



FOR  
ADULTS  
50+

# Fall 2024 ACTIVITY GUIDE

September - December

**905.615.3207**

[www.aacmiss.ca](http://www.aacmiss.ca)

Charitable Registration No.

81959 5893 RR001

# Upcoming Events

## Uncork & Unwind

Friday,  
September 13  
6:30 PM - 9:00 PM



## European Vacation Fall Musical

September 19 & 20  
2:00 PM  
September 21  
7:00 PM



## Annual General Meeting

Thursday,  
September 26  
9:30 AM

## Fall FUNDrive

September 27 -  
October 11



## Fall Clothing Sale & Silent Auction

Wednesday, October 16  
8:30 AM - 11:30 AM



## Walkathon

Friday, October 25  
8:00 AM



## Back in Time Tea

Tuesday, October 29  
2:00 PM - 4:00 PM



## Mississauga Remembered

Date TBD  
2:30 PM - 4:00 PM



## Gold Party

Wednesday,  
November 20  
10:00 AM - 12:00 PM



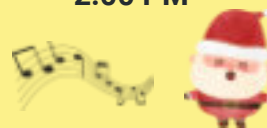
## All That Glitters Jewelry Sale

November 27 -  
December 6  
9:00 AM - 1:00 PM



## Deck the Halls Winter Show

Friday, December 6  
2:00 PM



## Cookie Trail

Monday, December 9  
10:00 AM - 1:00 PM



## X-Mas Lunch & Dance

Tuesday, December 10  
12:30 PM - 4:30 PM



## Sound of Music Sing-a-Long

Thursday, December 19  
2:00 PM - 4:30 PM



## Holiday Gift & Craft Sale

TBD  
Watch the board for  
more information on  
this annual event.

## New Year's Party

Tuesday, December 31  
12:30 PM - 4:30 PM



## For More Event Information & How to RSVP:

- 905-615-3207
- info@aacmiss.ca

Inquire in-person during Office Hours (Mon-Fri, 8:30 AM - 4:30 PM)

Thank you for joining us!



## Visit Us!

377 Burnhamthorpe Road E  
Suite 116 (Second Floor)

Mississauga, ON, L5A 3Y1

Fax: 905.615.3455

[info@aacmiss.ca](mailto:info@aacmiss.ca)

[www.aacmiss.ca](http://www.aacmiss.ca)

905.615.3207

## Hours

### Administration Office

Monday - Friday

8:30 AM - 4:30 PM

Saturday

9:00 AM - 4:00 PM

### Sunlight Café

Monday - Friday

9:30 AM - 1:30 PM

### Travel Desk

Monday - Thursday

10:00 AM - 1:00 PM

905.615.3208

# About Us

## Membership

Membership is open to individuals 50 years of age or better (and spouses under 50) at the following rates:

### 12-Month Annual Membership (HST Included)

\$39.75 for Mississauga residents & \$44.05 for non-residents

### 6-Month Membership (HST included)

\$24.25 for Mississauga residents & \$29.65 for non-residents

### Trial Membership

Those interested in becoming new members may join us for 4 classes of their choice before completing registration. Class fees apply.

### 90+ Membership

We proudly offer membership free of charge to individuals aged 90 years and better! Class fees apply.

## Class Cancellation Policy

Our programs require a minimum number of participants registered in order to run. Programs may be rescheduled or cancelled based on weather, or the availability of rooms and instructors. Should this occur, participants will be notified as soon as possible. To pre-register online, please visit [myactivecenter.com](http://myactivecenter.com). To make account payments, please visit the Administration Office. Credits cannot be refunded for pre-registered classes you do not attend, but please contact the Administration office in the case of extenuating circumstances.

## Fall 2024 Closure Dates

### Labour Day

Monday, September 2

### Thanksgiving Day

Monday, October 14

### Christmas Eve

Tuesday, December 24, 12:00 noon

### Christmas Day

Wednesday, December 25

### Boxing Day

Thursday, December 26

### New Year's Day

Wednesday, January 1, 2025

*Information may change after it has been printed. To stay updated, and to help us reduce the environmental impact of print media, we encourage you to view our monthly schedule at [aacmiss.ca](http://aacmiss.ca)*

*Thank you for being part of our community!*

# An Important Word from our President

The autumn season brings a spirit of change and learning! Let's embrace the opportunity to learn new things and embark on new beginnings together. For the past few months, we've been reflecting on the importance of digital technology as we age.

