



**FOR
ADULTS
50+**

Winter/Spring 2025 ACTIVITY GUIDE

January - April

905.615.3207

www.aacmiss.ca

Charitable Registration No.

81959 5893 RR001

Upcoming Events

WOW! Workshops

Selected Fridays
starting February 7
10:30 AM - 12:00 PM
Check Bulletin Board
for list of topics for
these FREE events!

Rock 'N Roll Revival GALA

Saturday,
February 22
7:00 PM



"Emilio's A Million Chameleons" Magic & Puppet Show

Thursday, March 13
3:00 PM & 7:00 PM



Active Adult Info Fair

Tuesday,
March 18
11:00 AM - 3:00 PM



European Vacation Show at Maja Prentice Theatre

Tuesday, March 25
2:00 PM



Spring FUNDrive!

March 19 - April 8



Variety Show Auditions

Tuesday, April 1
2:00 PM



Spring Clothing Sale

Wednesday, April 9
8:30 AM - 11:30 AM



Appetite for Murder Murder Mystery

Tuesday, April 29
12:30 PM - 2:30 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)



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 & \$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. 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.

Winter/Spring 2025 Closure Dates

Family Day

Monday, February 17

Good Friday

Friday, April 18

Victoria Day

Monday, May 19

Visit Us!

377 Burnhamthorpe Road E
Suite 116 (Second Floor)

Mississauga, ON, L5A 3Y1

Fax: 905.615.3455

info@aacmiss.ca

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 Cafe

Monday - Friday

9:30 AM - 1:30 PM

Travel Desk

Monday - Thursday

10:00 AM - 1:00 PM

905.615.3208

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

Thank you for being part of our community!

Greetings from our President

Welcome to the start of another great year at the AACM!

As we begin our 33rd year of fun, fitness and friendship for our wonderful community of seniors, we are privileged to welcome back our long-time members, and encourage you to invite your friends and family to join the AACM.

We are also looking forward to getting to know you, our new members. Please take a moment to introduce yourself to our staff and volunteers, attend a social event, enjoy a class or a free WOW (Working on Wellness) seminar. Pick up an Activity Guide or visit us on-line at aacmiss.ca, to learn how to get the most from your time here.

Not a member yet? Our Admin staff can help get you signed up! Visit us in person at the Centre or on-line to find out how to join. We truly have something for everyone - from active classes, to games, travel, social events, and volunteer opportunities which will benefit from the gift of your time.

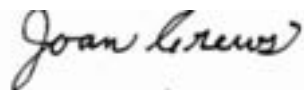
And for those of us who can, there are many other ways to help support the mission of the AACM and enrich the lives of Mississauga's seniors.

You may consider a gift through our **Legacy Giving Program**, a monthly donation through **Canada Helps**, or a one-time donation to honour a special person or milestone event in your life. A tax receipt is issued for all donations over \$30.

And new this year, you can even donate your used car (new or old, running or not!) to our **Donate-a-Car to Fuel our Future** program. AACM receives the funds from the sale, and you get a tax deduction for the full amount received. A real win-win!

Details are on our website, or call our Administration Office with your questions on any of our programs.

Can't wait to see you at the AACM!



Joan Crews - Board President AACM




Our Mission

We are a welcoming place that celebrates individuality and diversity, inspiring older adults to embrace their vitality, optimize their health and well-being, and broaden their horizons.

Please consider supporting our mission with a regular monthly contribution. A monthly gift makes it easy to give, and has additional tax benefits!

Your monthly gift of just \$20.00 starting in January will result in a \$240 annual donation. And when you donate over \$200, you are automatically eligible to carry the tax deduction forward, and claim it on your tax return for any of the next five years.

