

## December Classes

Dec 1 - 31

19-Nov

|                            | 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       | Off until Jan 13   |                           |
|                            | L 10:30am - 12:00pm  | WOW: Holiday Urn Demo                | Laura        | Dec 2              | Free                      |
|                            | L 10:30am-11:30am    | Line Dance Beg Level 1               | Merilyn      | Dec 2-23           | \$24 for 4 weeks          |
|                            | 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 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             |              |                    |                           |
| 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 & Strength                       | Sylvia       | Ongoing            | \$6 per class             |
|                            | L 11:00am-12:00pm    | One-on-one Computer Tarning          | Andy         | Ongoing            | \$11.30 per session       |
|                            | L 11:30am-12:30pm    | Active Meditation                    | Lynda        | Ongoing            | \$3 per class             |
|                            | L 1:00pm - 4:00pm    | Euchre                               | Volunteer    | Ongoing            | \$2.75 per day            |
|                            | L 1:00pm - 2:00pm    | Spanish for Beginners                | Maria        | TBD                | \$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         | Dec 18             | \$15 per visit            |
|                            | L 10:15am-11:15am    | Line Dance 2                         | Merilyn      | Ongoing            | \$6 per class             |
|                            | L 11:00am-12:30pm    | Book Club                            | Volunteer    | Jan29              | \$3 per visit             |
|                            | L 11:00am-12:00pm    | Building Bridges                     | Pauline      | Dec 4              | 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        | Dec 4-18           | \$6 per class             |
|                            | 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       | Jan 30             | \$35 for 30 minutes       |
|                            | L 10:00am-12:00pm    | Polish Social Club                   | Kate         | Ongoing            |                           |
|                            | L 10:00am-12:00pm    | Watercolour Painting Beg             | Susan        | Dec 5 & 12         | \$6 per class             |
|                            | 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            | \$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      | Dec 5-19           | \$6 per class             |
|                            | 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                   |
| L 10:30am-11:30am          |                      | Line Dance Performance               | Merilyn      | Ongoing            | \$6 per class             |
| 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          |
| <b>MSC 12:45pm -3:00pm</b> |                      | <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       | 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   |                           |
| 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)

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

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