

SQUARE ONE OLDER ADULT CENTRE 2009 WINTER BROCHURE

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100 City Centre Drive, P.O. Box 2214,
Mississauga, ON L5B 2C9
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contact us at: squareoneoac@rogers.com
www.sq1oac.com

Centre Hours

Monday to Friday: 8:30am - 4:30pm
Saturday: 9:00am - 4:00pm

Travel Office Hours

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

The Centre is Closed

January 1st, February 16th,
April 10th and April 12th

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

The Mississauga Fire and Emergency Services generously provided the Older Adult Centre with an **Emergency Defibrillator**. All staff have been trained on the safe use of the Defibrillator.

Suggestion Box

Just a reminder that the suggestion box is located in the lobby and we are always open for suggestions!

Information Changes

If you've moved or changed your phone number, doctor, emergency contact etc. please let the administration office know.

ADVERTISING

If you are interested in advertising in our seasonal brochure, please contact Lina at (905) 615-3207 or squareoneoac@rogers.com to discuss rates, submission dates, etc.

GIFT CERTIFICATES

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

OUR MISSION

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

MEMBERSHIP

Mississauga residents 50 years of age and older (spouses may be under 50) are welcome to join the Centre for \$24.00 for the 2009 Calendar year. Non-Residents may join for \$28.00.

There is an elevator down to the Centre and all rooms are wheelchair accessible.

The Centre is managed by an incorporated, non-profit, volunteer Board of Directors. The organization is affiliated in good standing with the City of Mississauga Recreation and Parks, Community Services Department.

Registration for winter programs will begin **Wednesday, December 10th**. 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 **2009 membership cards**. Guests can attend programs twice before becoming a member (program fees apply). Registration and fee payments (cash or cheque) are accepted in the Centre during public operating hours. The Board of Directors reserves the right to cancel or alter advertised program, instructors, special events and travel schedules. Full refunds are issued if the Centre is responsible for a cancelled program. Withdrawal Request Forms are available at the Administration Office, and must be submitted before the third class commences to be eligible for a refund. Refunds will be pro-rated and will include a \$5.00 administration fee for each program. NSF cheques \$25 fee applies.

Consider holding your meeting, class or special event in the bright, pleasant surroundings of our Centre. Call Anne at (905) 615-3207 for rates and availability.

Board of Directors Update:

As noted in our Fall Members' Newsletter, the Board of Directors is working with our Executive Director, Sue Hesjedahl to pursue new funding opportunities and partnerships in our community. Our President, Pat Fyffe, participated on a community engagement committee with the Mississauga Halton - Local Health Integration Network (MH-LHIN) focusing on the Aging at Home Strategy. We submitted two proposals for health service funding to the MH - LHIN in October. We have been invited to submit a full proposal for the Telephone Reassurance Program. The Dental Screening Program did not get selected for funding, but we will endeavour to provide the service on our own with the support of community dentists.

The Executive Committee from the Board of Directors met with a lawyer in November to start the process of becoming a Registered Charity. This will allow us to issue our own tax receipts and to start our Planned Giving Program which we have been working on. We have been told that the registration process takes 9 to 15 months, so we will all have to be patient during this time. Rest assured, we plan on continuing our operation as an Older Adult Centre into the future. The registered charity would be a new entity, connected to the Older Adult Centre, through which we would offer more health and wellness services and programs to our members and seniors in our community. By registering as a charity, it will open new doors for funding and allow us to expand in areas that we have not yet explored. The future looks very exciting for Square One Older Adult Centre.

2008 - 2009 Volunteer Board of Directors

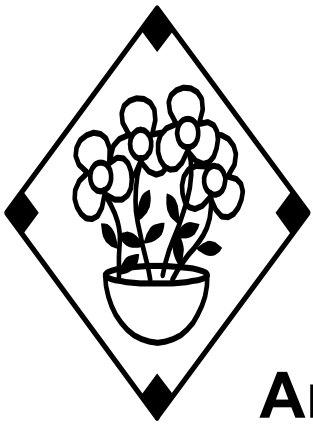
Pat Fyffe	President
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Lewis Lawrence	Vice President, Facility Operations (Emeritus)
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Wendy Murdock	Ex-Officio Director, City of Mississauga

Square One Older Adult Centre Staff

Sue Hesjedahl	Executive Director
Laura Surman	Program Coordinator
Anne Goldspink - Norman	Administration Coordinator
Lina Zita	Marketing & Community Development Coordinator
Karmela Buzdon	Volunteer Coordinator
Joan Crews	Saturday Receptionist
Genni Iwanski	Saturday Receptionist
Peter Hammond LL.B.	Legal Consultant (volunteer)

Employment Opportunity**Keep Fit and Get Paid**

Square One Older Adult Centre is seeking a part-time employee to help with table and chair set-up for programs and special events. Call Anne at 905-615-3207.