ACTIVE ADULT CENTRE OF MISSISSAUGA WEEKLY CALENDAR WINTER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Active Adult Centre of Mississauga (905) 615-3207 Admin Office</p> <p>Hours Monday - Friday: 8:30am - 4:30pm Saturday: 9:00am - 4:00pm www.aacmiss.ca</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>12:00pm - 4:00pm Massage Therapy (Selected dates)*</p> <p>12:00pm - 1:00pm Gentle Yoga</p> <p>12:30pm - 3:00pm Stitch & Chat</p> <p>12:30pm - 4:30pm Indonesian Seniors Group</p> <p>1:00pm - 3:00pm Mahjong & Rummikub</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 & Strengthen (L/V)</p> <p>11:30am - 12:30pm Active Meditation</p> <p>12:30pm - 1:30pm Pilates</p> <p>1:00pm - 2:00pm Spanish*</p> <p>1:00pm - 4:00pm Euche</p> <p>2:00pm - 4:00pm Table Tennis</p> <p>(V) denotes a virtual program</p> <p>(L/V) denotes live and virtual hybrid class</p> <p>(P) denotes a phone-in program</p> <p>Supported by:</p> 	<p>9:00am - 9:40am Functional Fitness with the Mall Walkers (L/VIP)</p> <p>9:00am - 4:00pm Foot Care (Selected Wednesdays)*</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 & 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 & Dragons (Intergenerational)</p>	<p>9:15am - 10:15am Zumba Gold (L/V)</p> <p>10:00am - 2:00pm Reflexology & 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 Vocal Discovery*</p> <p>11:00am - 12:00pm Guided Meditation (VIP)</p> <p>11:00am - 12:00pm Current Events & Chatter</p> <p>12:00pm - 1:00pm Gentle Yoga</p> <p>12:30pm - 2:00pm Creative Writing / The Write Impressions</p> <p>1:00pm - 3:00pm Bingo at MSC</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>3:00pm - 4:00pm French*</p>	<p>9:15am - 10:15am Essentrics</p> <p>10:10am - 12:00pm Table Tennis</p> <p>12:00pm - 3:00pm Caribbean Seniors Social Activities</p> <p>1:00pm - 4:00pm Silayan Filipino Volunteer Group</p> <p>12:30pm - 5:00pm Happy Life Elderly Vietnamese</p> <p>Supported by: City of Mississauga Community Foundation of Canada Employment & Social Development Canada: New Horizons for Seniors Mississauga Central Lions Club Mississauga Foundation OACAO Ontario Trillium Foundation Ontario Ministry for Seniors & Accessibility Region of Peel Service Canada</p>

* Check with the Admin Office for the dates of these classes & Workshops

Internet Café (as available)
Monday - Friday
9:00am - 4:00pm

Programs and locations are subject to change.

Please see the Guide for cancellation dates.


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. Fee: \$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. Fee: \$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. Fee: \$6 per class
Essentrics	Saturday - Marlene	9:15am - 10:15am	Studio	This stretch & strengthening class is suitable for all fitness levels. Fee: \$6 per class
Fit & Strengthen	Tuesday - Sylvia	10:30am - 11:30am	Aud & Virtual	A great class for beginners and intermediates, it includes cardio work, strength training and a great stretch! Fee: \$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. Fee: \$10 Punch Card (10 Visits)

Pilates NEW!	Tuesday - Chris	12:30pm – 1:30pm	Aud	This great muscle conditioning class includes mat work on the floor. Beginning January 7. Fee: \$6 per class
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. Fee: \$6 per class
Seated Yoga	Wednesday - Sheri	12:00pm – 1:00pm	Studio & Virtual	Learn stretches & poses from the safety of a chair. Fee: \$6 per class
Tai Chi	Thursday - Jeff	10:30am - 11:30am	Aud	Learn 24 Form of Tai Chi with Jeff. Fee: \$6 per class
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. Fee: \$25.00 punch card (11 visits)
Toning	Tuesday - Sylvia	9:15am - 10:15am	Aud & Virtual	Improve your flexibility & strengthen your muscles with weight work, resistance training & stretching. Fee: \$6 per class
Zumba	Thursday - Gemma	9:15am - 10:15am	Aud & Virtual	Join us for this fun Latin dance/fitness class! Fee: \$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. Fee: \$6 for 1 hour / \$7.50 for 1.5 hours
Belly Dance Level 1 Performance Level 2	Thursday - Mary	3:00pm - 3:45pm 3:45pm - 5:00pm	Studio	Learn the shimmy, undulation & veil dance. Practice your belly dance & show off your moves in upcoming shows. Fee: \$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 - Marilyn Friday (Performance Class) - Marilyn 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. Fee: \$6 for 1 hour / \$7.50 for 1.5 hours
Line Dance Beginner	Monday - Marilyn (Level 1) Thursday - Marilyn (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. Dates: Mon Jan 6- 27; Feb 3, 10, 24 & Mar 3; Mar 10- 31; Apr 7- 28 Thu Jan 9- 30; Feb 6- 27; Mar 6- 27; Apr 3-24 Fee: \$24 for 4 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. Fee: \$2.75 per class
Stitch & Chat	Monday	12:30pm - 3:00pm	Program Room	This social & creative group works on projects for themselves & creates items for our craft sale. Fee: \$2.75 per class
Vocal Discovery for Seniors Funded by: 	Fridays – Carla	11:00am – 12:00pm	Studio	In this 4-week course, students will learn techniques as we sing along with popular tunes, including, warm ups, breath control, how to power up your vocal chords, stage fright techniques, presence on stage, singing exercises and more. Please sign up in advance. Dates: Jan 10 – 31 FREE
Watercolour Painting Intermediate Beginners Plus	Wednesday – Susan Thursday - Susan	1:00pm - 3:00pm 10:00am – 12:00pm	Program Room <i>(both days/ times)</i>	Intermediate: for the advanced student – subjects are challenging and advanced techniques developed. Pre-requisite: minimum 4-week beginner's class. Beginner: little or 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 class only. Dates: Wed Jan 15- Feb 12; Feb 19- Mar 26; Apr 2- May 7 Thu Jan 16- Feb 13; Feb 20- Mar 27; Apr 3- May 8 Fee: \$30 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 #M851211) / Fridays at Mississauga Seniors' Centre (License #M851214) Fee: \$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 - 4:00pm Euchre 1:00pm - 4:00pm	Program Room Program Room Studio	Enjoy a game of cards with a friendly group. Fee: \$2.75 per day
Mahjong & Rummikub	Monday	1:00pm - 3:00pm	Café	Learn to play this ancient game of tiles or fun tile game. Fee: \$2.75 per day
Scrabble	Wednesday	1:00pm - 4:00pm	Café	Work your brain playing with other members in this popular word game. Fee: \$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! Fee: \$2.75 per session

