

SQUARE ONE OLDER ADULT CENTRE 2014 SUMMER ACTIVITY GUIDE

JULY / AUGUST



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Supported by:



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

July 1, August 4, and September 1

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 \$13.00 for the 2014 calendar year. Non-Residents may join for \$15.00. Square One membership entitles you to participate at Square One and Mississauga West locations. Mississauga West membership is \$9.00 for the 2014 calendar year.

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
- * Access to Community Connection performances and programs

Registration Information

Registration for Spring programs will begin **Wednesday, June 11th**. 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 **2014 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
Grace Pastore	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-at-Large
Lorena Smith	Ex-Officio Director, City of Mississauga
Michael Balaban	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
Diana Ingram (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.



Message from Square One Older Adult Centre

As we write this message, we're unclear whether spring has actually "sprung" this year, but summer is surely on its way any day now - and it promises to be wonderful!

June is Seniors' Month across Ontario and the perfect time to celebrate seniors, their vitality, accomplishments, and on-going leadership of our province and city. We have a variety of activities, events and trips occurring at our Centres in June, including our AGM on June 26th, so be sure to pick up your tickets as soon as possible and join in! Please take a moment to look through this *Guide* for more information.

We're happy to announce that Service Canada has once again approved the Centre's application for funding under the Canada Summer Jobs Initiative to hire a summer student. We hope to have him or her in place by June 2nd. Make sure you drop by the Admin Office and say "hi" when you have a moment. Our students always prove themselves to be valuable additions to the staff team during the busy summer months.

SOOAC gratefully acknowledges the financial support of several granting bodies throughout the past fiscal year (2013/14), namely the Ontario Trillium Foundation, Service Canada, the Ministry of Health and Long-term Care, the Ontario Seniors Secretariat, HRDC (New Horizons for Seniors Program), the City of Mississauga, and the OCAO (Older Adult Centres Association of Ontario). We are indebted to their ongoing operational and program support. Their backing helps in funding the operation of our two locations and in developing new and novel programs catering to our members' expressed needs and wants, frequently offered at a lower cost than we could otherwise hope to extend.

At SOOAC, we are proud to offer a variety of high-quality programming (often led by qualified, paid instructors) and top-notch customer service, in a welcoming place catering specifically to seniors – a place which many of you have called your "second home". Despite our continuing fundraising efforts in a competitive market, and ongoing attempts at cost containment and maximizing efficiencies, the cost of operating our not-for-profit Centre (both Square One and Mississauga West), and their numerous programs/services, continues to increase. Thus, in September 2014, we will be increasing our program fees by .25 cents per class or activity, in order to offset our mounting operational costs. We hope that you will find that our prices are still in line, if not less expensive, than other facilities offering similar programs. We remain committed to being responsive to our members' interests and recognize that you, as consumers, have many choices in where to participate in your fitness/ recreation/ social activities, and we are, therefore, highly appreciative that you continue to patronize our Centre and Square One Seniors Wellness Services. We thank you in advance for your understanding. If you have any questions, concerns or suggestions, feel free to contact either one of us at your convenience.

Our warmest wishes for a happy & healthy summer,

Alice Dods

Linda Salb

President, SOOAC

Executive Director

Celebrating the sizzling summer season with our Volunteers! Let's feel the heat, while drumming to a Latin beat or indulge in your creative flair and join us in creating beautiful masterpieces of art and crafts. Please remember to take a peek at our Volunteer Board for our upcoming opportunities. Also, kindly consider inviting your grandchildren or students seeking community service hours to join us this summer as we have some wonderful and innovative projects coming your way. For more info contact Karmela – Volunteer Coordinator at (905)615-3207.

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

Just as the warmth of summer sunshine on our skin makes us feel healthier, so does empowering our lives in other ways.

On June 17, come celebrate **World Elder Abuse Awareness Day** by attending the **free Healthy Living Expo** presented by Peel Elder Abuse Prevention Network and Square One Seniors Wellness Services.

Until June 26, our **Tree of Sharing** will bloom. Beautiful flowers will spring up as donations are made. These blooms can be sent to family and friends, children and grandchildren, whom you have not seen for a while, letting them know that they are in your thoughts always. Please help the Tree to blossom with your donation, so we can continue to provide much needed programs and services – mostly free. Thank you to the Intergenerational Craft Class who lovingly made each and every handcrafted flower.

Our programs and services empower older adults to optimize physical and mental health and wellness. Counselling, Peer Support Groups, Telephone Reassurance Program, Deaf Seniors Group and other opportunities are available to optimize your physical and mental health.

Looking ahead to October 17th, join us for our annual **Walk-a-Thon**. We look forward to walking again in the newly renovated Mall, followed by continental breakfast, entertainment, prizes and fun galore!

As funding concludes for some of the programs and services, we wish to gratefully acknowledge the support of the **Pendle Fund at the Community Foundation of Mississauga** for their funding of the Deaf Seniors Group.

