	Program Dates	Day / Time	Fee	Location
Atlantic City Bus Tour Info Session* New!	The bright lights, shows and casinos are calling! Maxima will tell you about this exciting bus trip.	July 24	Wednesday 12:30pm - 1:30pm	Free Sign up in advance	Lion's Den
Basic Computer Workshops*	Our instructor will lead you through 6 beginner workshop topics. Handouts included. Shared computers.	July 10 - August 14	Wednesdays 12:00pm - 1:15pm	\$16.50 for 6 weeks	Library
Bermuda Cruise & Bus Tour Info Session* New!	Join Maxima Tours to find out about this great 10-day / 9-night cruise to Bermuda with overnights in the Poconos and Sands Casino departing October 19.	July 24	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.	July 31 and August 28	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Lion's Den
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	Program Room
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
French for Beginners Level One*	Learn conversational French from a certified instructor in this beginner class.	July 8 - August 19 (cancelled Aug 5)	Mondays 12:30pm - 1:30pm	\$16.50 for 6 weeks	Board Room
Internet Café	Check your email or browse the internet.	Ongoing (as available)	Monday - Friday 9:00am - 4:00pm	Free	Library
Japan: Sightseeing & Garden Tour Info session* New!	Learn about this great trip to Japan planned for Spring 2014. Visit the gardens and historic sites of this exotic land, including Tokyo, Mt. Fuji, Hakone and Kyoto.	July 17 August 14 September 4	Wednesdays 7:00pm 12:30pm - 1:30pm 12:30pm - 1:30pm	Free Sign up in advance	Auditorium Lion's Den Lion's Den
Peru Tour Info Session* New!	Want to cross a visit to Machu Picchu off your bucket list? We are planning a trip to Peru in the Fall of 2014 with Nexus! The trip includes Lima, the Nazca Lines, the Ballestas Islands, Cusco and Machu Picchu.	July 17 August 14 September 4	Wednesdays 7:00pm 12:30pm - 1:30pm 12:30pm - 1:30pm	Free Sign up in advance	Auditorium Lion's Den Lion's Den
Touring China Info Session* New!	Nexus Holidays presents photos and information on an affordable 15-day China tour which departs September and October 2013, and March 2014.	July 17 August 14 September 4	Wednesdays 7:00pm 11:00am - 12:30pm 11:00am - 12:00pm	Free Sign up in advance	Auditorium Lion's Den Lion's Den
(*) Denotes a pre-registered program					

Program	Description	Weekly Instructor	Day	Time	Fee
Ballroom Line Dance	Have fun dancing ballroom steps to the old standards. No Partner required.	Sunny	Thursdays	11:15am - 12:15pm	\$3.00 per visit
Co-ed Fitness	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	"Gentle" Co-ed Fitness with fun low impact exercises, muscle toning and stretching.	Diane	Tuesdays	10:10am - 11:10am	\$3.00 per visit
Games Afternoon	Have some summer fun playing cards, scrabble and dominoes. Bring the grandkids.		Wednesdays	12:30pm - 2:15pm	\$1.75 per visit Free for youth
Knitting, Beginner	Come and learn to knit for an afternoon of fun.		Thursdays August 7 - 28	1:00pm - 2:30pm	\$1.75 per visit Free for youth
Line Dance Beginner	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
Movie Matinee	Enjoy an entertaining afternoon.		Mondays	1:00pm - 2:30pm	Free Refreshments \$1.00
Sit and Dance	Low impact fitness sitting in a chair.	Sunny	Mondays	10:30am - 11:30am	\$3.00 per visit
Stretching and Meditation	Stretch in a gentle form to release the stress in your body. Cool down meditation is included at the end of the class. Breathe your worries away.	Rosalie	Thursdays	10:10am - 11:10am	\$3.00 per visit
Tai Chi Level One*	Learn this wonderful Chinese exercise. Suitable for all fitness levels.	Mike	Fridays June 28 - Aug 30	10:30am - 11:30am	\$30.00 for 10 weeks
Toning	Toning improves your flexibility, strengthens bones and muscles, aids in weight loss.	Rosalie	Thursdays	9:00am - 10:00am	\$3.00 per visit
Write Your Memoirs	Learn how easy it is to record your life story.	Herb	Mondays	11:45am - 1:15pm	\$3.00 per visit
Zumba	A fun fitness class with a Latin beat	Laurie Laurie Diane	Tuesdays Wednesdays Fridays	11:15am - 12:15pm 11:00am - 12:00pm 9:15am - 10:15am	\$3.00 per visit
(*) 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	TBA	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	Monday, June 17 2:00pm - 4:00pm	Program Room	Marty Goldstein or Helen Park	squareonedeafseniorsgroup@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, June 11th**

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.