EDUCATION & SOCIAL


Program	Day & Instructor	Time	Location	Description & Fee
Book Club	Wednesday	11:00am - 12:30pm	Program Room	Love reading? Join this group & discuss a different book or documentary each class. Dates: Jan 29; Feb 26; Mar 26; Apr 30 Fee: \$3.00 per visit
Creative Writing	Friday - Bruno	12:30pm - 2:00pm	Program Room	They say everyone has a story in them or a novel to write. This class is open to anyone willing to try. Fee: \$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. FREE
Men's Club	Thursday	10:15am - 11:15am	Café	An informal & lively social group for the Centre's gentlemen. FREE
One-on-One Computer Workshops	Tuesday – Andy Thursday - Antony	11:00am – 12:00pm 10:30am – 11:30am	Tech Lab	Bring in your device and get help from our expert volunteers. Please book in advance. Fee: \$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. Dates: Jan 8 & 22; Feb 5 & 19; Mar 5 & 19; Apr 2 & 16 FREE

Beginners Language Class	Spanish Tuesday - Maria French Friday - Ramlah	1:00pm – 2:00pm 3:00pm – 4:00pm	Program Room	Learn a new language for fun and travel! Please register in advance. Fee: \$30 for 5 week course. Dates TBD
WOW Workshops (Working on Wellness)	Select Fridays	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. Dates: Check the bulletin board for dates & topics. FREE



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. Fee: \$3 per class
Al-Anon	Tuesday	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. Dates: Jan 22, Mar 5, Apr 16, May 28 Fee: \$15

Guided Meditation	Friday - Sonia	11:00am - 12:00pm	Virtual	Practise visualization & meditation techniques to aid in pain management & stress relief. FREE
Massage Therapy	Monday (Select)	12:00pm – 4:00pm	Wellness Room	Enjoy a professional massage by a RMT for relaxation & rejuvenation. Fee: \$40/ half hour, \$50/ 45 minutes, \$60/ hour
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. Dates: Jan 30, Feb 27, March 27, Apr 24 Fee: \$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 Doctor's Referral			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	Marylise Sookoor / 905.281.3044
Caribbean Seniors Social Activities	Saturday	12:00pm - 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 Pham / 647.800.5206 Peter Nhan Truong / 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 & 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 Frelik / 647.218.0999