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

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

ACTIVE PRE-REGISTERED PROGRAMS

Program	Description	Program Dates	Time/Day	Fee	Location
Pilates* (Pam)	This enjoyable strengthening and stretching workout is safe for all fitness levels.	January 12 to February 9 February 23 to March 23	Mondays 1:00pm - 2:00pm	\$37.50 for 5 weeks	Program Room
Core Strength* (Faye)	Work the core muscles to achieve better posture, strength and appearance.	January 20 to February 17 February 24 to March 24	Tuesdays 9:15am - 10:15am	\$32.50 for 5 weeks	Program Room
Tai Chi Beginner Level 1* (Heidi)	Learn this wonderful Chinese exercise. Suitable for all fitness levels.	January 20 to March 24	Tuesdays 10:30am - 11:30am	\$27.50 for 10 weeks	Program Room
Yoga* (Zaneta)	Learn postures and movements that are easy to do. All fitness levels welcome.	January 20 - March 17 (cancelled February 17)	Tuesdays 2:15pm - 3:45pm	\$60.00 for 8 weeks	Auditorium

ACTIVE DROP-IN WEEKLY PROGRAMS

Program	Description	Weekly Instructors	Time/Day	Fee	Location
Chair-ercise	Workout your heart and muscles using a chair for support. Great for beginners.	Faye	Tuesdays 10:30am - 11:30am	\$2.75 per visit	Auditorium
Co-ed Fitness	Fun low-impact class with weight work & stretching.	Diane	Mondays Thursdays Saturdays 9:15am - 10:15am	\$2.75 per visit	Auditorium
		Fern	Fridays 9:30am - 10:30am		
		Liz	Monday to Friday 9:00am - 4:00pm		
Exercise Bike	Book a free orientation with the office.		Wednesdays 8:00am warm-up	\$1.00 per visit or \$10.00 for 18 visits	Library
Mall Walkers	Safe way to walk with friendly people.	Laura	Wednesdays Fridays 10:00am - 12:00pm Saturdays 10:30am - 12:30pm	\$1.00 per visit or \$10.00 for 18 visits	Auditorium
Table Tennis	Active, friendly game.		Tuesdays 9:15am - 10:15am	\$1.50 per visit	Program Room Auditorium
Tai Chi Intermediate	Maintain and improve your moves!	Heidi	Monday 11:45am - 12:15pm	\$2.75 per visit	Auditorium
Wii Bowling League	Have fun bowling! May be done seated.			\$1.00 per visit	Auditorium

Program	Description	Program Dates	Time/Day	Fee	Location
Billiards & Pool (at Regency Retirement Residence)	Enjoy a fun game of billiards or pool with the local residents.	Ongoing starting January 8	Thursdays 1:30pm - 3:30pm	\$1.50 per visit	Regency Retirement Residence
Bingo	Win prizes at dabber bingo.	Ongoing	Mondays and Wednesdays 1:30pm - 3:00pm	\$4.00/8 sets of 3 games	Auditorium
Canasta	Partners not required.	Ongoing	Mondays 10:00am - 12:30pm	\$1.50 per visit	Program Room
Chess	Checkmate!!	Ongoing	Fridays 10:00am - 2:00pm	\$2.50 per visit	Lion's Den
Contract Bridge	For experienced bridge players. No partners required.	Ongoing	Thursdays 1:00pm - 4:00pm	\$1.75 per visit	Program Room
Contract Bridge Intermediate Beginner	No partners required.	Ongoing	Thursdays 10:00am - 12:00pm	\$1.75 per visit	Program Room
Cribbage	Fun game!! No partners required.	Ongoing	Thursdays 1:00pm - 3:00pm	\$1.75 per visit	Lion's Den
Dominoes	Everyone welcome.	Ongoing	Fridays 10:00am - 12:00pm	\$1.50 per visit	Lion's Den
Euchre	Fun and challenging game. No partners required.	Ongoing	Tuesdays 1:00pm - 3:00pm	\$2.00 per visit	Program Room
Gin Rummy	Drop in game.	Ongoing	Mondays 1:30pm - 3:30pm	\$1.50 per visit	Cafeteria
Rummoli	Fun new game.	Ongoing	Mondays 10:00am - 12:00pm	\$1.50 per visit	Program Room

Program	Description	Program Dates	Time/Day	Fee	Location
Painting with Watercolours*	Learn from artist Lorraine Ireland. No experience required.	January 13 to March 17	Tuesdays 9:30am - 11:30am	\$80.00 for 10 weeks	Lion's Den