Casino Rama**Tuesday, June 25th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/person, members and guests. Tickets on sale. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Great Blue Heron Charity Casino**Tuesday, July 9th**

Depart: 8:30am, Return: 6:00pm approx. Ticket price: \$20.00/member, \$25.00/guest. Tickets on sale. *Please bring your Rapid Rewards Players card and valid Government issued Photo ID in order to receive your \$20.00 incentive which can only be used on the machines.

Port Dover**Tuesday, July 16th**

Depart: 8:30am, Return: 6:00pm approx. Ticket price: \$95.00/member, \$100.00/guest. Tickets on sale. We will start the day with a river cruise on the River Rider, fabulous fresh pickerel lunch at the Erie Beach Hotel, and another great Norm Foster play On A First Name Basis at the Lighthouse Festival Theatre. A novelist and housekeeper spend an evening as chums which leads to several startling revelations and insights.

Casino Rama**Thursday, July 25th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$15.00/member, \$16.00/guest. Tickets on sale Wednesday, June 12th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 incentive.*

Fallsview Casino**Tuesday, August 13th**

Depart: 9:00am, Return: 6:00pm approx. Ticket price: \$15.00/member, \$20.00/guest. Tickets on sale Tuesday, July 2nd. *Please bring your Players Advantage Club card and valid Government issued Photo ID in order to receive your \$10.00 incentive.*

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: \$15.00/member, \$16.00/guest. Tickets on sale Wednesday, July 17th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your \$15.00 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 Monday, July 29th. *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, \$110.00/guest. Tickets on sale Tuesday, June 18th. 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. No lunch.

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 / St. Jacob's**Wednesday, October 16th**

Depart: TBA, Return: TBA Ticket price: TBA. Tickets on sale Monday, July 15th. Trip details TBA.

Upcoming:

Casino Rama - Tuesday, October 29th

Fallsview Casino - Tuesday, November 12th

Casino Rama - Thursday, November 28th

Skylon Day Trip - Wednesday, December 11th



Indoor Garage Sale
Wednesday, June 19th
9:30am - 12Noon
in the Auditorium

You're sure to find treasures at this great annual sale in our auditorium! Donations will be accepted June 4th - June 14th.

It's Your Choice Raffle
July 22nd - July 26th
in the lobby

**Tupperware Fundraising Event for
Square One Seniors Wellness Services
Wednesday, August 14th
10:30am - 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.



Annual Walk Event with a Twist!

Our annual event has a fun twist this year! Rather than walking throughout the mall, come join us on **Friday, October 18th** for **our 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 (optional) for teams and individuals!
It's fun to dress up!
- Prizes for best team and solo costumes!
- Top 3 fundraising prizes!
- More details to come!



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Spring Promotion!

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

Date: Sep 12, Oct 17th & 31st 2013

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

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4days 5-Star Yangtze River Cruise
Breathtaking Three Gorges Sceneries
"East Venice"-- Suzhou, Garden City-Wuxi

Vietnam & Cambodia Highlights 16days

Sep 20, Oct 18, Nov 1 & 8 2013

16 Days / 14 Nights

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\$1,999.00 +taxes
All-inclusive package

Tour presentation

Time: Jun 19, 2013 11:00am
Jul 17, 2013 7:00pm
Aug 14, 2013 11:00am
Sep 04, 2013 11:00am

China, Japan or Peru Tour

Place : Square One Older Adult Centre

Call **Bright/Jenny**

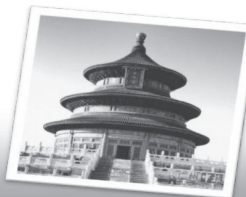
905-604-9466

for RSVP and details!

