MON V 915am-10:15am Coed Fitness Kamla Ongoing	23-Jar	Feb 1-28		sses	February Cla		
1. 10:00am-12:00pm	Cost		Instructor		•	Day	
L	\$6 per class	Ongoing	Kamla	Coed Fitness	9:15am-10:15am	L/V	MON
L	\$2.75 per day	On hold		Jewellery Making	10:00am-12:00pm	L	
L	\$6 per class	Ongoing	Connie	Line Dance	10:30am-12:00pm	L	
L 12:00pm-4:00pm	24 \$18 for 3 weeks	Feb 3, 10 & 24	Merilyn	Line Dance Beg Level 1	10:30am-11:30am	L	
L 12:00pm-4:00pm	\$6 per class	Ongoing	Susan	Gentle Yoga	12:00pm-1:00pm	L	
L 12:30pm-4:30pm	Various	Feb 3	Ping Ping	Massage Therapy	12:00pm-4:00pm	L	
L 1.00pm 3.00pm	\$2.75 per day	Ongoing	Volunteer	Stitch & Chat	12:30am-3:00pm	L	
L 1:30pm-1:30pm Chair-ercize Sain Ongoing Ongoing L 2:45pm-3:45pm Ballroom Line Sunny Ongoing Ongoing Chair Chair Ongoing On		Ongoing		Indonesian Seniors	12:30pm-4:30pm	L	
L 2.45pm-3.45pm Ballroom Line Sunny Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing Ongoing L 4.00pm-5.30pm Table Tennis Sylvia Ongoing Ongoing Table Tennis Sylvia Ongoing Ongoing Sylvia Ongoing	\$2.75 per day	Ongoing	Volunteer	Mahjong/Rummikub	1:00pm 3:00pm	L	
L 4:00pm-5:30pm Table Tennis Ongoing	\$6 per class	Ongoing	Kai	Chair-ercize	1:30pm-2:30pm	L	
TUES L/V 9:15am-10:15am L 10:00am-12:30pm stridge Toning Sylvia Ongoing Ongoing Bridge James Ongoing Ongoing Bridge Strength Sylvia Ongoing Ongoing Guided Meditation Lynda Ongoing Ongoing Ongoing Guided Meditation Lynda Ongoing Ongoing Ongoing Ongoing Dilates Chris Ongoing Ongoing Ongoing Dilates Chris Ongoing Ongoing Ongoing Dilates Chris Ongoing Dilates Chri	\$6 per class	Ongoing	Sunny	Ballroom Line	2:45pm-3:45pm	L	
NEW LV 10:30am-11:30am	\$25 Punch card	Ongoing		Table Tennis	4:00pm-5:30pm	L	
NEW! L/V 10:30am-11:30am Fit & Strength Sylvia Ongoing Ongoing Ongoing NEW! L 11:00am-12:30pm One-on-one Computer Tarining Andy Ongoing NEW! L 12:30pm - 1:30pm Euchre Volunteer Ongoing NEW! L 1:00pm - 2:00pm Euchre Volunteer Ongoing WED LV 9:00am-4:00pm Functional Fitness w/ Mall Walkers Ongoing L 1:015am-11:15am Functional Fitness w/ Mall Walkers Ongoing L 1:015am-11:15am Iine Dance 2 Merilyn Ongoing L 1:015am-11:20pm Duor River Cruise Info Tripoppo Feb 19 Feb 26 L 1:00am-12:00pm Book Club Volunteer Feb 26 Feb 19 Feb 19 Feb 19 Feb 26 Feb 19 Feb 19	\$6 per class	Ongoing	Sylvia	Toning	9:15am-10:15am	L/V	TUES
NEWI 12:30pm -12:00pm	\$2.75 per day	Ongoing	James	Bridge	10:00am-12:30pm	L	
NEW L 12:30pm -1:30pm Suided Meditation Lynda Ongoing	\$6 per class	Ongoing	Sylvia	Fit & Strength	10:30am- 11:30am	! L/V	NEW!
NEW! L 12:30pm - 1:30pm Pilates Chris Ongoing L 1:00pm - 2:00pm Euchre Volunteer Ongoing L 1:30pm - 4:00pm Table tennis TBD WED LV 9:00am-9:40am Functional Fitness w/ Mall Walkers Ongoing L 1:0:15am-11:15am Line Dance 2 Merilyn Ongoing L 1:0:30am-12:00pm Duoro River Cruise Info Tripoppo Feb 19 L 1:1:00am-12:00pm Building Bridges Pauline Feb 26 8 19 L 1:1:00am-12:00pm Beated Yoga Sheri Ongoing L 1:2:45pm-3:00pm Scated Yoga Sheri Ongoing L 1:0:0pm-3:00pm Matercolour Painting Int Susan Feb 19-Mar L 2:0:0pp-3:00pm ALCE Volunteer Ongoing L 1:0:0pam-2:0ppm ALCE Volunteer Ongoing THURS LVP 9:15am-10:15am Zumba Gold Germa Ongoing L 1:0:00am-12:00pm	\$11.30 per session	Ongoing	Andy	One-on-one Computer Tarining	11:00am-12:00pm	L	
1:00pm -4:00pm	\$3 per class	Ongoing	Lynda	Guided Meditation	11:30am-12:30pm	L	
1:00pm - 2:00pm	\$6 per class	Ongoing	Chris	Pilates	12:30pm - 1:30pm	! L	NEW!