CRAFT & MUSIC DROP-IN WEEKLY PROGRAMS

Program	Description	Program Dates	Time/Day	Fee	Location
Bunka Embroidery (Carmen)	Learn the simple & beautiful art of Japanese embroidery.	Ongoing	Thursdays 9:00am - 12:00pm	\$2.50 per visit	Lion's Den
Crafter's Club	Work on fun projects for Valentine's Day and Easter.	January 13 & 20 February 3 & 10 March 10 & 24	Tuesdays 12:00pm - 2:00pm	Volunteer Group	Lion's Den
Craft Workshops (Barbara)	Work on projects or learn different crafts including crochet and plastic canvas.	Ongoing	Tuesdays 12:00pm - 2:00pm	\$1.50 per visit	Lion's Den

Program	Description	Program Dates	Time/Day	Fee	Location
Open Ballroom Dancing* (Merilyn)	Enjoy dancing to your favourite ballroom melodies.	February 6 & 27, March 20	Fridays 12:30pm - 2:00pm	\$6.00 per visit	Auditorium
Jazz Dancing* (Sue)	Learn jazz steps and simple routines. No experience required.	January 15 to March 19	Thursdays 2:00pm - 3:00pm	\$50.00 for 10 weeks (\$95.00 for both 'Tap & Jazz)	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	January 13 to February 10 February 24 to March 24	Tuesdays 11:45am - 12:45pm	\$22.50 for 5 weeks	Auditorium
Hawaiian Dancing* (Aracelli)	Learn the hula and the basic steps of Hawaiian dancing in this fun filled class. No partners required.	January 13 to March 24 (cancelled February 17, March 10)	Tuesdays 1:00pm - 2:00pm	\$40.00 for 10 weeks	Auditorium
Tap Dancing* (Sue)	Always wanted to learn to tap? Now's the time! Tap shoes preferred, but hard soled shoes are fine. No experience required.	January 15 to March 19	Thursdays 1:00pm - 2:00pm	\$50.00 for 10 weeks (\$95.00 for both 'Tap & Jazz)	Auditorium
Indian Folk Dancing* (Perviz)	Join us for this new class! Learn to dance using the dandiya sticks.	January 24 to April 4 (cancelled March 21)	Saturdays 10:30am - 11:30am	\$52.50 for 10 weeks	Program Room

DANCE DROP-IN WEEKLY PROGRAMS

Program	Description	Weekly Instructors	Time/Day	Fee	Location
Belly Dancing	Learn the shimmy, undulation and the veil dance. Lots of fun and great exercise too!!	Mary	Wednesdays Beginners 3:30pm - 4:30pm Intermediate 4:00pm - 5:00pm Performance Troupe 5:00pm - 6:00pm	\$2.75 per visit	Auditorium
Line Dancing Beginner	Dance the Rumba, Cha-Cha, Tango and more. No partners needed.	Sarina Merilyn Eugene	Mondays 10:30am - 11:30am Wednesdays 9:00am - 10:00am Thursdays 10:30am - 11:30am	\$2.75 per visit	Auditorium
Line Dancing Intermediate Beginner	Building on the Beginner Level. Learn more complicated dances.	Rhoda Rhoda	Wednesdays 10:15am - 11:15am Fridays 2:15pm - 3:15pm	\$2.75 per visit	Auditorium
Line Dancing Intermediate	Learn more complicated dances to a variety of music.	Rhoda Eugene Merilyn Rhoda	Wednesdays 11:30am - 12:30pm Thursdays 11:45am - 12:45pm Fridays 10:45am - 12:15pm Fridays 3:15pm - 4:15pm	\$2.75 per visit \$2.75 per visit \$3.75 per visit \$2.75 per visit	Auditorium

Program	Description	Program Dates	Time/Day	Fee	Location
Creative Writing	Learn to write stories, memoirs and poetry.	Ongoing	Fridays 12:30pm - 2:00pm	\$2.25 per visit	Lion's Den
Movie Matinee	The Golden Compass Hairspray An Affair To Remember	January 7 February 4 March 4	Wednesdays 1:00pm	\$2.00 per visit includes popcorn	Lion's Den
Red Hat Society	Put on your red hat and purple clothes and join us for tea, trivia and fun. Hats will be decorated in October.	January 13 February 10 March 10	Tuesdays 2:30pm - 3:30pm	\$2.75 per visit	Lion's Den
Travelogue	Explore exotic locations.	Ongoing	Mondays 1:30pm - 2:30pm	\$1.75 per visit	Lion's Den
Computer Club (Andy) New!!	Get tips on working with your email, the internet and other common problems.	Starts January 12	Mondays 10:00am - 12:00pm	\$1.50 per visit	Board Room