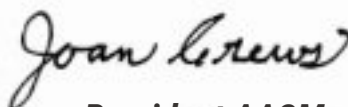
At the Active Adult Centre, we strive to integrate digital technology with a personal, human touch. We have features such as our digital sign-in designed for all levels of computer proficiency, but always with the option of support from our in-person staff. Our website has also been revamped with a bright new look, and an easy to navigate layout.

Our volunteers provide personalized, one-on-one computer classes at the Centre to help with your specific questions. I myself often use these classes when I have technical questions about my devices!

In our new Activity Guide, you'll find details about our wide variety of engaging in-person classes. Classes are a perfect opportunity to get face-to-face instruction for those who prefer it, connect with friends, interact with your instructor, and create a community. For those who are comfortable learning online, we also offer a handful of virtual class options.

Whether you're here to connect socially, stimulate your mind, stay active, or learn something new, we want to be your go-to hub for everything social and fun, no matter your learning preference and skill level!

We encourage you to continue challenging yourself - we'll be here every step of the way!

  
Joan Crews - President AACM



## Help us Grow Active Adult Centre of Mississauga by Referring a Friend

**Get one free class for them and two for you! (Must be 50+)**



**Member Name:** \_\_\_\_\_

**Member Number:** \_\_\_\_\_




**Friend's Name:** \_\_\_\_\_



*Friends Who Share are the Best!*

# Active Adult Centre of Mississauga Weekly Calendar Fall 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Active Adult Centre of Mississauga</b> (905) 615-3207 <b>Admin Office</b></p> <p><b>Hours</b> <b>Monday -</b> <b>Friday:</b> <b>8:30am - 4:30pm</b> <b>Saturday:</b> <b>9:00am - 4:00pm</b> <a href="http://www.aacmiss.ca">www.aacmiss.ca</a></p>	<p>9:15am - 10:15am Co-ed Fitness (L/V)</p> <p>10:00am - 12:00pm Jewelry Making Class</p> <p>10:30am - 12:00pm Line Dancing</p> <p>10:30am - 11:30am Line Dance Beginners Level 1*</p> <p>11:00am - 12:15pm Mystery Mondays (P)</p> <p>12:00pm - 1:00pm Gentle Yoga</p> <p>12:30pm - 4:00pm Stitch &amp; Chat</p> <p>12:30pm - 4:30pm Indonesian Seniors Group</p> <p>1:00pm - 3:00pm Mahjong</p> <p>1:30pm - 2:30pm Chair-ercise (L/V)</p> <p>2:45pm - 3:45pm Ballroom Line Dancing</p> <p>4:00pm - 5:30pm Table Tennis</p> <p>6:30pm - 9:00pm Intergenerational Line Dance</p> <p>7:00pm Mississauga Fibromyalgia (Last Monday of the month)</p>	<p>9:15am - 10:15am Toning (L/V)</p> <p>10:00am - 1:00pm Bridge</p> <p>10:00am - 11:00am AL-ANON</p> <p>10:30am - 11:30am Fit, Balance &amp; Strengthen (L/V)</p> <p>11:30am - 12:30pm Active Meditation</p> <p>12:00pm - 1:00pm Drum Fit</p> <p>1:00pm - 4:00pm Euchre</p> <p>1:30pm - 3:30pm Table Tennis</p> <p><b>(V) denotes a virtual program</b></p> <p><b>(L/V) denotes