Fax: (905) 604-9468

Add: 8339 Kennedy Road Unit 2708,
Markham ON L3R 0P5

E-mail: brightq@nexusholidays.com



Bermuda Cruise

October 19 - 28, 2013

Enjoy a fantastic cruise experience with pre and post stays at the Inn at Pocono Manor (2 meals) & the new Sands Casino in Bethlehem (meal & slot play voucher)

*Royal Caribbean Explorer of the Seas Cruise Ship

*Motor coach tour * No Flying! * New York City tour & free time

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(Balcony Cabin)

\$1789 DBL
(Outside Cabin)

\$1619 DBL
(Inside Cabin)

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Best Deal Around!

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- 3 meal vouchers, \$45 Slot Play; show if available
- Shopping at the Hamilton Mall
- Sightseeing and shopping in Cape May
- Strolling and shopping in Smithville
- Guided tour of Philadelphia; lunch on own

September 8th - 12th, 2013

Your trip includes wonderful accommodations and 3 separate days of day tripping. If you haven't been to Cape May and Philadelphia before, then get on this tour right away for the best deal going!

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November 16 - 24, 2013



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Per Person

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- Enjoy a cooking demonstration
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- Lake Arenal Cruise
- Visit the National Theatre
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Free New Member Social**Square One Older Adult Centre location**

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

Mississauga West location

Wednesday, June 26th, 1:00pm - 2:30pm

Seniors' Month Games Day**Thursday, June 13th 1:00pm - 3:30pm**

Enjoy an afternoon of fun and games on us. Sign up to play bridge, euchre, gin rummy, cribbage, or dominoes. Refreshments and prizes will be part of the fun.

Pick up your **free ticket** at the Admin Office.

Open Ballroom and Line Dancing**Saturday, June 15th from 7:00pm - 11:00pm**

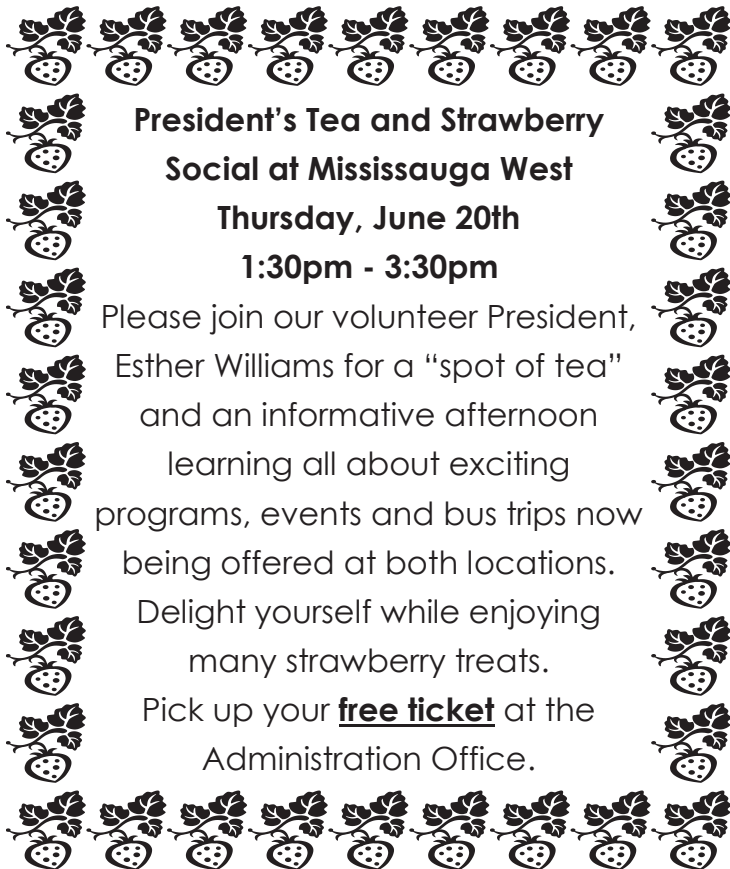
Dance to a variety of Ballroom and Latin favourites! Singles and couples welcome.

Tickets: \$7.00 members and guests

Chartwell's Senior Star**Tuesday, June 18th starting at 1:00pm**

Chartwell hosts this "idol" style competition.

Pick up your **free ticket** at the Admin Office.