Green Shield Canada is gratefully acknowledged for their recent support of the dental clinics, health and wellness clinics, coordination of counselling and peer support groups, Health Lecture Series and Sensible Living Speaker Series.

Thank you to our members, volunteers, supporters, staff and all who make it possible to keep the quality programs and services running. It certainly is a community effort.

All the best to you in health and wellness,

Esther Williams,
President

Laurie Docimo
Resource Development Manager

Program	Description	Program Dates	Time	Fee	Location
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. Provided by Family Services of Peel. Refreshments provided by The Mississauga Food Bank.	Wednesdays June 18 & 25, July 9 & 23, and August 6 & 20	2:00pm - 4:00pm	Free Drop-in group session	Board Room
Counselling and Support*	Meet a qualified counsellor to receive information and support that will make a world of difference. Provided by Family Services of Peel.	Fridays	1:30pm - 3:30pm	Free Book your appointment	Board Room
Diabetic Screening Clinic*	Meet on a one-to-one basis with a pharmacist to go over individual diabetic care.	Saturday, June 21	3:00pm - 4:00pm	Free Sign up in advance	Board Room
Foot Care Clinic*	Foot treatment by a certified Chiropodist. Provided by Lakeshore Foot Clinic.	Wednesday, July 16	9:00am - 4:00pm	\$14.00 per person. Sign up in advance	Board Room
Health Lecture	Diabetes and Healthy Eating Presented by Elena Sobolev Refreshments provided by The Mississauga Food Bank.	Monday, June 16	2:30pm - 4:00pm	Free Sign up in advance	Program Room
	Nutrition and Preventive Health Seminar Refreshments provided by The Mississauga Food Bank.	Tuesday, July 22	1:00pm - 3:00pm		Mississauga West
	Health and Wellness Forum Refreshments provided by The Mississauga Food Bank.	Tuesday, August 19	1:00pm - 3:00pm		Mississauga West
Telephone Reassurance Program*	This program is designed to provide free check-in and friendly phone calls to older adults who live alone and are in need of someone to touch base with them to ensure their well-being on a regularly scheduled basis. Sign up at the Administration Office.				
(*) Denotes a pre-registered program					

Program	Description	Day	Time	Fee	Location
Chair-ercise (Kai)	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)	9:15am - 10:15am	\$3.00 per visit	Auditorium
		Tuesdays (Colleen)	10:30am - 11:30am		
		Fridays (Liz)	9:30am - 10:30am		
		Saturdays (Jerthie/Diane/ Rosalie)	9:15am - 10:15am		
Fusion* (Pam) New!	Pam combines Pilates and Yoga in a great strengthening and stretching workout which is safe for all fitness levels. This Mind Body Spirit holistic approach improves your posture and helps correct muscle imbalance.	Mondays July 7 - August 11 (Cancelled August 4)	12:45pm - 1:45pm	\$38.75 for 5 weeks	Program Room
Intergenerational Table Tennis New!	Seniors and youth enjoy a spirited game of table tennis.	Tuesdays	4:00pm - 6:00pm	\$1.00 per visit	Auditorium
Intergenerational Urban Pole Walking New!	Seniors and youth learn to use the urban poles to improve their fitness walks.	Tuesdays July 22 - August 26	10:00am - 11:00am	\$3.00 per visit	Meet in the lobby
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 New Time!	Active, friendly game.	Mondays	4:00pm - 6:00pm	\$1.75 per visit	Auditorium
		Wednesdays	9:00am - 11:30am		Program Room
		Thursdays	4:00pm - 6:00pm		Auditorium
		Fridays	9:30am - 12:00pm		Program Room
Tai Chi Intermediate (Heidi)	Maintain and improve your moves!	Saturdays	10:30am - 12:30pm	Auditorium	
		Tuesdays	9:15am - 10:15am	\$3.00 per visit	Auditorium
Toning* (Colleen)	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.	Tuesdays July 8 - July 29 August 5 - August 26	9:10am - 10:10am	\$21.00 for 4 weeks	Program Room
Zumba Gold (Diane)	A fun fitness class with a Latin beat.	Thursdays	9:15am - 10:15am	\$3.00 per visit	Auditorium
(*) Denotes a pre-registered program					

