

## October Classes

					Oct 1-31	27-Sep
	Day Time	Class	Instructor	Dates	Cost	
MON	L/V 9:15am-10:15am	Coed Fitness	Kamla	Ongoing	\$6 per class	
	L 10:00am-12:00pm	Jewellery Making		Ongoing	\$2.75 per day	
	L 10:30am-12:00pm	Line Dance	Connie	Ongoing	\$7.50 per class	
	L 10:30am-11:30am	Line Dance Beg Level 1	Merilyn	Oct 7, 21, 28	\$18 for 3 weeks	
	V/P 11:00am-12:15pm	Mystery Monday	Maureen	Ongoing	Off for the summer	
	L 12:00pm-1:00pm	Gentle Yoga	Susan	Ongoing	\$6 per class	
	L 12:30am-3:00pm	Stitch & Chat	Volunteer	Ongoing	\$2.75 per day	
	L 12:30pm-4:30pm	Indonesian Seniors		Ongoing		
	L 1:00pm 3:00pm	Mahjong	Volunteer	Ongoing	\$2.75 per day	
	L/V 1:30pm-2:30pm	Chair-ercise	Kai	Ongoing	\$6 per class	
	L 2:45pm-3:45pm	Ballroom Line	Sunny	Ongoing	\$6 per class	
	L 4:00pm-5:30pm	Table Tennis		Ongoing	\$25 Punch card	
	L 7:00pm-9:00pm	Mississauga Fibromyalgia		October 28		
TUES	L/V 9:15am-10:15am	Toning	Sylvia	Ongoing	\$6 per class	
	L 10:00am-12:30pm	Bridge	James	Ongoing	\$2.75 per day	
NEW!	L/V 10:30am- 11:30am	Fit, Balance & Strength	Sylvia	Ongoing	\$6 per class	
	L 11:00am-12:00pm	One-on-one Computer Training	Andy	Ongoing	\$11.30 per session	
	L 11:30am-12:30pm	Active Meditation	Lynda	Ongoing	\$3 per class	
	L 12:00pm-1:00pm	Drum Fit	Sylvia	Ongoing	\$6 per class	
	L 1:00pm - 4:00pm	Euchre	Volunteer	Ongoing	\$2.75 per day	
	L 1:00pm - 2:00pm	Spanish for Beginners	Maria	Oct 8 - Nov 5	\$30 for 5 weeks	
	L 1:30pm -4:00pm	Table tennis		Ongoing	\$25 Punch card	
WED	L/V 9:00am-9:40am	Functional Fitness w/ Mall Walkers		Ongoing	\$10 Punch card	
	L 9:00am-4:00pm	Foot Care	Alex	Nov 6	\$15 per visit	
	L 9:30am - 10:30am	Urban Pole Walking	Susan	Weather Permit	\$6 per class	
	L 10:15am-11:15am	Line Dance 2	Merilyn	Ongoing	\$6 per class	
	L 11:00am-12:30pm	Book Club	Volunteer	Oct 30	\$3 per visit	
	L 11:00am-12:00pm	Building Bridges	Pauline	Oct 2 & 16	Free	
	L/V 12:00pm-1:00pm	Seated Yoga	Sheri	Ongoing	\$6 per class	
	L 12:45pm-3:00pm	Bingo	Volunteer	Ongoing	\$5 and \$10 cards	
	L 1:00pm 4:00pm	Scrabble	Volunteer	Ongoing	\$2.75 per day	
	L 1:00pm-3:00pm	Watercolour Painting Int	Susan	Sept 4- Oct 16	\$36 for 6 weeks	
	L 2:00pm-5:00pm	ALCE	Volunteer	Ongoing		
	L 3:15pm-4:45pm	Table Tennis		Ongoing	\$25 Punch card	
L 6:30pm-8:30pm	Dungeons & Dragons	Alex	Ongoing	\$2.75 per session		
THURS	L/V 9:15am-10:15am	Zumba Gold	Gemma	Ongoing	\$6 per class	
	L 10:00am - 2:00pm	Reflexology &PEMF	Monica	Oct 31	\$35 for 30 minutes	
	L 10:00am-12:00pm	Polish Social Club	Kate	Ongoing		
	L 10:00am-12:00pm	Watercolour Painting Beg	Susan	Sept 5- Oct 17	\$36 for 6 weeks	
	L 10:15am-11:15am	Men's Club	Volunteer	Ongoing	Free	
	L 10:30am-11:30am	Tai Chi	Jeff	Ongoing	\$6 per class	
	L/V 12:00pm-1:00pm	Chair-ercise	Kai	Ongoing	\$6 per class	
	L 1:00pm-3:00pm	Cribbage	Volunteer	Ongoing	\$2.75 per day	
	L 1:30pm- 2:30pm	Ballroom Line	Sunny	Ongoing	\$6 per class	
	L 1:30pm-3:00pm	Ballroom Line	Sunny	Ongoing	\$7.50 per class	
	L 1:30pm-2:30pm	Line Dance Beg Level 2	Merilyn	Oct 3 - 31	\$30 for 5 weeks	
	L 3:00pm-3:45pm	Belly Dance Level 1	Mary	Ongoing	\$6 per class	
	L 3:45pm-5:00pm	Belly Dance Level 2 Performance	Mary	Ongoing	\$6 per class	
L 3:15pm - 4:45pm	Table Tennis		Ongoing	\$25 Punch card		
FRI	L/V 9:15am-10:15am	Coed Fitness	Liz	Ongoing	\$6 per class	
	L 10:30am-11:30am	Line Dance Performance	Merilyn	Ongoing	\$6 per class	
NEW!	L 10:30am-12:00pm	<b>WOW: Travel the World</b>	Jason	Oct 18	Free	
	V 11:00am-12:00pm	Virtual Guided Meditation	Sonia	Ongoing	Free	
L/V 11:00am-12:00pm	Current Affairs & Chatter	Melissa	Ongoing	Free		
L 12:00pm-1:00pm	Gentle Yoga	Susan	Ongoing	\$6 per class		
L 12:30pm-2:00pm	Write Impressions	Bruno	Ongoing	\$3.50 per class		
MS!	12:45pm -3:00pm	<b>Bingo@MississaugaSeniorCentre</b>		<b>Ongoing</b>	<b>\$5 and \$10 cards</b>	
	L 1:30pm-2:30pm	Silver Balance	Chris	Ongoing	\$6 per class	
	L 1:30pm-2:30pm	Line Dance	Connie	Ongoing	\$6 per class	
	L 2:45pm-4:30pm	Table Tennis		Ongoing	\$25 Punch card	
	L 3:00pm-4:00pm	French for Beginners		Sept 27-Oct 25	\$30 for 5 weeks	
SAT	L 9:15am-10:15am	Essentrics	Marlene	Ongoing	\$6 per class	
	L 10:10am-12:00pm	Table Tennis		Ongoing	\$25 Punch card	
	12:30pm-3:00pm	Caribbean Seniors Social		Ongoing		
	1:00pm-4:00pm	Silayan Filipino		Ongoing		
	12:30pm-5:00pm	Happy Life Elderly Vietnamese		Ongoing		

Please register for the month. To book an online classes, please email [info@aacmiss.ca](mailto:info@aacmiss.ca) or call 905-615-3207

Check out our website at [www.aacmiss.ca](http://www.aacmiss.ca) for more information.

**Cancellation Days: Closed September 2, October 14**