live and virtual hybrid class</b></p> <p><b>(P) denotes a phone-in program</b></p> <p><b>Supported by:</b></p> 	<p>9:00am - 9:45am Functional Fitness with the Mall Walkers (L/V/P)</p> <p>9:00am - 4:00pm Foot Care (Selected Wednesdays)*</p> <p>10:00am - 11:00am Urban Pole Walking</p> <p>10:15am - 11:15am Line Dancing</p> <p>11:00am - 12:30pm Book Club</p> <p>11:00am - 12:30pm Building Bridges*</p> <p>12:00pm - 1:00pm Seated Yoga</p> <p>12:45pm - 3:00pm Bingo</p> <p>1:00pm - 3:00pm Watercolour Painting Intermediate*</p> <p>1:00pm - 4:00pm Scrabble</p> <p>2:00pm - 5:00pm ALCE—Latin America Art &amp; Healing Group</p> <p>3:15pm - 4:45pm Table Tennis</p> <p>6:30pm - 9:30pm Intergenerational Line Dance</p> <p>6:30pm - 8:30pm Dungeons &amp; Dragons (Intergenerational)</p>	<p>9:15am - 10:15am Zumba Gold (L/V)</p> <p>10:00am - 2:00pm Reflexology &amp; PMF (Selected dates)*</p> <p>10:00am - 12:00pm Polish Social Club</p> <p>10:00am - 12:00pm Watercolour Painting Beginner Plus*</p> <p>10:15am - 11:15am Men's Club</p> <p>10:30am - 11:30am Tai Chi</p> <p>12:00pm - 1:00pm Chair-ercise (L/V)</p> <p>1:00pm - 3:00pm Cribbage</p> <p>1:30pm - 2:30pm Ballroom Line Dancing</p> <p>1:30pm - 3:00pm Ballroom Line Dancing</p> <p>1:30pm - 2:30pm Line Dance Beginners Level 2*</p> <p>3:00pm - 3:45pm Belly Dancing Level 1</p> <p>3:45pm - 5:00pm Performance Belly Dance</p> <p>3:15pm - 4:45pm Table Tennis</p> <p>7:30pm - 10:30pm Mississauga Chinese Arts Organization</p>	<p>9:15am - 10:15am Co-ed Fitness (L/V)</p> <p>10:30am - 11:30am Performance Line Dancing</p> <p>10:30am - 12:00pm WOW Workshops (Selected dates)*</p> <p>11:00am - 12:00pm Guided Meditation (VIP)</p> <p>11:00am - 12:00pm Current Events &amp; Chatter</p> <p>12:00pm - 1:00pm Gentle Yoga</p> <p>12:30pm - 2:00pm Creative Writing / The Write Impressions</p> <p><b>1:00pm - 3:00pm</b> <b>Bingo at MSC</b></p> <p>1:30pm - 2:30pm Line Dancing</p> <p>1:30pm - 2:30pm Silver Balance</p> <p>2:45pm - 4:30pm Table Tennis</p> <p><b>Supported by:</b></p> 	<p>9:15am - 10:15am Essentrics</p> <p>10:10am - 12:00pm Table Tennis</p> <p>12:30pm - 3:00pm Caribbean Seniors Social Activities</p> <p>1:00pm - 4:00pm Silyan Filipino Volunteer Group</p> <p>12:30pm - 5:00pm Happy Life Elderly Vietnamese</p> <p><b>Supported by:</b> City of Mississauga Community Foundation of Canada Employment &amp; Social Development Canada: New Horizons for Seniors Help Age Canada Mississauga Central Lions Club Mississauga Foundation OACAO Ontario Trillium Foundation Ontario Ministry for Seniors &amp; Accessibility Region of Peel Service Canada</p>
<p>* Check with the Admin Office for the dates of these classes &amp; Workshops</p> <p><b>Internet Café (as available)</b> <b>Monday -</b> <b>Friday</b> <b>9:00am - 4:00pm</b></p> <p><b>Programs and locations are subject to change.</b></p> <p><b>Please see the Guide for cancellation dates.</b></p>						