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 July 7	Mondays 10:00am - 12:00pm	\$2.00 per visit	Program Room
Collagraph Prints* (Marlene) New!	Experiment with this printmaking technique which uses found objects glued to a stiff board and sealed. Then the "plate" is used for printing! There is a \$6.00 supply fee payable to the instructor at the first class	August 14 - August 28	Thursdays 9:30am - 11:30am	\$24.75 for 3 weeks	Program Room
Drawing* (Marlene)	Using pencil and sketchbook, we will be working outside in local accessible gardens. Topics include: choosing what to draw, perspective, including horizon line and vanishing point, proportion and shading. Subjects may include: flowers, garden structures, trellis or sculptures.	July 10 - July 24	Thursdays 9:30am - 11:30am	\$24.75 for 3 weeks	Meet in the lobby
Intergenerational Craft Class New Time!	Work on a variety of interesting craft projects with students from the local high schools.	July 7 - August 18 (Cancelled August 4)	Mondays 2:00pm - 4:00pm	Free	Program Room
Stitch & Chat New!	Enjoy a coffee or tea while you work on projects or learn different crafts.	Ongoing	Mondays 1:30pm - 3:00pm	\$2.00 per visit	Cafeteria
Therapeutic Drumming	Come out and express yourself! We have new drums for this intergenerational drumming group. No previous musical experience necessary. In partnership with ALCE - Latin-American Art and Healing Group.	Ongoing	Tuesdays 6:30pm - 7:30pm	\$1.00 per visit (special rate)	Auditorium
Ukulele Lessons* New!	Learn to play the ukulele with these group lessons from an experienced teacher. Instruments are provided and may be signed out for practice at home.	July 8 - August 26	Tuesdays 3:00pm - 4:00pm	\$16.00 for 8 weeks	Cafeteria
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 Recommences in August	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
Cribbage	Fun game! No partners required.	Ongoing	Thursdays 1:00pm - 3:30pm	\$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
Scrabble New!	Enjoy a friendly game of scrabble!	Ongoing Starting July 3	Thursdays 1:00pm - 3:00pm	\$1.75 per visit	Program Room
Wii Bowling	Have fun bowling! May be done seated. <i>Sponsored by Revera Rapid Response.</i>	Ongoing	Mondays 11:45am - 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 Merilyn's dance routines for the September Show.	July 3 - September 18 (Cancelled July 10 & 31)	Thursdays 12:15pm - 1:15pm	\$3.00 per visit	Auditorium
Ballroom Dance Coaching and Rehearsal*	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*	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 - 9:00pm Intermediate 9:00pm - 9:45pm Inter. Adv. 9:45pm - 10:30pm	Please call the Admin Office for details	Auditorium
Flamenco Dance Workshop* (Sue) New!	Learn this wonderful Spanish dance.	July 3 - August 14 (Cancelled July 10)	Thursdays 2:45pm - 3:45pm	\$30.00 for 6 weeks	Auditorium
International Advanced Dance Workshop* (Kathy) New Time!	Work on perfecting Kathy's dance routines for the September Show.	July 8 - September 9 (Cancelled September 2)	Tuesdays 2:05pm - 3:05pm	\$3.00 per visit	Auditorium
Intergenerational Line Dance* New Time!	Join Rhoda for these fun classes and learn new dances to your favourite hits. The Service Provider will contact you with registration details.	Ongoing	Wednesdays Beginner 6:30pm - 7:30pm Intermediate 8:00pm - 9:00pm Fridays 6:30pm - 9:30pm	Please call the Admin Office for details	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	July 8 - August 5	Tuesdays 11:45am - 12:45pm	\$23.75 for 5 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	Learn these wonderful folk dances. This is a great class for beginners and experienced dancers!	Kathy	Tuesdays 1:00pm - 2:00pm	\$3.00 per visit	Auditorium
Line Dancing Basic and Beginner	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 Beginner	Dance the Rumba, Cha-Cha, Tango and more. No partners needed.	Sarina	Mondays 10:30am - 11:30am	\$3.00 per visit	Auditorium
		Merilyn	Wednesdays 9:00am - 10:00am		
		Eugene	Thursdays 10:30am - 11:30am		
Line Dancing Intermediate Beginner	Building on the Beginner Level. Learn more complicated dances.	Rhoda	Wednesdays 10:15am - 11:15am or 10:15am - 11:45am	\$3.00 for 1 hour or \$4.00 for 1 1/2 hrs	Auditorium
			Fridays 2:15pm - 3:15pm	\$3.00 per visit	
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
55 Alive Drivers Training* New!	This in-class driver refresher program is designed to help people 55+ to maintain their independence and driving privileges, give you more confidence, improve your awareness and identify and correct bad driving habits. Fee for the manual and kit is included in the course fee.	July 31 and August 7	Thursdays 9:30am - 12:00pm	\$55.00 includes the price of the manual.	Program Room
Basic Computer Workshops*	Our instructor will lead you through 6 beginner workshop topics. Manual included. Shared computers.	July 9 - August 13	Wednesdays Noon - 1:00pm	\$16.50 for 6 weeks	Library
Book Club*	Love to read? Join this fun group and discuss a different book each month. Books are provided by Mississauga Central Library.	July 30, August 27	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Board Room
China Delight Info Session*	Travel to China to see the Great Wall, the Forbidden City Shanghai. Nexus Holidays presents photos and info on this amazing buy-one-get-one-free 10-day China tour.	August 11	Monday 11:00am - 12:30pm	Free Sign up in Advance	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	Program Room
French for Travel*	This fun class will help you with the basic French words for travelling.	July 7 - August 18 (Cancelled August 4)	Mondays 12:30pm - 1:30pm	\$16.50 for 6 weeks	Board Room
(*) Denotes a pre-registered program					