President's Tea and Strawberry Social at Mississauga West
Thursday, June 20th
1:30pm - 3:30pm

Please join our volunteer President, Esther Williams for a "spot of tea" and an informative afternoon learning all about exciting programs, events and bus trips now being offered at both locations. Delight yourself while enjoying many strawberry treats. Pick up your **free ticket** at the Administration Office.

Square One Seniors Wellness Services presents **Food Choices-when money is tight**

Friday, June 21st from 12:30pm - 2:00pm

Learn practical tips on saving money at the grocery store and healthy meal ideas that make the most of each ingredient. Please pick up your **free ticket** at the Admin Office.

Square One Older Adult Centre and Square One Seniors Wellness Services
Annual General Meetings & Donor Recognition

Thursday, June 27th starting at 11:00am

2013 paid members only. Pick up your **free ticket** at the Administration Office.

It's Your Party Time on Friday, June 28th from 1:00pm - 4:00pm

Imagine For You is throwing a party! Enjoy displays, free spa services, dancing to a live band and a light lunch. Tickets: \$10.00 members and guests 50+

Canada Day Toonie Bingo**Tuesday, July 2nd****starting at 1:15pm**

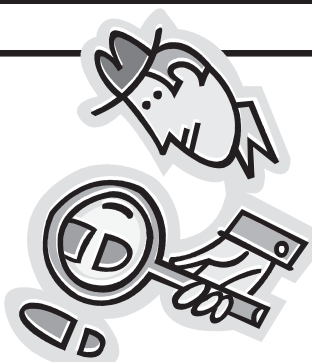
Enjoy snacks at your table and lots of door prizes during this special bingo.

Free jackpot card for all.

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

An Evening of Travel**Wednesday, July 17th 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 pick up your **free ticket** at the Admin Office.

**The Art Gallery
Murder Mystery****Square One location****Friday, August 9th starting at 12:30pm****Mississauga West location****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)

Summer Lunch & Dance**Friday, July 12th****starting at 12:30pm**

Dance the afternoon away to live music from Phyllis Styles and the Stylistics and line dance with Marilyn during the breaks. A light lunch is included in this fun afternoon. Tickets: \$15 members, \$17 guests (all ages)

**Open Ballroom and Line Dancing
Saturdays, July 20th and August 17th****7:00pm - 11:00pm**

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

Singles and couples are welcome.

Tickets: \$7.00 members and guests 50+
At the Door: \$8.00 members and guests 50+

Saturday Night Bingo**Saturday, August 10th starting at 5:30pm
(doors open at 5:00pm)**

Bring your friends and family to this multigenerational bingo. Open to guests 18+ (with valid ID) when accompanied by a member. Our cafeteria is open 4:00pm - 6:00pm. Games cards are purchased that evening.

New Member Social**Monday, August 19th from 2:00pm - 3:30pm**

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.

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**

Come out for an afternoon of cards and fun.
Bonus cash after each hand plus cash and door prizes. Light refreshments included.
Tickets: \$5.00 members, \$6.00 guests 50+



South Seas Cruise

Thursday, October 24th starting at 2:00pm**Friday, October 25th starting at 2:00pm****Saturday, October 26th starting at 7:30pm**

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 and singers 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



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
309 Rathburn Road West @ Living Arts Dr.

The market consists of top quality and fresh vendors:

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in debt**

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tax from
cashing
assets?**



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ATTENTION SENIORS

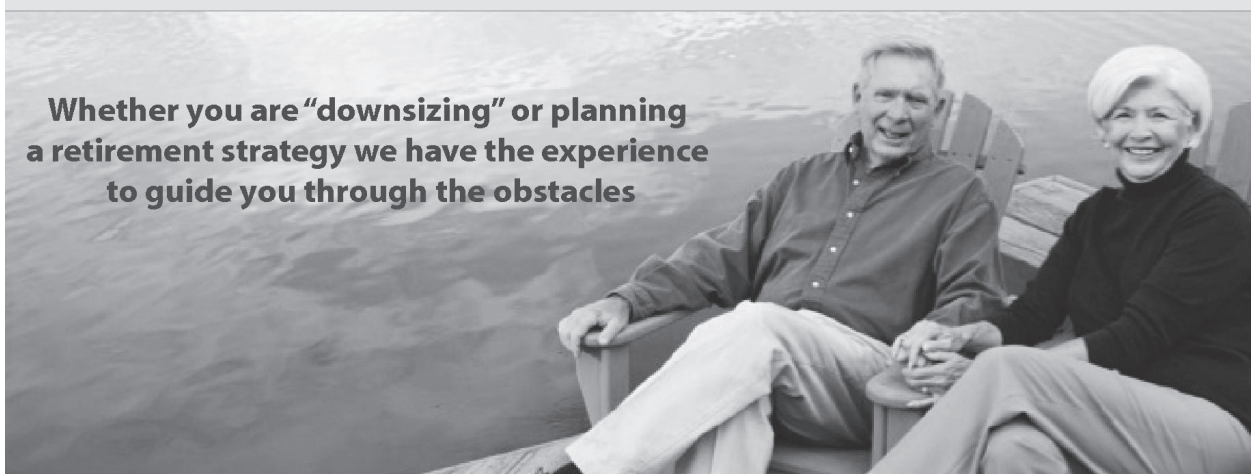
The Human Communication Lab at the University of Toronto Mississauga, is looking for **Senior Volunteers age 65+** to participate in research on how aging affects hearing, vision, language and memory.

A small honorarium will be paid for your time.

If interested, please contact our Research Recruitment Office at **905-828-5447**. Further information can be found on our website

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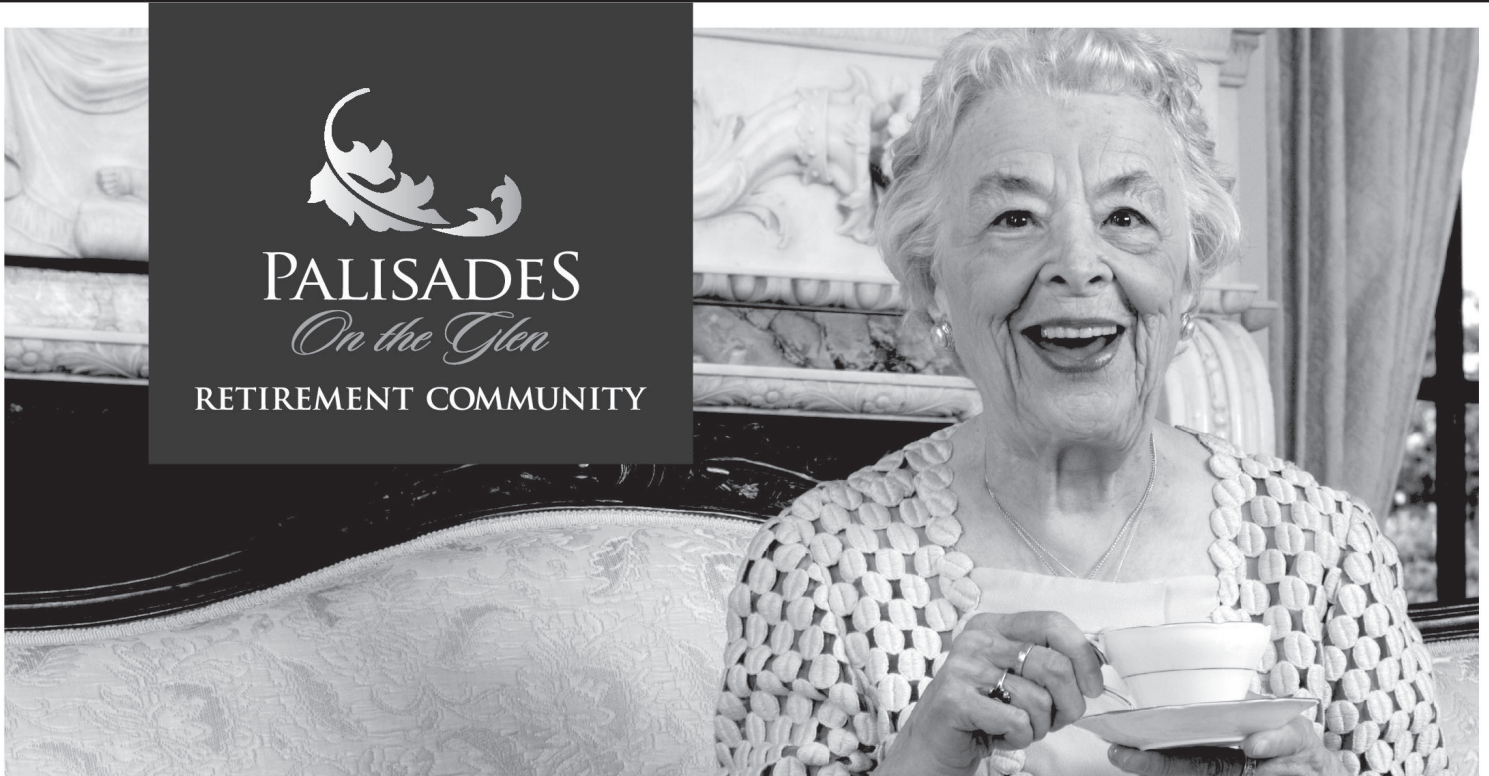
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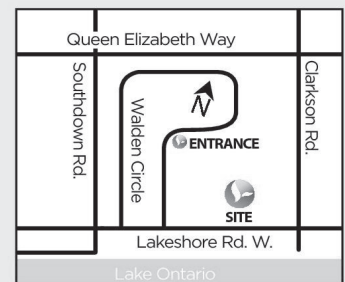
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JUNE