EDUCATIONAL & SOCIAL PRE-REGISTERED PROGRAMS

Program	Description	Program Dates	Time/Day	Fee	Location
Book Club*	Love to read? Join this fun group and discuss a different book each month.	January 28 February 25 March 25	Wednesdays 10:00am - 11:30am	\$1.75 per visit includes light refreshments	Lion's Den
Gardener's Circle*	Colour and Design Starting Seeds	February 11 March 11	Wednesdays 10:30am - 12:00pm	\$2.00 per visit	Lion's Den
Touring China*	Have you always wanted to visit China? Nexus Holidays presents photos & information on a 23 day China tour.	January 13	Tuesday 10:00am - 11:30am	\$1.75 includes refreshments	Program Room

Ethno-Cultural Group	Time/Day	Contact Name	Contact Number
Caribbean Seniors Social Activities	Saturdays 12:00pm - 3:00pm	Cynthia Houston or Joyce Goldson	(905) 896-3765 (905) 804-8998
Chinese Golden Age Seniors	Sundays 1:00pm - 4:30pm	Leon Eng	(905) 507-2280
Elderly Vietnamese Seniors Association	Saturdays 12:45pm - 4:00pm	Anh Duong or Phan Dam (English)	(905) 696-6841 (905) 629-2283
Goan Cultural Group	Wednesdays 6:30pm - 9:00pm	Juliet Rebello	(905) 276-7890
ALCE - Latin-America Art and Healing Group	Wednesdays 2:00pm - 4:00pm	Elsa Galan or Silvia Damar Radvansky	(905) 897-2495 (905) 822-9142
Multicultural Asian Seniors	Mondays & Wednesdays 12:30pm - 4:30pm	Gurmel Singh Gill	(905) 507-4839
Silayan Filipino Volunteer Group	Saturdays 1:00pm - 3:00pm	Rudy Bombase	(905) 874-6942

HEALTH PRE-REGISTERED PROGRAMS

Program	Description	Program Dates	Time/Day	Fee	Location
Foot Care Clinic*	Foot treatment by a certified Chiroprapist. Book your appointment at the Administration Office.	January 21 March 4 April 8	Wednesdays 9:00am - 4:00pm	\$14.00 per person	Board Room
Hearing Screening*	Have your hearing assessed. Book your appointment at the Admin Office.	January 14	Wednesday 10:00am - 11:30am	\$1.50 per person	Board Room
Sensible Living Speakers Series*	Understanding Investments Neale Insurance and Financial Living with Diabetes West Toronto Diabetes Education Program Securing Your Income Investors Group	January 21 February 18 March 18	Wednesdays 11:30am - 12:30pm	Free Pick up your ticket at the Admin Office	Lion's Den

HEALTH DROP-IN WEEKLY PROGRAMS

Program	Description	Program Dates	Time/Day	Fee	Location
Meditation and Self Empowerment	Connect your mind, body and spirit during this relaxing session.	Ongoing	Mondays 10:00am - 12:00pm	\$1.50 per visit	Lion's Den
T.O.P.S. Weight Loss Program	Learn strategies for weight loss.	Ongoing	Wednesdays 5:00pm - 6:00pm	\$2.00 per visit + \$30.00 yearly membership fee	Program Room

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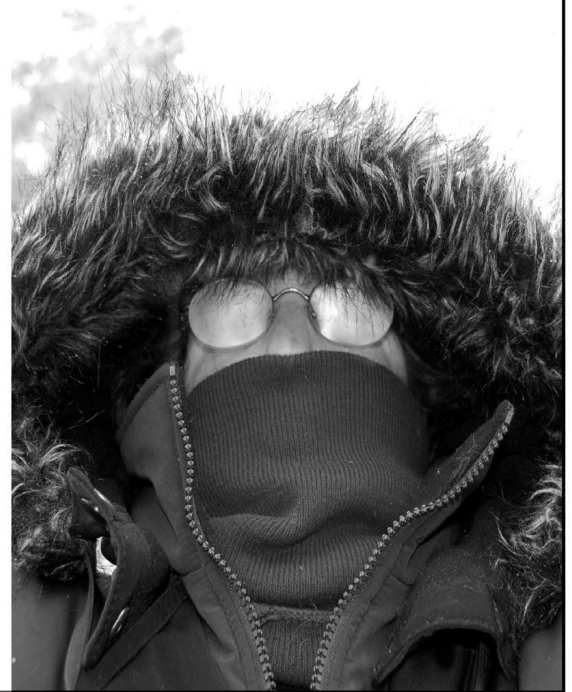
100 - 77 Queensway West, Mississauga

Remember last Winter?