Program	Description	Program Dates	Day / Time	Fee	Location
Gardener's Circle	Our summer road trip is a guided tour of the Enabling Garden at Riverwood Conservancy.	July 16	Wednesday 9:30am - 12:30pm	\$3.00	Meet in the lobby to car pool.
Get Going with Apple* New!	Do you have an Apple iPhone, iPad, iPod or computer? Learn more about your device from the experts at this hands-on workshop upstairs at the Apple Store. Please bring your Apple ID numbers so we can pre-register you upstairs for the class.	July 29	Tuesday 10:30am - 12:30pm	\$3.00	Apple Store
Internet Café	Check your email or browse the internet.	Ongoing (as available)	Monday - Friday 9:00am - 4:00pm	Free	Library
New Year's Eve Bahamas Cruise Info Session New!	Spend New Year's Eve in paradise! Nexus Holidays will tell you all about this great 8-night cruise for only \$1599 that departs December 27th.	August 11	Monday 12:30pm - 1:30pm	Free Sign up in Advance	Board Room
One-on-One Computer Tutoring* New!	Do you want to learn to use the computer, but need personal attention? The instructor will work with you to solve problems or teach you the basics. Book your session at least one week in advance.	Please book your session at the Administration Office		\$10.00 per session	Library
Plymouth, Cape Cod Info Session* New!	Plymouth, Cape Cod and Nantucket. Join Maxima Tours to learn about this 5-day / 4-night bus trip departing September 14th.	July 23	Wednesday 12:30pm - 2:00pm	Free Sign up in Advance	Board Room
Travel Spanish for Beginners* New!	Ole! This short workshop will teach you the basic words for traveling in Spanish speaking countries.	July 17 - August 7	Thursdays 9:30am - 10:30am	\$11.00 for 4 weeks	Board Room
Tropicana Atlantic City Info Session* New!	Maxima Tours is heading to Atlantic City for a 4-night - 5-day stay in September. Trip includes meal and slot play vouchers at the Tropicana Casino. Cape May shopping and a tour of Philadelphia.	July 23	Wednesday 11:00am - 12:30pm	Free Sign up in Advance	Board Room
(*) Denotes a pre-registered program					

Program	Description	Weekly Instructor	Day	Time	Fee
1-on-1 Computer Tutoring	A personal setting to improve your computer skills, and solve particular challenges - bring your own laptop or use ours.	Diana	Please book an appointment		\$10.00 per hour
Ballroom Line Dancing	Memory booster and calorie burner keeps mind, body and soul in shape - improve cardio health, reduce stress, build endurance, muscle tone and coordination. No partner required!	Sunny	Thursdays	11:15am - 12:15pm	\$3.00 per visit
Intergenerational Beginner Line Dancing New!	Bring your daughters and sons to meet your friends and learn BLD in a fun, supportive and energizing Environment, must be age 21+.	Sunny	Mondays	11:40am - 12:40pm	\$3.00 per visit
Book Club Therapy	Love to read and chat? This jovial group meets each month to receive an interesting new book to discuss, as well as other life happenings. Coffee and treat included!	Doreen	Wednesdays July 2 August 6	1:00pm - 2:30pm	\$3.00 per visit
Co-Ed Fitness	Join the fun! Burn calories and improve your cardio endurance with inspirational Instructors and music to motivate you!	Liz	Mondays	9:15am - 10:15am	\$3.00 per visit
		Rosalie	Tuesdays	9:00am - 10:00am	\$3.00 per visit
Gentle Co-Ed Fitness	Fun, geared-to-ability toning and stretching with motivational music - amazing supportive instructor and group of fitness friends!	Diane	Tuesdays	10:10am - 11:10am	\$3.00 per visit
Hatha Yoga	Invigorates respiratory and circulatory system, stimulates digestion, reduces fatigue - improve mood and emotional wellbeing.	Margaret	Wednesdays	9:00am - 10:30am	\$4.00 per visit

Program	Description	Weekly Instructor	Day	Time	Fee
Health Lecture New!	Nutrition and Preventive Health Seminar Refreshments provided by The Mississauga Food Bank.		Tuesday, July 22	1:00pm - 3:00pm	Free Sign up in advance
	Health and Wellness Forum Refreshments provided by The Mississauga Food Bank.		Tuesday, August 19	1:00pm - 3:00pm	
Latin Ballroom Dancing New!	Fun easy-to-follow alternative to conventional exercise - learn the basic steps of ballroom and Latin with energizing music instructed by a World Class Instructor. No partner required!	Bassam	Wednesdays	11:50am - 1:20pm	\$4.00 per visit
Tai Chi (outdoors) New!	Get in touch with nature, improve health, achieve better balance and posture, increase strength, flexibility, calmness and peace of mind ... while engaging in good life chats.	Mike	Tuesdays	9:00am - 10:00am	\$3.00 per visit
Total Body Toning	Increase strength and endurance using resistance equipment - reduce risk of falling, osteoporosis, osteoarthritis, and related pain.	Rosalie	Thursdays	9:00am - 10:00am	\$3.00 per visit
Sit and Dance	Persons with mobility challenges or health restrictions will have fun, make new friends, and get fit using instruments and engaging props.	Sunny	Mondays	10:30am - 11:30am	\$3.00 per visit
Stretching and Meditation	Release stress, increase flexibility, and improve balance - help reduce the risk of falling. Improve focus and concentration - reduces anxiety and provides renewed energy!	Rosalie	Thursdays	10:10am - 11:10am	\$3.00 per visit
Zumba Belly Dance Gold	Easy to follow, move at your own pace and ability - combines modified, lower-impact moves, interactive fun and fitness!	Diane	Fridays	9:15am - 10:15am	\$3.00 per visit

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	Tenant Board Room	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 1:15pm - 4:30pm	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
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.

