MON   V   9158m-10:158m   Coed Fitness   Kamla   Ongoing   \$6 per class			December Cl	2000		Dec 1 - 31	10 Nov
MON		Day			Instructor		19-Nov
L 10:00am-12:00pm Une Dance Page 1	MON	_					
L   10:30am-12:00pm   WOW- Holiday Urn Demo   Laura   Dec 2   Free	101011				Karriia		•
1. 10.30am - 12.00pm   WOW. Holiday Urn Demo   Laura   Dec 2   Free			·		Connie		72.73 per day
L   10.30am-11.30am   Line Dance Beg Level 1   Merilyn   Dec 2-23   \$24 for 4 weeks   L   12.30pm-4.30pm   Subran   Ongoing   Sc per class   Congoing   Congoing   Sc per class   Congoing   Sc per cl							Free
L   12:00pm-1:00pm			•	•			
L   12:30pm-4:30pm   Mahjong   Volunteer   Ongoing   S2.75 per day				G	•		•
L   12:30pm-4:30pm				_			•
L 1.00pm 3.00pm			•				7
L   1.30pm-2.30pm   Chair-ercize   Kai   Ongoing   56 per class   Chair   Ch					Volunteer		\$2.75 per day
L   2.45pm-3.45pm			·				• •
L   4.00pm-5:30pm   Table Tennis		L	•				· •
1. 7:00pm-9:00pm		L			•		-
Tubes		L		Mississauga Fibromyalia		0 0	
NEW  LV   10:00am-12:30pm	TUES	L/V	9:15am-10:15am	·	Sylvia	Ongoing	\$6 per class
NEW!         I/V 10:30am-11:30am         Fit & Strength         Sylvial         Ongoing         \$6 per class           L 11:30am-12:30pm         One-on-one Computer Tarining         Andy         Ongoing         \$11:30 per session           L 1:00pm -2:00pm         Active Meditation         Lynda         Ongoing         \$2 per class           L 1:00pm -2:00pm         Spanish for Beginners         Maria         TBD         330 for 5 weeks           L 1:30pm -4:00pm         Table tennis         Ongoing         \$2.75 per day           WED L/V 9:00am-9:40am         Tunctional Fitness w/ Mall Walkers         Ongoing         \$25 Punch card           L 1:00am-12:30pm         Book Club         Volunteer         Jongoing         \$6 per class           L 1:00am-12:30pm         Book Club         Volunteer         Jongoing         \$6 per class           L 1:00pm 4:00pm         Scated Yoga         Sheri         Ongoing         \$6 per class           L 1:00pm 4:00pm         Scrabble         Volunteer         Ongoing         \$6 per class           L 2:00pm-3:00pm         Watercolour Painting Int         Susan         Dec 4-1s         \$6 per class           THURS L/V 9:15am-10:15am         ALCE         Volunteer         Ongoing         \$2.75 per day           L 1:00am-12:20opm				_			•
1.1:00am-12:00pm	NEW!	L/V	·	_			•
L 11.30am-12:30pm				_	•		\$11.30 per session
L 1:00pm -2:00pm		L	•	•	•		·
L   1:30pm -4:00pm		L	1:00pm - 4:00pm	Euchre	Volunteer	Ongoing	\$2.75 per day
L   1:30pm -4:00pm		L		Spanish for Beginners	Maria		•
L   9:00am-4:00pm		L	1:30pm -4:00pm	Table tennis		Ongoing	\$25 Punch card
L	WED	L/V	9:00am-9:40am	Functional Fitness w/ Mall Walker	S	Ongoing	\$10 Punch card
L   11:00am-12:30pm   Book Club   Volunteer   Jan   29   \$3 per visit		L	9:00am-4:00pm	Foot Care	Alex	Dec 18	\$15 per visit
L   11:00am-12:00pm		L	10:15am-11:15am	Line Dance 2	Merilyn	Ongoing	\$6 per class
L/V   12:00pm-1:00pm		L	11:00am-12:30pm	Book Club	Volunteer	Jan29	\$3 per visit
L 12:45pm-3:00pm   Bingo   Volunteer   Ongoing   \$5 and \$10 cards		L	11:00am-12:00pm	Building Bridges	Pauline	Dec 4	Free
L 1:00pm 4:00pm   Scrabble   Volunteer   Ongoing   \$2.75 per day		L/V	12:00pm-1:00pm	Seated Yoga	Sheri	Ongoing	\$6 per class
L 1:00pm-3:00pm		L	12:45pm-3:00pm	Bingo	Volunteer		\$5 and \$10 cards