Remember how unpleasant it was to get out and shop, visit friends and family, stay in touch with the outside world? Remember feeling so dependent on others as the weeks went on and the wind and snow seemed to never end?

Don't let the weather put your life on hold this coming winter... or ever again! Maintain your independence and privacy while living in a community where everything revolves around you because that's what smart retirement living is all about.

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We invite you today, to journey with us and make a difference at your Centre through Volunteering! Positions that are available: Choir Leader, Craft Leader, Red Hats Leader, Wii Bowling Leader.

For more information please call Karmela - Volunteer Coordinator (905)615-3207.



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The Movers' and Shakers' Travel Committee is offering these great bus trips for the coming season. Tickets must be purchased in advance at the Travel Office, Monday to Friday from 9:30am - 1:30pm. Guests are welcome and must be 50 years of age or older. Please advise if you have dietary Concerns and we will try and accommodate you. All bus trips include gratuities and all taxes. Ticket holders should be at the Centre at least 20 minutes before the scheduled departure time, the bus will wait 5 minutes only for late comers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable or difficult weather. For more information, please call 905-615-3208.

Casino Rama

Dates: Tuesday, January 13th, Thursday, January 29th, Tuesday, February 10th, Thursday, February 26th, Tuesday, March 10th, Thursday March 26th

Departure: 8:30am, Approximate return to SQ1: 5:00pm - 6:00pm

Members ticket price: \$5.00, guests 50+: \$6.00. Tickets will go on sale six weeks prior to the trip date. No refunds unless the trip is sold out. Includes a free buffet lunch. **Remember to bring your Players Passport Card and Photo Identification**

Celebrate the Green on St. Paddy's Day

Tuesday, March 17th

Departure: 9:00am, Approximate return to SQ1: 5:00pm - 6:00pm

Early bird ticket price until February 1st: members: \$75.00, guests 50+: \$80.00

After February 1st: member ticket price: \$80.00, guests 50+: \$85.00

Tickets will go on sale on Monday, December 15th.

Cead Mile Faite, a hundred thousand welcomes. Enjoy shopping at the Hamilton's Market on our way to Carmen's. Enjoy an Irish lunch and variety show with music, singing, dancing and comedy. The show will bring a taste of Ireland and memories of the "old country".

Kiss the Moon, Kiss the Sun

Wednesday, April 29th

Departure: 9:00am, Approximate return to SQ1: 5:00pm - 6:00pm

Early bird ticket price until March 15th: members: \$75.00, guests 50+: \$80.00

After March 15th: member ticket price: \$80.00, guests 50+: \$85.00

Tickets will go on sale on Monday, January 12th.

Start the day with a visit to Downey's and onto lunch at Mrs. Mitchell's Restaurant, enjoy the classic menu and traditional flare. Then it's off to Orangeville Theatre for "Kiss The Moon, Kiss The Sun". Back by popular demand, this heart-warming Norm Foster comedy about an intellectually challenged young man with a sense of humor that will knock you off your feet.

Upcoming bus trips: Niagara Fallsview Casino. Fort Erie Casino and Racetrack, Flamboro Downs, Port Perry Casino, Stratford, Port Dover, Shaw Festival, Cruises and much much more!



Beautiful Meadowvale Cemetery

For pre-planning information, please call:

Kitty Cheong
416-677-9505

I can help you think about the unthinkable.

There's never a good time to make final arrangements, but pre-planning can make the inevitable a little easier to handle for you and your loved ones.

By planning ahead, you alleviate the stress placed on your family during an emotionally trying time, and ease their financial burden. You also have time to think about every decision before making it.

With compassion and understanding, I will help you every step of the way. Please call me today.



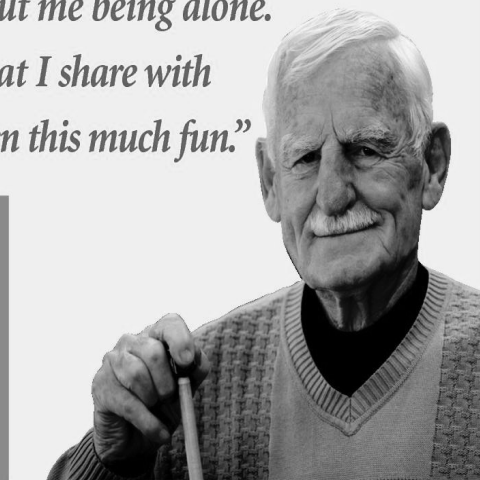
Meadowvale Cemetery
Crematorium and Mausoleum
7732 Mavis Road, Brampton, ON. L6Y 5L5

www.mpgc.ca?kcheong

Dare to Compare the Chartwell Experience



"I didn't want the kids to worry about me being alone. With a wide range of activities that I share with friends, my retirement has never been this much fun."