June 10th: Free New Member Social
June 11th: Fallsview Casino day trip
June 12th: Summer registration starts
June 12th: Foot Care Clinic
June 12th: Free Blood Pressure Clinic at MW
June 13th: Free Seniors' Month Games Day
June 15th: Open Ballroom and Line Dancing
June 18th: Free Chartwell's Senior Star
June 19th: Indoor Garage Sale
June 19th: Free Hearing Clinic at MW
June 20th: Free President's Tea and Strawberry Social at MW
June 21st: Free Food Choices - when money is tight event
June 25th: Casino Rama day trip
June 25th: Hair Cuts
June 26th: Free New Member Social at MW
June 27th: Free Annual General Meetings and Donor Recognition
June 28th: It's Your Party Time

JULY

July 1st: **Centres are closed**
July 2nd: Canada Day Toonie Bingo
July 3rd: Free Sensible Living Series
July 9th: Great Blue Heron Charity Casino day trip
July 10th: Free Eyeglass Repairs and Adjustments Clinic
July 12th: Summer Lunch and Dance
July 13th: Free Diabetic Consultation Session
July 15th: Free Pharmacist Advice
July 16th: Port Dover day trip
July 17th: An Evening of Travel - China, Japan and Peru
July 20th: Open Ballroom and Line Dancing
July 22nd - 26th: It's Your Choice fundraiser
July 25th: Casino Rama day trip
July 29th: Free Health Lecture
July 31st: Foot Care Clinic

AUGUST




August 5th: **Centres are closed**
August 7th: Free Sensible Living Series
August 9th: The Art Gallery Murder Mystery
August 10th: Saturday Night Bingo
August 12th: Free Pharmacist Advice
August 13th: Fallsview Casino day trip
August 14th: Tupperware fundraiser
August 14th: Free Blood Pressure Clinic
August 15th: The Art Gallery Murder Mystery at MW
August 17th: Open Ballroom and Line Dancing
August 17th: Free Diabetic Consultation Session
August 19th: Free New Member Social
August 20th: Mystery Tour day trip
August 21st: Free Walker and Wheelchair Clinic
August 26th: Free Health Lecture
August 29th: Game Show Mania special event
August 29th: Casino Rama day trip

UPCOMING EVENTS

September 2nd: **Centres are closed**
September 3rd: Labour Day Toonie Bingo
September 10th: 5th Annual Euchre Tournament
September 10th: Flamboro Downs in Hamilton day trip
September 18th: Fall Clothing Sale
September 19th: Stratford: Fiddler on the Roof day trip
September 26th: Casino day trip
October 8th: Fallsview Casino day trip
October 16th: It's Your Choice Day Trip: Oktoberfest/St. Jacob's
October 18th: Fit-a-Thon
October 24th: South Seas Cruise show
October 25th: South Seas Cruise show
October 26th: South Seas Cruise show