L         2:00pm-5:00pm L         ALCE 3:15pm-4:45pm         Volunteer Table Tennis         Ongoing Ongoing         \$25 Punch card \$25 Punch card           THURS L/V 9:15am-10:15am L         Zumba Gold         Gemma         Ongoing         \$5 per class           L         10:00am-2:00pm L         Reflexology &PEMF         Monica Monica         Jan 30         \$35 for 30 minute           L         10:00am-12:00pm L         Nater Colour Painting Beg         Susan         Dec 5 & 12         \$6 per class           L         10:15am-11:15am L         Men's Club         Volunteer         Ongoing         \$6 per class           L         10:30am-11:30am Tai Chi         Jeff         Ongoing         \$6 per class           L         1:00pm-3:00pm L         Chair-ercise         Kai         Ongoing         \$6 per class           L         1:30pm-1:30pm L         Ballroom Line         Sunny         Ongoing         \$5 per class           L         1:30pm-2:30pm L         Ballroom Line         Sunny         Ongoing         \$7.50 per class           L         1:30pm-3:45pm L         Belly Dance Level 1         Mary         Ongoing         \$6 per class           FRI         L/V 9:15am-10:15am L         Coed Fitness         Liz         Ongoing         \$6 per class		L	1:00pm 4:00pm	Scrabble	Volunteer	Ongoing	\$2.75 per day
L   3:15pm-4:45pm		L		Watercolour Painting Int	Susan	Dec 4-18	\$6 per class
L 6:30pm-8:30pm   Dungeons & Dragons   Alex   Ongoing   \$2.75 per session		L	•		Volunteer	Ongoing	
THURS L/V 9:15am-10:15am         Zumba Gold         Gemma         Ongoing         \$6 per class           L         10:00am - 2:00pm         Reflexology &PEMF         Monica         Jan 30         \$35 for 30 minute           L         10:00am - 12:00pm         Polish Social Club         Kate         Ongoing           L         10:15am - 11:15am         Men's Club         Volunteer         Ongoing         Free           L         10:30am - 11:30am         Tai Chi         Jeff         Ongoing         \$6 per class           L         12:00pm - 1:00pm         Chair - ercise         Kai         Ongoing         \$6 per class           L         1:00pm - 3:00pm         Cribbage         Volunteer         Ongoing         \$6 per class           L         1:30pm - 2:30pm         Ballroom Line         Sunny         Ongoing         \$7.50 per class           L         1:30pm - 2:30pm         Line Dance Beg Level 2         Merilyn         Dec 5-19         \$6 per class           L         1:30pm - 2:30pm         Belly Dance Level 1         Mary         Ongoing         \$6 per class           L         3:45pm - 4:45pm         Table Tennis         Ongoing         \$6 per class           FRI         L/Y 9:15am - 10:15am         Coed Fitness </th <th></th> <th>L</th> <th>3:15pm-4:45pm</th> <th></th> <th></th> <th>Ongoing</th> <th>\$25 Punch card</th>		L	3:15pm-4:45pm			Ongoing	\$25 Punch card
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MS( 12:45pm -3:00pmBingo@MississaugaSeniorCentreOngoing\$5 and \$10 cardsL1:30pm-2:30pmSilver BalanceChrisOngoing\$6 per classL1:30pm-2:30pmLine DanceConnieOff until Jan 17L2:45pm-4:30pmTable TennisOngoing\$25 Punch cardL3:00pm-4:00pmFrench for BeginnersTBD\$30 for 5 weeks			•	•			•
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L 1:30pm-2:30pm Line Dance Connie Off until Jan 17 L 2:45pm-4:30pm Table Tennis Ongoing \$25 Punch card L 3:00pm-4:00pm French for Beginners TBD \$30 for 5 weeks			•	_	Claudia		
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L 3:00pm-4:00pm French for Beginners TBD \$30 for 5 weeks					Comme		COE Dunch cond
		L	•				
	CAT	L	3:00pm-4:00pm	French for Beginners	Marlana	Ongoing	\$30 for 5 weeks

Please register for the month. To book an online classes, please email info@aacmiss.ca Check out our website at www.aacmiss.ca for more information

Happy Life Elderly Vietnamese

Marlene

Ongoing

Ongoing

Ongoing

Ongoing

Ongoing

\$6 per class

\$25 Punch card

Cancellation Days: Dec 24 at noon, Dec 25 & 26, Dec 31 at noon, Jan 1

Caribbean Seniors Social

Essentrics

Silayan Filipino

SAT

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9:15am-10:15am

12:30pm-3:00pm

1:00pm-4:00pm

12:30pm-5:00pm

10:10am-12:00pm Table Tennis