THURSDAY NIGHT LIVE

Join us for a complimentary evening of live entertainment and refreshments every Thursday in November! Doors open at 7:00pm and entertainment starts at 7:30pm.

Phone Laurie and Meighan for further details.

905-501-9922



www.chartwellreit.ca

Chartwell
CLASSIC
ROBERT SPECK

100 Robert Speck Pkwy.
Mississauga, ON

**Is Your New Year's Resolution
To Clean Out The House?
The Centre Is Looking For Items.**

Door Prizes, Gift Wrapping Paper, New & Used Christmas Cards, Chess Clocks, China Tea Cups, Sterling Teaspoons, Ribbons, Paperback books etc.

Watch for our
Cruise Week Raffle
March 2nd and March 6th

New Member Social

Thursday, January 8th
starting at 1:30pm

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. Please pick up your free ticket at the Administration office.

Jayco Productions and Square One Older Adult Centre presents

Flashback to the 50's

Friday, January 30th and
Saturday, January 31st
starting at 2:00pm

at the Mississauga Senior's Centre
1389 Cawthra Road, Mississauga

We're bringing back our wonderful 50's show!! Join all your friends at Wooly's Diner for this singing and dancing extravaganza!

Tickets: \$12.00 (all ages)

Valentine's Tea

Friday, February 13th
starting at 1:30pm

The Square One Red Hatters invite you for tea. Don your best red or purple outfit and join the Red Hatters for this afternoon of fun. Enjoy entertainment and light refreshments.

Tickets: \$4 members, \$5 guests

Toonie Bingo

Tuesday, February 17th
starting at 1:30pm

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

Free jackpot card for all.

Tickets: \$2 members, \$3 guests 50+

Spring Fashion Show

Tuesday, March 31st
from 1:30pm - 3pm

Spring is just around the corner! View the latest in spring fashions by Tan Jay and Alia presented by Sears Square One as you enjoy a delicious dessert.

Ticket Price:
members \$6.00 or guests 50+ \$7.00

2nd Annual Senior Star DVD Release Party

Thursday, April 2nd, 1:30pm

Chartwell is back to kick off the NEW senior star search with a viewing of the DVD from the 2008 winners, filmed at the Royal York. Come and cheer for your favorites. Light refreshments included. Pick up your free ticket at the Administration Office.

Auditions for the 2009 Variety Show

Friday, April 3rd at 12:30pm

We are looking for talented members who sing, dance, tell stories, play an instrument etc.

Please see Laura if you wish to try out.

The 2009 Variety Show will be on Friday, May 29th & Saturday, May 30th

Square One Older Adult Centre presents...

A free two day Senior's Information and Active Living Fair

Thursday, March 26th from 1pm - 4pm
Friday, March 27th from 10am - 1pm

This is your opportunity to meet, talk with and find out about a variety of support and assistance services available to seniors.

Free Admission - All Welcome!
Complimentary refreshments,
door prizes, and grab bags

Sponsored by the Mississauga Central Lions Club, Ontario Seniors' Secretariat, and the Older Adult Centres' Association of Ontario.

Cruise Week!
March 2nd - 6th
Cruise Ship Travelogue

Monday, March 2nd starting at 1:30pm

Come and sail the world with this wonderful slide show! Tickets: \$2 members, \$3 guests 50+

Beach Party on Tuesday, March 3rd

1:30pm to 3:30pm

Bring your swimsuit for a fun swim at King Gardens Retirement Residence. Enjoy light refreshments with a tropical taste!

Tickets: \$3 members, \$4 guests 50+

Lunch at the Captain's Table on Friday, March 6th starting at 12:30pm

We're pulling out all the stops to give you a great party! Enjoy a tropical catered lunch, then take part in some cruise ship fun. Prizes will be awarded for the best traveling costume and the craziest souvenir!
Tickets: \$12 members, \$14 guests 50+

Wednesday, December 10th 2008 Registration for Winter programs

DECEMBER 2008

Sat Dec 6th - Wed Dec 24th: Christmas Gift Wrap in the Square One Shopping Centre
Thursday, December 11th: Christmas Dinner and Lights Tour bus trip, departing at 11am
Thursday, December 18th: Christmas Music starting at 1:30pm
Wednesday, December 24th - Friday, December 26th: the Centre is closed
Tuesday, December 30th: New Year's Toonie Bingo starting at 1:30pm
Wednesday, December 31st: New Year's Eve Party from 1:00pm - 5:00pm