SQUARE ONE OLDER ADULT CENTRE & SQUARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR JULY - AUGUST 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chinese Golden Age Seniors 1:00pm - 5:00pm Contact: Andrew Lee 905-270-8229	9:15am - 10:15am Co-ed Fitness	9:10am - 10:10am Toning* 9:15am - 11:45am Bunka Embroidery 9:15am - 10:15am Tai Chi Intermediate	8:00am Mall Walkers 9:00am - 4:00pm Foot Care Clinic* 9:00am - 10:00am Line Dancing Intermediate Beginner 9:30am - 12:00pm Table Tennis 10:00am - 11:30am Book Club* 10:10am Line Dancing Intermediate Beginner 11:00am - 12:30pm Bermuda Cruise & Bus Tour Info Session* Touring China Info Session* 11:30am - 12:30pm Sensible Living Series* 12:00pm - 1:15pm Basic Computer Workshops* 12:30pm - 1:30pm Atlantic City Trip Info Session* Japan Trip Info Session* Peru Tour Info Session* 1:15pm - 3:00pm Bingo ALCE - Latin-America Art and Healing Group 2:00pm - 5:00pm Contact: Elsa 905-897-2495 or Silvia 905-822-9142 2:00pm - 4:00pm Circle of Friends 3:45pm - 5:00pm Belly Dancing Beginners 5:00pm - 6:30pm Belly Dancing Performance Troupe Goan Cultural Group 6:30pm - 9:00pm Contact: Saby 905-281-1213 or Thelma 905-828-9243 7:00pm Japan Trip Info Session* Peru Tour Info Session* Touring China Info Session*	9:15am - 10:15am Zumba Gold 9:30am - 11:30am Drawing* 10:00am - 11:30am Bow Making Workshop 10:30am - 11:30am Line Dancing Beginner 12:15pm - 1:15pm Theatrical Samba Workshop* 12:30pm - 3:30pm Contract Bridge 1:00pm - 2:00pm Creative Writing Level One 1:00pm - 3:00pm Cribbage 1:30pm - 2:30pm (New time starts July 4th) Line Dancing Basic and Beginner 2:45pm - 3:45pm Trinkling Dance Workshop*	9:30am - 10:30am Co-ed Fitness 9:30am - 12:00pm Table Tennis 10:00am - 12:00pm Dominoes 10:45am Line Dancing Intermediate 12:30pm - 2:00pm Creative Writing Level Two 1:15pm - 4:15pm Information and Support* 2:15pm - 3:15pm Line Dancing Intermediate Beginner 6:30pm - 9:30pm Intergenerational Line Dance	9:15am - 10:15am Co-ed Fitness 10:30am - 12:30pm Table Tennis Caribbean Seniors Social Activities 12:00pm - 3:00pm Contact Cynthia Houston 905-896-3765 or Joyce Goldson 905-804-8998 Elderly Vietnamese Seniors Association 12:45pm - 4pm Contact Diep Tran 905-212-7164 Silayan Filipino Volunteer Group 1:00pm - 4:00pm Contact Tessie Buena 905-607-1902 3:00pm - 4:00pm Diabetic Consultation Sessions*
<div>    </div> <p>You must register in advance for all programs with an asterisk (*). Please check Guide for dates. Please see the Guide for cancellation dates.</p>						

MISSISSAUGA WEST WEEKLY CALENDAR JULY - AUGUST 2013

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am - 10:15am Co-ed Fitness 10:30am - 11:30am Sfl and Dance 11:40am - 12:40pm Line Dance Beginner 11:45am - 1:15pm Write Your Memoirs 1:00pm - 2:30pm Movie Matinee	9:00am - 10:00am Co-ed Fitness 10:10am - 11:10am Co-ed Fitness, Gentle 11:15am - 12:15pm Zumba	11:00am - 12:00pm Zumba 12:30pm - 2:15pm Games Afternoon	9:00am - 10:00am Toning 10:10am - 11:10am Stretching and Meditation 11:15am - 12:15pm Ballroom Line Dance 1:00pm - 2:30pm Knitting, beginner	9:15am - 10:15am Zumba 10:30am - 11:30am Tai Chi Level One*
<p>Internet Café is available Monday - Friday 9:00am - 4:00pm</p>				