# ACTIVE & DANCE

Program	Day & Instructor	Time	Location	Description & Fee
Chair-ercise 	Monday - Kai Thursday - Kai	1:30pm - 2:30pm 12:00pm - 1:00pm	Aud & Virtual <i>(both days / times)</i>	Work out your heart & muscles. Ideal for strengthening or rehabbing knees/hips, & building bone density using a chair for support. Beginner-friendly. <b>Fee:</b> \$6 per class
Co-ed Fitness	Monday - Kamla Friday - Liz	9:15am - 10:15am 9:15am - 10:15am	Aud / Virtual Aud/Virtual	Fun, low impact class with weight work & stretching. <b>Fee:</b> \$6 per class
Drum Fit	Tuesdays - Sylvia	12:00pm – 1:00pm	Aud	Get a great cardiovascular workout in this fun & easy seated class with great songs. Suitable for all fitness levels. <b>Fee:</b> \$6 per class
Gentle Yoga 	Monday - Susan Friday - Susan	12:00pm - 1:00pm 12:00pm - 1:00pm	Aud <i>(both days / times)</i>	Try this class if you are looking to reduce muscle tension & increase your flexibility. <b>Fee:</b> \$6 per class
Essentrics 	Saturday - Marlene	9:15am - 10:15am	Studio	This stretch & strengthening class is suitable for all fitness levels. <b>Fee:</b> \$6 per class
Fit, Balance & Strengthen	Tuesdays - Sylvia	10:30am – 11:30am	Aud & Virtual	A great class for beginners and intermediates to improve your balance and strengthen the body to help prevent falls. <b>Fee:</b> \$6 per class


Functional Fitness with Mall Walkers	Wednesday - Laura	9:00am - 9:40am	Aud, Virtual & Phone	Great class to train for walking; includes muscle conditioning, balance work & stretches. Suitable for all fitness levels. <b>Fee: \$10 Punch Card (10 Visits)</b>
Silver Balance 	Friday - Chris	1:30pm - 2:30pm	Studio	Improve and strengthen your balance, enhance your mental focus and reduce stress with this all-level class. <b>Fee: \$6 per class</b>
Seated Yoga 	Wednesday - Sheri	12:00pm - 1:00pm	Studio & Virtual	Learn stretches & poses from the safety of a chair. <b>Fee: \$6 per class</b>
Tai Chi	Thursday - Jeff	10:30am - 11:30am	Aud	Learn 24 Form of Tai Chi with Jeff. <b>Fee: \$6 per class</b>
Table Tennis	Monday Tuesday Wednesday Thursday Friday Saturday	4:00pm - 5:30pm 1:30pm - 3:30pm 3:15pm - 4:45pm 3:15pm - 4:45pm 2:45pm - 4:30pm 10:10am - 12:00pm	Aud <i>(all days / times)</i>	Join us for friendly rounds of the classic game. Not all days available each week – the schedule is emailed weekly. <b>Fee: \$25.00 punch card (11 visits)</b>
Toning	Tuesday - Sylvia	9:15am - 10:15am	Aud & Virtual	Improve your flexibility & strengthen your muscles with weight work, resistance training & stretching. <b>Fee: \$6 per class</b>
Urban Pole Walking	Wednesday – Susan	10:00am – 11:00am September & October	Meet in the lobby	Learn to use the urban poles to increase your fitness level while you walk. Class includes a stretch component. Poles provided. Weather permitting. <b>Fee: \$6 per class</b>

Zumba	Thursday - Gemma	9:15am - 10:15am	Aud & Virtual	Join us for this fun Latin dance/fitness class! <b>Fee:</b> \$6 per class
Ballroom Line Dance	Monday - Sunny Thursday - Sunny Thursday - Sunny	2:45pm - 3:45pm 1:30pm - 2:30pm 1:30pm - 3:00pm	Aud <i>(all days / times)</i>	This popular class features ballroom music in a line dance format. <b>Fee:</b> \$6 for 1 hour / \$7.50 for 1.5 hours
Belly Dance Level 1	Thursday - Mary	3:00pm - 3:45pm	Studio	Learn the shimmy, undulation & veil dance.
Performance Level 2		3:45pm - 5:00pm		Practice your belly dance & show off your moves in upcoming shows. <b>Fee:</b> \$6 per class
Intergenerational Line Dance	Wednesday - Rhoda	Evenings	Aud	Learn new dances to your favourite hit songs. Call the Admin office for details.
Line Dance	Monday - Connie Wednesday - Merilyn Friday (Performance Class) - Merilyn Friday - Connie	10:30am - 12:00pm 10:15am - 11:15am 10:30am - 11:30am 1:30pm - 2:30pm	Studio Aud Aud Aud	Learn line dances to a mix of Latin, country & ballroom music. <b>Fee:</b> \$6 for 1 hour / \$7.50 for 1.5 hours
Line Dance Beginner	Monday - Merilyn (Level 1) Thursday - Merilyn (Level 2)	10:30am - 11:30am 1:30pm - 2:30pm	Aud Studio	Learn the steps for line dancing! No partner required. This is a pre-registered class. <b>Dates:</b> <b>Mon</b> Sept 9 - 30; Oct 7 - 28 (3 weeks); Nov 4 - 25; Dec 2 - 23 <b>Thu</b> Sept 5 - 26; Oct 10 - 31; Nov 7 - 28; Dec 5 - 19 (3 weeks) <b>Fee:</b> \$24 for 4 Weeks, \$18 for 3 weeks