**Book
a tour**
905-569-7155
x 8015



Come to *life* at the
Village



The Village of
ERIN MEADOWS

2930 Erin Centre Boulevard, Mississauga

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

WWW.AACMISS.CA



ROCK 'N ROLL REVIVAL GALA



FEATURING LIVE MUSIC BY **SATURDAY, FEBRUARY 22, 2025**



7:00 - 10:30 PM
DOORS OPEN
6:30PM

\$35 MEMBERS
\$40 NON-MEMBERS
\$280 FOR TABLE OF 8

TICKETS ON SALE STARTING DECEMBER 9, 2024



CALL (905) 615-3207 FOR MORE INFO

ACTIVE ADULT CENTRE OF MISSISSAUGA
377 BURNHAMTHORPE RD E, SUITE 116
MISSISSAUGA, ON L5A 3Y1

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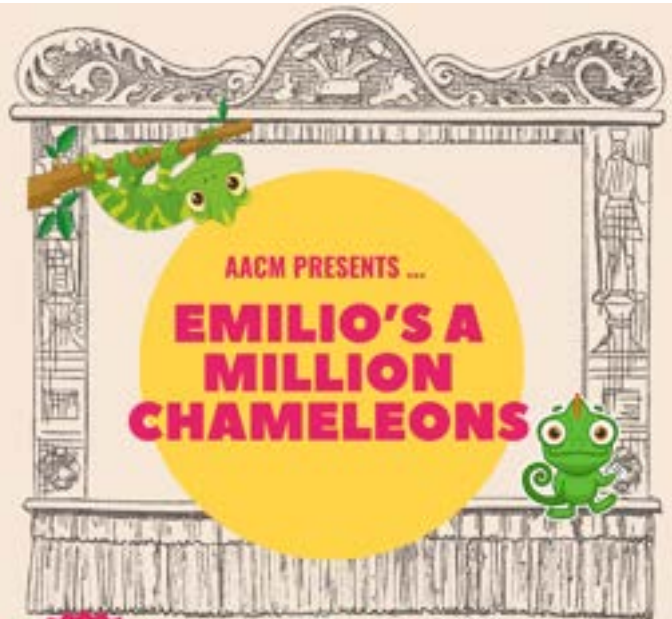
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AACM PRESENTS ...

EMILIO'S A MILLION CHAMELEONS

\$18 MEMBERS AND GUESTS

THURSDAY
MARCH 13, 2025

TWO PERFORMANCES
3:00 PM AND 7:00 PM

LIVE

A live puppet show perfect for all ages, featuring music, magic and amazement!

Active Adult Centre of Mississauga

Spring FUNDrive!

We are looking for donations of clothing, linens, housewares, books & puzzles for our next charity drive.

Donations accepted:

March 19 to April 8

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

DONATE

More Information:
905-615-3207

www.aacmiss.ca



Healthy Living at Parkland

Parkland on the Glen offers a holistic approach to wellness helping residents *Live Your Best Life*. With an on-site spa and fitness centre, many activities, and resources to stay fit and healthy, Parkland is more than just a home, it's a community.

Our Harmony Wellness Program reinforces healthy living for the mind, body and soul.

- Seminars and guest speakers
- Nutrition and wellness tips
- Scheduled outings and activities
- Drop-in classes like yoga, Tai Chi, and strength training

Book a tour with us today!

Contact Grace Mika at 905-820-8218
or gmika@shannes.com

experienceparkland.com/ontheglen
1665 The Collegeway, Mississauga, ON



ACTIVE ADULT INFO FAIR



Tuesday, March 18, 2025

11:00 AM - 3:00 PM

FREE ADMISSION

Stay active with us! Our Information Fair is back with vendors and live speakers focusing on physical and emotional health, well-being and recreational opportunities for older adults. **Giveaways & prizes included.**

Active Adult Centre of Mississauga
377 Burnhamthorpe Rd E, Suite 116
Mississauga, ON L5A 3Y1

AACM Donate-a-Car to Fuel Our Future



Do you have an old vehicle taking up space in your driveway or garage?
Consider donating it to the Active Adult Centre of Mississauga!

Your used vehicle can help support our mission to enrich the lives of adults 50+ in our community.

It's easy - our partner, Donate-A-Car Canada, will pick up your vehicle free of charge and handle the process from start to finish... and it's a WIN-WIN! Your donation is tax-deductible.

Visit aacmiss.ca/donate-a-car for details.



WWW.AACMISS.CA

ACTIVE ADULT CENTRE OF MISSISSAUGA

EUROPEAN VACATION SHOW



TUESDAY, MARCH 25, 2025
2:00 PM

MAJA PRENTICE THEATRE

3650 DIXIE RD, MISSISSAUGA ON, L4Y 2W8

Join our talented cast at the Maja Prentice Theatre as we reprise our fall original musical in a professional off-site theatre.



**\$18 MEMBERS
AND GUESTS**

VARIETY SHOW AUDITIONS

SHOW US YOUR TALENT!

We are looking for singers, dancers and storytellers to perform at our June 6th Variety Show.



TUESDAY, APRIL 1ST
AT 2 PM

Active Adult Centre of Mississauga
377 Burnhamthorpe Rd E., Suite 116
Mississauga ON, L5A 3Y1

FOR MORE INFORMATION: 905-615-3207

PLEASE REGISTER WITH LAURA



www.ashleyoaksretirement.com

email: info@ashleyoaksretirement.com

905-455-5163

Call to book a private tour!



Retirement Living
at Ashley Oaks

Not just a place to live, but a place to thrive!

Spring Clothing SALE

& silent auction

Items
starting
at \$1!



WEDNESDAY, APRIL 9, 2025
8:30 AM - 11:30 AM

A photograph of a chef in a white uniform and hat, smiling and holding a wooden tray with fresh vegetables like broccoli, carrots, and tomatoes. A white outline of a person is visible in the background.

Appetite for Murder

Things are heating up at the "Cultural Culinary Contest". Enjoy Lunch as you try to figure out who done it!

Members \$10.00
Guests \$12.00

Tuesday,
April 29
12:30 pm -
2:00 pm

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