

# January Classes

Jan 2 - 31

20-Dec

	Day	Time	Class	Instructor	Dates	Cost
<b>MON</b>	L/V	9:15am-10:15am	Coed Fitness	Kamla	Ongoing	\$6 per class
	L	10:00am-12:00pm	Jewellery Making		On hold	\$2.75 per day
	L	10:30am-12:00pm	Line Dance	Connie	Resumes Jan 13	\$6 per class
	L	10:30am-11:30am	Line Dance Beg Level 1	Marilyn	Jan 6-27	\$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 Fibromyalia		Jan 27		
<b>TUES</b>	L/V	9:15am-10:15am	Toning	Sylvia	Ongoing	\$6 per class
	L	10:00am-12:30pm	Bridge	James	Ongoing	\$2.75 per day
<b>NEW!</b>	L/V	10:30am- 11:30am	Fit & Strength	Sylvia	Ongoing	\$6 per class
	L	11:00am-12:00pm	One-on-one Computer Taining	Andy	Ongoing	\$11.30 per session
	L	11:30am-12:30pm	Guided 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	
<b>WED</b>	L/V	9:00am-9:40am	Functional Fitness w/ Mall Walkers		Ongoing	\$10 Punch card
	L	9:00am-4:00pm	Foot Care	Alex	Jan 22	\$15 per visit
	L	10:15am-11:15am	Line Dance 2	Marilyn	Ongoing	\$6 per class
	L	11:00am-12:30pm	Book Club	Volunteer	Jan29	\$3 per visit
	L	11:00am-12:00pm	Building Bridges	Pauline	Jan 8 & 22	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	Jan 15 -Feb 12	\$6 per class
	L	2:00pm-5:00pm	ALCE	Volunteer	Back in Feb	
L	3:15pm-4:45pm	Table Tennis		Ongoing	\$25 Punch card	
L	6:30pm-8:30pm	Dungeons & Dragons	Alex	Ongoing	\$2.75 per session	
<b>THURS</b>	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	Jan 16-Feb 13	\$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	Marilyn	Jan 9- 30	\$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
<b>FRI</b>	L/V	9:15am-10:15am	Coed Fitness	Liz	Ongoing	\$6 per class
	L	10:30am-11:30am	Line Dance Performance	Marilyn	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	11:00am -12:00pm	Vocal Discovery	Carla	Jan 10 -Feb 7	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>MS</b>	<b>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	Resumes Jan 17	\$6 per class
	L	2:45pm-4:30pm	Table Tennis		Ongoing	\$25 Punch card
	L	3:00pm-4:00pm	French for Beginners		Jan 10 -Feb 7	\$30 for 5 weeks
<b>SAT</b>	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**