# ART, CRAFTS & MUSIC


Program	Day & Instructor	Time	Location	Description & Fee
Jewelry Making Class	Monday	10:00am - 12:00pm	Program Room	Learn to create your own beaded jewelry like necklaces, earrings, & bracelets. <b>Fee:</b> \$2.75 per class
Stitch & Chat	Monday	12:30pm - 4:00pm	Program Room	This social & creative group works on projects for themselves & creates items for our craft sale. <b>Fee:</b> \$2.75 per class
Watercolour Painting Intermediate	Wednesday – Susan	1:00pm - 3:00pm	Program Room	<b>Intermediate:</b> for the advanced student – subjects are challenging and advanced techniques developed. Pre-requisite: 6-week beginner’s class.
Beginners Plus	Thursday - Susan	10:00am – 12:00pm	(both days/ times)	<b>Beginner:</b> if learner no experience required. Learn the basics: how to properly setup a painting, use of tools, brushes & paper; and techniques: mixing colours, create clouds, water & trees. Materials supplied for first 4 classes only.
				<b>Dates:</b> <b>Wed</b> Sept 4 – Oct 9; Oct 16 – Nov 20 <b>Thu</b> Sept 5 – Oct 10; Oct 17 – Nov 21  <b>Fee:</b> \$36 for 6 Weeks

# CARDS & GAMES


Program	Day & Instructor	Time	Location	Description & Fee
Bingo	Wednesday Friday	12:45pm - 3:00pm 12:45pm - 3:00pm	Aud MSC	Win cash prizes at dabber bingo! (AACM Lottery License #M851153) / Fridays at Mississauga Seniors' Centre (License #M851154)  <b>Fee:</b> \$5 for 8 sets of 3 games
Charity Bingo with Delta Mississauga	Select Thursdays Saturdays	10:00pm 1:00pm	Delta Bingo Rockwood Mall	Thanks to Delta Bingo & Gaming's charitable support, you can support the AACM while playing! Only at Rockwood Mall. More details: 905.842.8070
Card Games	Tuesday  Thursday  Tuesday	Bridge 10:00am - 1:00pm  Cribbage 1:00pm - 3:00pm  Euchre 1:00pm - 4:00pm	Program Room  Program Room  Studio	Enjoy a game of cards with a friendly group.  <b>Fee:</b> \$2.75 per day
Mahjong	Monday	1:00pm - 3:00pm	Café	Learn to play this ancient game of tiles.  <b>Fee:</b> \$2.75 per day
Scrabble	Wednesday	1:00pm - 4:00pm	Café	Work your brain playing with other members in this popular word game.  <b>Fee:</b> \$2.75 per day
Dungeons & Dragons (Intergenerational)	Wednesday	6:30pm - 8:30pm	Studio	Create your own character & join an epic journey shaped by dice rolling & player choices. Beginners welcome!  <b>Fee:</b> \$2.75 per session