Port Dover**Tuesday, June 10th**

Depart: 9:30am, Return: 6:30pm approx. Ticket price: \$90/member, \$95/guest. Tickets on sale.

Brantford Casino**Thursday, June 12th**

Depart: 9:00am, Return: 5:30pm approx. Ticket price: \$15/member, \$20/guest. Tickets on sale.

Casino Rama**Thursday, June 26th**

Depart: 8:30am, Return: 4:30pm approx. Ticket price: \$5.00/member, \$6.00/guest. Tickets on sale.

Seneca Casino**Tuesday, July 8th**

Depart: 8:30am, Return: 5:30pm approx. Ticket price: \$35/member, \$40/guest. Tickets on sale.

Please bring a valid passport.

Cruise and Lunch**Tuesday, July 22nd**

Depart: 9:00am, Return: 6:30pm approx. Ticket price: \$85.00/member, \$90.00/guest. Tickets on sale. Lunch at Viamede Resort and Cruise with Stoney Lake Boat Cruises.

Casino Rama**Thursday, July 31st**

Depart: 8:30am, Return: 4:30pm approx. Ticket price: \$5.00/member, \$6.00/guest. Tickets on sale Monday, June 16th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your incentive.*

Fallsview Casino**Tuesday, August 12th**

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

A Day in St. Jacobs**Thursday, August 14th**

Depart: 9:00am, Return: 5:30pm approx. Ticket price: \$60.00/member, \$65.00/guest. Tickets on sale. Visit the new buildings and browse the St. Jacobs market. Enjoy a buffet lunch at the Stone Crock Restaurant.

Casino Rama**Thursday, August 28th**

Depart: 8:30am, Return: 4:30pm approx. Ticket price: \$5.00/member, \$6.00/guest. Tickets on sale Monday, July 14th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your incentive.*

Stratford Festival**Wednesday, September 3rd**

Depart: 9:00am, Return: 7:00pm approx. Early Bird Ticket price: \$105.00/member, \$110.00/guest. Effective July 2nd: Ticket price: \$110.00/member, \$115.00/guest. Tickets on sale. Enjoy an afternoon performance of "Crazy For You". Show and bus only — lunch not included.

Georgian Downs**Tuesday, September 9th**

Tickets on sale Monday, July 28th.

Casino Rama**Tuesday, September 30th**

Depart: 8:30am, Return: 4:30pm approx. Ticket price: \$5.00/member, \$6.00/guest. Tickets on sale Monday, August 18th. *Please bring your Players Passport card and valid Government issued Photo ID in order to receive your incentive.*

Cirque Du Soleil Day Trip**Friday, October 3rd**

Depart: 12:30pm, Return: 7pm approx. Tickets on sale. \$105/member, \$110/guest. Tickets on sale.

Ripley's Aquarium and Afternoon Tea at The Old Mill**Tuesday, November 18th**

Tickets on sale Monday, August 18th.

Shirley's Mystery Tour**December**

Tickets on sale Wednesday, September 3rd.



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July 5th - 17th, 2014

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\$1239 SGL

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Enjoy all that the Cape has to offer with tours of Sandwich, Hyannis and gorgeous Provincetown
Take in a Dune Tour or go Whale Watching + Ferry and touring on Nantucket Island!





Atlantic City!!

September 28th - October 2nd

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With Day Trips to Cape May & Philadelphia



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Day tripping to Philadelphia which includes a guided tour & the amazing food market

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\$739 SGL

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

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Where: Square One Older Adult Centre

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Tree of Sharing

Hurry, the Tree of Sharing stops blooming **June 26th!** Our special Tree has blossomed to celebrate excellence in wellness programming. A hand-crafted blossom lovingly made by the Intergenerational Craft Class will appear on our Tree of Sharing to commemorate your gift. An attached leaf will display donor's name (or the name of a loved one) and remain on the tree until June 26. Proceeds will allow Square One Seniors Wellness Services to continue to achieve our services and programming goals. Please visit the Administrative Office or call 905-615-3207. Please support the Tree of Sharing.

Free Seniors' Month Games Day
Tuesday, June 10th
12:30pm - 3:30pm



**PEAPN and Square One Seniors
Wellness Services presents**
Free Healthy Living Expo
Tuesday, June 17th
9:00am - 1:00pm



Free New Members' Social
Thursday, June 19th
10:30am - 12noon

Open Ballroom and Line Dancing
Saturday, June 21st
7:00pm - 11:00pm

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

Singles and couples welcome.