JANUARY 2009

Thursday, January 1st: the Centre is closed
Thursday, January 8th: New Member Social starting at 1:30pm
Tuesday, January 13th: Casino Rama, departing at 8:30am
Thursday, January 29th: Casino Rama, departing at 8:30am
Friday January 30th: Flashback to the 50's starting at 2pm at Mississauga Senior's Centre
Sat., January 31st: Flashback to the 50's starting at 2pm at Mississauga Senior's Centre

FEBRUARY 2009

Tuesday, February 10th: Casino Rama, departing at 8:30am
Wednesday, February 11th: Sound of Music bus trip, departing at 10:00am
Friday, February 13th: Valentine's Tea starting at 2:30pm
Monday, February 16th: the Centre is closed
Tuesday, February 17th: Toonie Bingo starting at 1:30pm
Thursday, February 26th: Casino Rama, departing at 8:30am

MARCH 2009

Monday, March 2nd - Friday, March 6th: Cruise Week Raffle
Monday, March 2nd: Cruise Ship Travelogue starting at 1:30pm
Tuesday, March 3rd: Beach Party from 1:30pm - 3:30pm
Friday, March 6th: Lunch at the Captain's Table starting at 12:30pm
Tuesday, March 10th: Casino Rama, departing at 8:30am
Tuesday, March 17th: Celebrate the Green on St. Paddy's Day bus trip, departing at 9am
Thursday, March 26th: Casino Rama, departing at 8:30am
Thursday, March 26th: Senior's Information and Active Living Fair from 1:00pm - 4:00pm
Friday, March 27th: Senior's Information and Active Living Fair from 10:00am - 1:00pm
Tuesday, March 31st: Spring Fashion Show from 1:30pm - 3:00pm