# EDUCATION & SOCIAL

Program	Day & Instructor	Time	Location	Description & Fee
Book Club	Wednesday	11:00am - 12:30pm	Studio & Virtual	Love reading? Join this group & discuss a different book or documentary each class.  <b>Dates:</b> Sept 25, Oct 30, Nov 27 <b>Fee:</b> \$3.00 per visit
Creative Writing	Friday - Bruno	12:30pm - 2:00pm	Program Room & Virtual	They say everyone has a story in them or a novel to write. This class is open to anyone willing to try. <b>Fee:</b> \$3.50 per visit
Current Events & Chatter	Friday	11:00am – 12:00pm	Program Room	Grab a snack and share your views with a lively group. <b>FREE</b>
Men's Club	Thursday	10:15am - 11:15am	Café	An informal & lively social group for the Centre's gentlemen. <b>FREE</b>
Mystery Monday	Monday - Maureen	11:00am - 12:15pm	Virtual/Phone	Enjoy a good mystery? Call in to hear Maureen read to you from a classic story. <b>FREE</b>
One-On-One Computer Workshops	Tuesday – Andy Thursday - Antony	10:00am – 11:00am 10:30am – 11:30am	Tech Lab	Bring in your device and get help from our expert volunteers. Please book in advance. <b>Fee:</b> \$11.30 per one-hour session

Building Bridges	Wednesday - Pauline	10:30am – 12:00pm	Program Room	Join these sessions to make connections, forge friendships & learn about a variety of topics.  <b>Dates:</b> Sept 4 & 18, Oct 2 & 16, Nov 6 & 20, Dec 4  <b>FREE</b>
Beginners Language Class			Program Room	Learn a new language for fun and travel! Please register in advance.  <b>Fee:</b> \$60 for 10 week course Dates TBD
WOW Workshops (Working on Wellness) 	Fridays (Select)	10:30pm – 12:00pm	Studio	Learn about a variety of health & wellness topics designed to bolster your physical & mental well-being. Light refreshments included. Please register in advance. Funded by the Federal Government's New Horizons for Seniors program.  <b>Dates:</b> Check the bulletin board for dates & topics. <b>FREE</b>

# HEALTH & WELLNESS

Program	Day & Instructor	Time	Location	Description & Fee
Active Meditation 	Tuesday - Lynda	11:30am – 12:30pm	Studio	Incorporating movement, sound, relaxation and mindful breathing can lead to increased quality of life.  <b>Fee:</b> \$3 per class
Al-Anon	Tuesdays	10:00am – 11:00am	Studio	Are you affected by someone else's drinking? Al-Anon can help. Contact Janice for more details – 647-238-3009.

Foot Care	Wednesday	9:00am - 4:00pm	Wellness Room	Foot treatment by a certified Chiroprapist. Provided by Lakeshore Foot Clinic. <b>Dates:</b> Sept 25, Nov 6, Dec 18 Sept 25 <b>Fee:</b> \$15
Guided Meditation	Friday - Sonia	11:00am - 12:00pm	Virtual	Practice visualization & meditation techniques to aid in pain management & stress relief. <b>FREE</b>
Mississauga Fibromyalgia	Last Monday of Each Month	7:00pm	Studio	Support and resources for those living with Fibromyalgia. For more details contact Susan - 905.625.6425.
Reflexology & PMF	Thursday - Monica	10:00am - 2:00pm	Wellness Room	Feel rejuvenated & reduce stress with this specialized hand & foot massage treatment. <b>Dates:</b> Sept 26, Oct 31, Nov 28 <b>Fee:</b> \$35 for 30 - minute session
Telephone Reassurance Program	By appointment Sign up at the Admin Office			This program is designed to provide free check-ins & friendly phone calls to older adults who live alone or who remain in isolation.
Links2Wellbeing (Social Prescription)	By Prescription			This program allows doctors, support workers, & other caregivers to refer individuals to our Centre. Outcomes include free membership or programming. Please see Admin Office for a referral form.

# PARTNER GROUPS

Group	Day	Time	Location	Contact Information
ALCE Latin-America Art & Healing Group	Wednesday	2:00pm - 5:00pm	Studio	Marylse Sookoor / 905.281.3044
Caribbean Seniors Social Activities	Saturday	12:30pm - 3:00pm	Program Room	Cynthia Houston / 905.896.3765 Joyce Goldson / 905.804.8998
Croatian Karta Partner Group	Daily	3:00pm - 7:00pm	Program Room	Ante Budisa / 905.276.7871
Happy Life Elderly Vietnamese Group	Saturday	12:30pm - 5:00pm	Aud	Kim Phan / 647.800.5206 Peter Nhan Truon / 647.401.4739
Indonesian Seniors Group	Monday	12:30pm - 4:30pm	Studio	Fred Yawurono / 905.502.5752
Mississauga Chinese Arts Organization	Thursday	7:30pm - 10:30pm	Studio	Xiaoli Wang/ 416.623.8479 <i>(This organization strives for a professional standard &amp; has an annual audition process)</i>
Silayan Filipino Volunteer Group	Saturday	1:00pm - 4:00pm	Studio	Vicente Cuevas / 905.275.2826
Polish Social Club	Thursday	10:00am – 12:00pm	Program Room	Kate Frelík / 647.218.0999