Tickets: \$7.00 member and
 guest (all ages)

**President's Tea and
 Strawberry Social**
Tuesday, June 24th
1:00pm - 3:00pm
at Mississauga West

Please join our volunteer President,
 Alice Dods 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.**

Square One Older Adult Centre and
 Square One Seniors Wellness Services

**Annual General Meetings and
 Donor Recognition**
Thursday, June 26th
starting at 11:00am

Help us honour our dedicated
 donors and sponsors, then join us for
 a light lunch followed by our Annual
 General Meetings with the Boards of
 Directors. 2014 paid Members Only.

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

I Scream, You Scream
We All Scream For
Ice Cream
Friday, June 27th
5:00pm - 8:00pm

Join our celebrity scoopers
 at the **Marble Slab**
Creamery in the **Heartland**
Town Centre (near Home
 Depot & next to CIBC).
 Bring your family and
 friends and support the
 Centre by buying a cone,
 shake or ice cream treat!

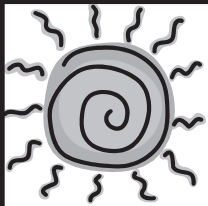
It's Your Choice Raffle July 7th - July 11th in the lobby**Camp Day****Thursday, July 10th
11:00am - 3:00pm**

Join us for this fun day of camp style activities. Enjoy sing-a-longs, camp fire (fake, of course), games and activities. Picnic lunch is included! Tickets: \$10 members, \$5 guests 12 and under



Book, Movie and Music Sale
Monday, July 14th and
Tuesday, July 15th
9:30am - 4:00pm

Shop for great deals on paperbacks, hardcovers, tapes, records, CDs, DVDs, VHS, patterns and pictures. Donations will be accepted starting June 1st.



Summer Sizzler
Wednesday, July 16th
12noon – 3:00 pm
at Mississauga West



An energizing, social afternoon of dance and celebration with a exciting variety of instructor-guided Ballroom, Latin & Line Dancing, hors d'oeuvres and fruity refreshments will be served.

Tickets: \$10 members, \$12 guests 50+

Open Ballroom and Line Dancing
Saturday, July 19th
7:00pm - 11:00pm

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

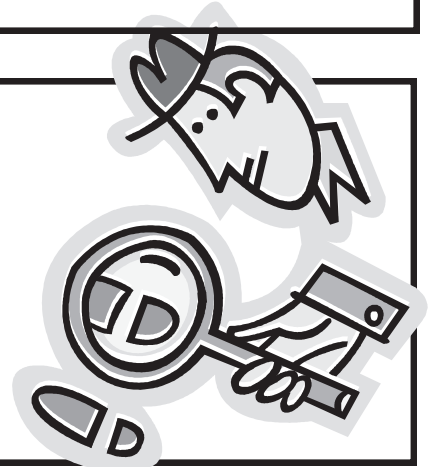
Tickets: \$7 members and guests 50+

Join us for our newest Murder Mystery!

Murder At The Hop**Thursday, July 31st starting at 12:30pm**

Put on your bobby socks and come on out to the sock hop! Our Square One Players are back to stump you with another "Who Done It". Light lunch included.

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



Join us for our newest Murder Mystery!

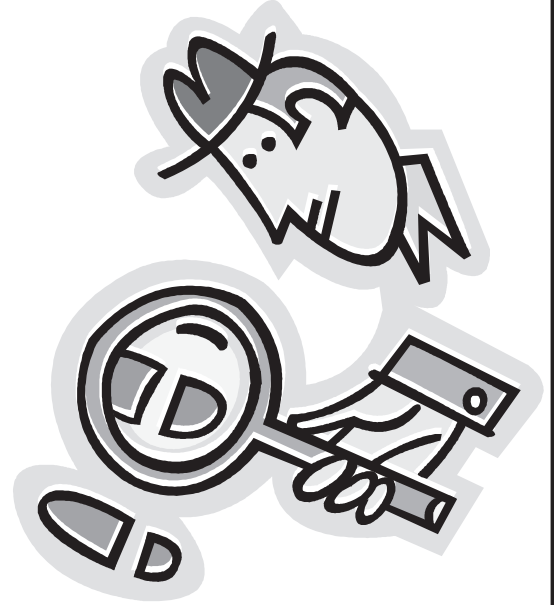
Murder At The Hop

**Tuesday, August 5th starting at 1:00pm
at Mississauga West**

Put on your bobby socks and come on out to the sock hop! Our Square One Players are back to stump you with another "Who Done It".

Light lunch included.

Tickets: \$8.00 members, \$10.00 guests (all ages)



New Members' Social

Monday, August 11th

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.