APRIL 2009

Thursday, April 2nd: 2nd Annual Senior Star DVD Release Party starting at 1:30pm
Friday, April 3rd: Auditions for the Variety Show starting at 12:30pm
Friday, April 10th: the Centre is closed
Sunday, April 12th: the Centre is closed
Wednesday, April 29th: Kiss the Moon, Kiss the Sun bus trip, departing at 9:00am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Table Tennis 1:00pm - 5:00pm</p> <p>Breathing Exercise 1:00pm - 2:00pm</p> <p>Brush Painting 1:00pm - 5:00pm</p> <p>Peking Opera 1:00pm - 5:00pm</p> <p>Chinese Aerobics 2:00pm - 3:00pm</p> <p>Line Dancing 3:00pm - 4:30pm</p> <p><i>All Sunday programs hosted by Chinese Golden Age Seniors contact Leon Eng (905) 507-2280</i></p>	<p>Co-Ed Fitness Class 9:15am - 10:15am</p> <p>Core Strength* 9:15am - 10:15am (Jan 20 - Feb 17) (Feb 24 - March 24)</p> <p>Rummoli 10:00am - 12:00pm</p> <p>Canasta 10:00am - 12:30pm</p> <p>Meditation and Self-empowerment 10:00am - 12:00pm</p> <p>Line Dance Beginner 10:30am - 11:30am</p> <p>Computer Club 10:00am - 12:00pm</p> <p>Wii Bowling League 11:45am - 12:15pm</p> <p>Pilates* 1:00pm - 2:00pm (Jan 12 - Feb 9) (Feb 23 - March 23)</p> <p>Travelogue 1:30pm - 2:30pm</p> <p>Bingo 1:30pm - 3:00pm</p> <p>Gin Rummy 1:30pm - 3:30pm</p> <p><i>Card Games Monday and Wednesday 12:30pm - 4:30pm Hosted by Multicultural Asian Seniors contact Gurnel Gill (905) 507-4839</i></p>	<p>Tai Chi - Intermediate 9:15am - 10:15am</p> <p>Painting with Watercolours* 9:30am - 11:30am (Jan 13 - March 17)</p> <p>Touring China* 10:00am - 11:30am (Jan 13)</p> <p>Chair-exercise 10:30am - 11:30am</p> <p>Tai Chi Beginner Level 1* 10:30am - 11:30am (Jan 20 - March 24)</p> <p>Line Dance Basics* 11:45am - 12:45pm (Jan 13 - Feb 10) (Feb 24 - March 24)</p> <p>Crafter's Club 12:00pm - 2:00pm (Jan 13 & 20, Feb 3 & 10, March 10 & 24)</p> <p>Craft Workshops 12:00pm - 2:00pm</p> <p>Hawaiian Dancing* 1:00pm - 2:00pm (Jan 13 - March 24)</p> <p>Euchre 1:00pm - 3:00pm</p> <p>Red Hat Society 2:30pm - 3:30pm (Jan 13, Feb 10, March 10)</p> <p>Yoga* 2:15pm - 3:45pm (Jan 20 - March 17)</p>	<p>Mall Walkers 8am Warm-up Foot Care* 9:00am - 4:00pm (Jan 21, March 4, April 8)</p> <p>Line Dance - Beginner 9:00am - 10:00am</p> <p>Table Tennis 10:00am - 12:00pm</p> <p>Book Club* 10:00am - 11:30am (Jan 28, Feb 25, March 25)</p> <p>Hearing Screening* 10:00am - 11:30am (Jan 14)</p> <p>Line Dance - Intermediate Beginner 10:15am - 11:15am</p> <p>Gardener's Circle* 10:30am - 12:00pm (Feb 11, March 11)</p> <p>Line Dance - Intermediate 11:30am - 12:30pm</p> <p>Sensible Living Speaker Series* 11:30am - 12:30pm (Jan 21, Feb 18, March 18)</p> <p>Movie Matinee 1:00pm (Jan 7, Feb 4, March 4)</p> <p>Bingo 1:30pm - 3:00pm</p> <p><i>Latin-America Art and Healing Group 2:00pm - 4:00pm contact Elsa Galan (905) 897-2495 or Silvia Damar Radvansky (905) 822-9142</i></p> <p>Belly Dancing Beg: 3:30pm - 4:30pm, Int: 4:00pm - 5:00pm Performance: 5pm - 6:00pm</p> <p>TOPS Weight Loss Program 5:00pm - 6:00pm</p> <p><i>Goan Cultural Group 6:30pm - 9:00pm contact Juliet Rebello (905) 276-7890</i></p>	<p>Bunka Embroidery 9:00am - 12:00pm</p> <p>Co-Ed Fitness Class 9:15am - 10:15am</p> <p>Contract Bridge Intermediate Beginner 10:00am - 12:00pm</p> <p>Line Dance - Beginner 10:30am - 11:30am</p> <p>Line Dance - Intermediate 11:45am - 12:45am</p> <p>Contract Bridge 1:00pm - 4:00pm</p> <p>Cribbage 1:00pm - 3:00pm</p> <p>Tap Dancing* 1:00pm - 2:00pm (Jan 15 - March 19)</p> <p>Billiards & Pool 1:30pm - 3:30pm (Regency Retirement Residence)</p> <p>Jazz Dancing* 2:00pm - 3:00pm (Jan 15 - March 19)</p> <p>Exercise Bike is available Mon. - Fri. 9:00am - 4:00pm</p> <p>Centre Hours Mon. to Fri. 8:30am - 4:30pm Saturday 9:00am - 4:00pm</p>	<p>Co-Ed Fitness Class 9:30am - 10:30am</p> <p>Table Tennis 10:00am - 12:00pm</p> <p>Dominoes 10:00am - 12:00pm</p> <p>Chess 10:00am - 2:00pm</p> <p>Line Dance - Intermediate 10:45am - 12:15pm</p> <p>Creative Writing 12:30pm - 2:00pm</p> <p>Open Ballroom Dancing* 12:30pm - 2:00pm (Feb 6 & 27, March 20)</p> <p>Line Dance - Intermediate Beginner 2:15pm - 3:15pm</p> <p>Line Dance - Intermediate 3:15pm - 4:15pm</p> <p>Winter registration starts Wednesday, December 10th</p> <p>You must register in advance for all programs with an asterisk (*). Please see the Brochure for cancellation dates</p>	<p>Co-Ed Fitness Class 9:15am - 10:15am</p> <p>Table Tennis 10:30am - 12:30pm</p> <p>Indian Folk Dancing* 10:30am - 11:30am (Jan 24 - April 4)</p> <p><i>Caribbean Seniors Social Activities 12:00pm - 3:00pm contact Cynthia Houston (905) 896-3765 or Joyce Goldson (905) 804-8998</i></p> <p><i>Elderly Vietnamese Seniors Association 12:45pm - 4:00pm contact Ahn Duong (905) 602-6402 or Phan Dam (English) (905) 629-2283</i></p> <p><i>Silayan Filipino Volunteer Group 1:00pm - 3:00pm contact Rudy Bombase (905) 874-6942</i></p> <p>Square One Older Adult Centre 100 City Centre Drive 905-615-3207 www.sq1oac.com</p> <p>THE ONTARIO TRILLIUM FOUNDATION LA FONDATION TRILLIUM DE L'ONTARIO</p> <p>MISSISSAUGA Leading today for tomorrow</p>