# This is Home



Read more about  
« Dawn's story »

Dawn Thompson moved into Parkland on the Glen with her husband Bob in October 2021 and hasn't looked back since. With a variety of activities offered at Parkland on the Glen, Dawn lives an active lifestyle. "There is so much to do where you think, 'oh gosh, did I miss something?'"

Parkland is more than just a home, it's a community.

**Book a tour with us today!**

Contact Grace Miksa at 905-820-8210  
or [gmiksa@shannex.com](mailto:gmiksa@shannex.com)

[experienceparkland.com/ontheglen](http://experienceparkland.com/ontheglen)  
1665 The Collegeway, Mississauga, ON



**Parkland**<sup>™</sup>  
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**IN-HOME CARE**  
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Consistent Care + Companionship + Unique To you = Peace Of Mind

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# NOTICE

## AACM's Annual General Meeting

Thursday, September 26, 2024  
Starting at 9:30 AM  
In AACM Auditorium

Light refreshments provided.

Registration Opens August 12, 2024  
RSVP 905-615-3207

All 2024 AACM Members in good standing welcome.

AACM PRESENTS

Licensed Event

# UNCORK & UNWIND

SEPTEMBER 13, 2024

Join us for an elegant soiree featuring curated flavours at our wine and food pairing.

Sommelier-guided wine pairing Entertainment Silent auction

**6:30 PM - 9:00 PM**

377 Burnhamthorpe Road East, Unit 116, Mississauga ON

Purchase your tickets at the Admin office or call 905-615-3207 to secure your spot!

**\$30** Per person



Active Adult Centre MISSISSAUGA

Charitable Registration Number 81959 5893 RR001





Book  
a tour  
905-569-7155  
x 8015



Come  
to *life* at the  
*Village*



*The Village of*  
**ERIN MEADOWS**

2930 Erin Centre Boulevard, Mississauga

[schlegelvillages.com](http://schlegelvillages.com)

Independent living and retirement apartments • Assisted living and memory care suites.



# European Vacation



FALL MUSICAL

THURSDAY, SEPTEMBER 19 2:00 PM

FRIDAY, SEPTEMBER 20 2:00 PM

SATURDAY, SEPTEMBER 21 7:00 PM



\$15  
MEMBERS  
\$18  
GUESTS



The Active Adult Centre of Mississauga Presents

## 2024 WALKATHON

It's time for Trick - or - Treat!

FRIDAY, OCTOBER 25  
8:00 AM

Taking place in  
Central Parkway Mall

Presented by

 **access abilities**  
Your ability store. Our passion.  
Proudly, family owned & operated since 1994



EXCLUSIVE EVENT  
T-SHIRT & BREAKFAST FOR  
WALKERS WHO PLEDGE

\$ 3 0

OR MORE



377 Burnhamthorpe Rd. E., Suite 116  
Mississauga, ON, L5A 3Y1



all that glitters  
JEWELRY SALE

NOVEMBER 27 -  
DECEMBER 6  
9:00 AM - 1:00 PM



DECK THE HALLS



WINTER SHOW

Friday, December 6 | \$12 for members  
2:00 PM | \$14 for guests



Christmas  
Lunch and Dance

\$18  
MEMBERS  
\$20  
GUESTS

TUESDAY,  
DECEMBER 10  
12:30 PM - 4:30 PM

FEATURING  
LIVE MUSIC BY  
THE PEPPER SHAKERS

*Say farewell to the year and  
celebrate the new one to come!*



NEW YEARS  
PARTY

WITH CATERED LUNCH & DJ  
TUESDAY, DECEMBER 31 12:30 PM - 4:30 PM

\$18  
MEMBERS  
\$20  
GUESTS

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