Open Ballroom and Line Dancing

Saturday, August 23rd

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+

Labour Day Toonie Bingo**Tuesday, September 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+

5th Annual Euchre Tournament**Tuesday, September 16th 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+

Don't miss this year's
Broadway Style show!**At
The Majestic****Thursday, September 25th ,
Friday, September 26th and
Sunday, September 28th
All shows at 2:00pm
in the Auditorium**

The Majestic Theatre has been closed for 50 years. Hilarity ensues as the new owners clean up the theatre, audition talent and put on a great show.

Tickets: \$10.00 members,
\$12.00 guests (all ages),
\$6.00 children 12 and under**Fall Clothing Sale****Wednesday, October 8th****9:30am - 11:30am**

Everyone is welcome as we sell gently-used clothes, shoes and accessories at great prices.

Cleaning out your closet? We will take donations starting September 1st.

Annual Walk-a-Thon is Back!Race over and join us on **Friday, October 17th** for our **Walk-a-Thon!** We will be walking inside the newly-renovated Mall and it's appropriate for **all fitness levels**. Everyone who raises \$20 or more receives:

- Free continental breakfast!
- Free t-shirt!
- Chance to win great prizes!
- More details to come!

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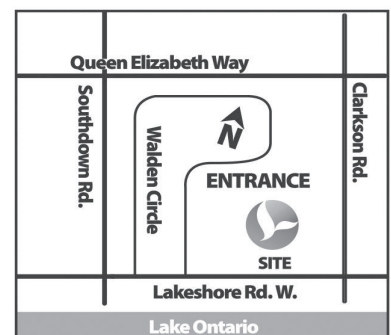
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Photo of Rose Gilchrist, Resident since 2011

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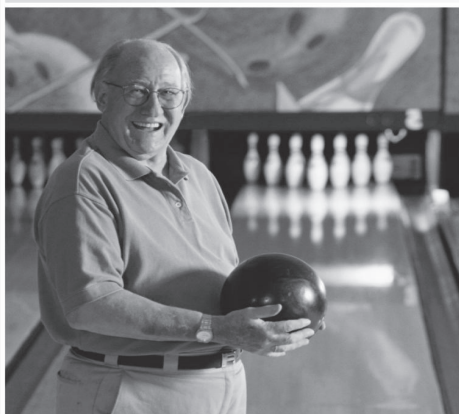
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Tree of Sharing fundraiser till June 26th

JUNE

June 10th: Port Dover day trip
June 10th: **Free** Seniors' Month Games Day
June 11th: Summer registration starts
June 12th: Brantford Casino day trip
June 16th: **Free** Health Lecture Series
June 17th: **Free** Healthy Living Expo
June 19th: **Free** New Members' Social
June 21st: Open Ballroom and Line Dancing
June 21st: **Free** Diabetic Screening Clinic
June 24th: **Free** President's Tea and Strawberry Social at Mississauga West
June 26th: Casino Rama day trip
June 26th: **Free** Annual General Meetings and Donor Recognition
June 27th: Ice Cream Evening fundraiser

JULY

July 1st: Centres Closed
July 7th - July 11th: It's Your Choice Raffle
July 8th: Seneca Casino day trip
July 10th: Camp Day
July 14th: Book, Movie and Music Sale
July 15th: Book, Movie and Music Sale
July 16th: Foot Care Clinic
July 16th: Summer Sizzler at Mississauga West
July 16th: Gardener's Circle
July 19th: Open Ballroom and Line Dancing
July 22nd: Cruise and Lunch day trip
July 22nd: **Free** Nutrition and Preventive Seminar at Mississauga West
July 23rd: **Free** Tropicana Atlantic City Info Session
July 23rd: **Free** Plymouth, Cape Cod Info Session
July 29th: Get Going with Apple
July 31st: Murder at The Hop Murder Mystery
July 31st: Casino Rama day trip

AUGUST

August 4th: Centres Closed
August 5th: Murder at The Hop Murder Mystery at Mississauga West
August 11th: **Free** China Delight Info Session*
August 11th: **Free** New Members' Social
August 11th: **Free** New Year's Eve Bahamas Cruise Info Session
August 12th: Fallsview Casino day trip
August 14th: A Day in St. Jacobs day trip
August 19th: **Free** Health and Wellness Forum at Mississauga West
August 23rd: Open Ballroom and Line Dancing
August 28th: Casino Rama day trip

UPCOMING

September 1st: Centres Closed
September 2nd: Labour Day Toonie Bingo
September 3rd: Stratford Festival day trip
September 9th: Georgian Casino day trip
September 16th: 5th Annual Euchre Tournament
September 25th: At The Majestic
September 26th: At The Majestic
September 28th: At The Majestic
September 30th: Casino Rama day trip
October 3rd: Cirque Du Soleil day trip
October 8th: Fall Clothing Sale
October 17th: Walk-a-Thon fundraiser
November 18th: Ripley's Aquarium and Afternoon Tea at The Old Mill day trip
December: Shirley's Mystery Tour



SQUARE ONE OLDER ADULT CENTRE & SQUARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR JULY - AUGUST 2014

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 warm-up Mail Walkers	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	10:00am - 12:00pm Beadng Class	9:15am - 10:15am Tai Chi Intermediate	9:00am - 10:00am Line Dancing Beginner	9:30am - 12:00pm 55 Alive Drivers Training*	9:30am - 12:00pm Table Tennis	10:30am - 12:30pm Table Tennis
Breathing Exercise 1:00pm - 2:00pm	10:30am - 11:30am Line Dancing Beginner	10:00am - 11:00am Intergenerational Urban Pole Walking	9:00am - 11:30am Table Tennis	9:30am - 11:30am Collagraph Prints*	10:00am - 12:00pm Dominoes	Caribbean Seniors Social Activities 1:30pm - 4:30pm
Brush Painting 1:00pm - 5:00pm	11:00am - 12:30pm China Delight Info Session*	10:30am - 11:30am Co-ed Fitness	10:00am - 11:30am Book Club*	9:30am - 11:30am Drawing*	10:45am Line Dancing Intermediate	Contact Cynthia Houston 905-896-3765 or Joyce Goldson 905-804-8998
Chinese Aerobics 2:00pm - 3:00pm	11:45am - 12:15pm Wii Bowling	11:30am - 12:30pm Chair-exercise	10:15am Line Dancing Intermediate Beginner	9:30am - 10:30am Travel Spanish for Beginners*	12:30pm - 2:00pm Creative Writing Level Two	Elderly Vietnamese Seniors Association 1:15pm - 4:30pm Contact Diep Tran 905-212-7164
Line Dancing 3:00pm - 4:30pm	12:30pm - 1:30pm French for Travel*	11:45am - 12:45pm Line Dancing Basics*	12:00pm - 1:00pm Basic Computer Workshop*	10:30am - 11:30am Line Dancing Beginner	1:30pm - 3:30pm Counselling and Support*	
	12:45pm - 1:45pm Fusion*	1:00pm - 3:30pm Euchre	1:15pm - 3:00pm Bingo	12:15pm - 1:15pm Advanced Dance Workshop*	2:15pm - 3:15pm Line Dancing Intermediate Beginner	
	1:15pm - 3:00pm Bingo	1:00pm - 2:00pm International Folk Dancing	ALCE - Latin-America Art and Healing Group 2:00pm - 5:00pm Contact: Elsa 905-897-2495 or Silvia 905-822-9142	1:00pm - 2:00pm Creative Writing Level One	6:30pm - 9:30pm Intergenerational Line Dance*	
	1:30pm - 3:00pm Stitch & Chat	2:05pm - 3:05pm International Advanced Dance Workshop*	2:00pm - 4:00pm Circle of Friends	1:00pm - 3:30pm Cribbage		
	2:00pm - 4:00pm Intergenerational Craft Class	3:00pm - 4:00pm Ukulele Lessons*	3:45pm - 5:00pm Belly Dancing Beginners	1:00pm - 3:00pm Scrabble		
	4:00pm - 6:00pm Table Tennis	4:00pm - 6:00pm Intergenerational Table Tennis	5:00pm - 6:30pm Belly Dancing Performance Troupe	1:30pm - 2:30pm Line Dancing Basic and Beginner		
	7:30pm - 8:15pm Ballroom Dance Beginner Lessons*	6:30pm - 7:30pm Therapeutic Drumming	Goan Cultural Group 6:30pm - 9:00pm Contact: Saby 905-281-1213 or Thelma 905-828-9243	2:45pm - 3:45pm Flamenco Dance Workshop*		
	8:15pm - 9:00pm Ballroom Dance Beginner Intermediate Lessons*	7:30pm - 10:30pm Women's International Choral Program*	6:30pm - 7:30pm Intergenerational Beginner Line Dance*	4:00am - 6:00am Table Tennis		
	9:00pm - 9:45pm Ballroom Dance Intermediate Lessons*		8:00pm - 9:00pm Intergenerational Intermediate Line Dance*	8:00pm - 10:00pm Ballroom Dance Coaching and Rehearsal*		
	9:45pm - 10:30pm Ballroom Dance Intermediate Advance Lessons*					
One-to-One Computer Tutoring. Please book an appointment at the Administration Office.						

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

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 JULY - AUGUST 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15am - 10:15am Co-ed Fitness	9:00am - 10:00am Co-ed Fitness	9:00am - 10:30am Hatha Yoga	9:00am - 10:00am Total Body Toning	9:15am - 10:15am Zumba Belly Dance Gold
10:30am - 11:30am Sit and Dance	9:00am - 10:00am Tao Chi (outdoors)	10:40am - 11:40am High Energy Zumba	10:10am - 11:10am Stretching and Meditation	
11:40am - 12:40pm Intergenerational Beginner Line Dancing	10:10am - 11:10am Gentle Co-ed Fitness	11:50am - 1:20pm Latin Ballroom Dancing*	11:15am - 12:15pm Ballroom Line Dancing	
1:00pm - 2:00pm Tai Chi		1:00pm - 2:30pm Book Club Therapy		

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1-to-1 Computer Tutoring. Please book an appointment.