MED I/V 9:00am-4:00pm	\$2.75 per day	Ongoing	Volunteer	Euchre	1:00pm - 4:00pm	L	
Very	\$30 for 5 weeks	TBD		Spanish for Beginners	1:00pm - 2:00pm	L	
WED L/V 9:00am-9:40am Functional Fitness w/ Mall Walkers Ongoing L 9:00am-4:00pm Foot Care Alex March 12 L 10:135am-11:1:5am Line Dance 2 Merilyn Ongoing L 10:30am - 12:00pm Book Club Volunteer Feb 19 L 11:00am-12:30pm Book Club Volunteer Feb 26 L 11:00am-12:00pm Building Bridges Pauline Feb 5 & 19 L 12:045pm-3:00pm Building Bridges Sheri Ongoing L 12:00pm-1:00pm Seated Yoga Sheri Ongoing L 1:00pm-3:00pm Watercolour Painting Int Susan Feb 19-Mar L 1:00pm-3:00pm ALCE Volunteer Ongoing THURS L/V 9:15am-10:15am Zubageons & Dragons Alex Ongoing THURS L/V 9:15am-11:50am Zubageons & Eragons Alex Ongoing THURS L/V 9:15am-11:50am Zubageons & Eragons Alex	\$25 Punch card	Ongoing		Table tennis	1:30pm -4:00pm	L	
L	\$10 Punch card	Ongoing	S	Functional Fitness w/ Mall Walker	9:00am-9:40am	L/V	WED
L	\$15 per visit	March 12	Alex	Foot Care	9:00am-4:00pm	L	
L	\$6 per class	Ongoing	Merilyn	Line Dance 2	10:15am-11:15am	L	
L	Free	Feb 19	Tripoppo	Duoro River Cruise Info	10:30am - 12:00pm	L	
L/V 12:00pm-1:00pm Seated Yoga Sheri Ongoing C 12:45pm-3:00pm Bingo Volunteer Ongoing C 1:00pm-4:00pm Scrabble Volunteer Ongoing C 1:00pm-3:00pm ALCE Volunteer Back in Feb 19-Mar C 2:00pm-5:00pm ALCE Volunteer Back in Feb Ongoing C 1:00pm-3:00pm ALCE Volunteer Back in Feb Ongoing C 0:30pm-8:30pm Dungeons & Dragons Alex Ongoing C 0:00am-12:00pm Reflexology & PEMF Monica Jan 30 Jan 30 L 10:00am-12:00pm Polish Social Club Kate Ongoing C 10:00am-12:00pm Watercolour Painting Beg Susan Feb 20-Mar	\$3 per visit	Feb 26	Volunteer	Book Club	11:00am-12:30pm	L	
L/V 12:00pm-1:00pm Seated Yoga Sheri Ongoing C 12:45pm-3:00pm Bingo Volunteer Ongoing C 1:00pm 4:00pm Scrabble Volunteer Ongoing C 1:00pm-3:00pm Matercolour Painting Int Susan Feb 19-Mar Feb 19-Mar Feb 19-Mar Susan Feb 19-Mar Fe	Free	Feb 5 & 19	Pauline	Building Bridges	11:00am-12:00pm	L	
L	\$6 per class	Ongoing	Sheri		•	L/V	
L 1:00pm 4:00pm Scrabble Volunteer Ongoing	\$5 and \$10 cards		Volunteer	=			
L 1:00pm-3:00pm Watercolour Painting Int Susan Feb 19-Mar	\$2.75 per day		Volunteer	_		L	
L 2:00pm-5:00pm		Feb 19-Mar 26	Susan	Watercolour Painting Int		L	
L 3:15pm-4:45pm Table Tennis Dungeons & Dragons Alex Ongoing	•	Back in Feb	Volunteer			L	
THURS L/V 9:15am-10:15am Zumba Gold Gemma Ongoing L 10:00am - 2:00pm Reflexology &PEMF Monica Jan 30 L 10:00am - 12:00pm Polish Social Club Kate Ongoing L 10:00am - 12:00pm Watercolour Painting Beg Susan Feb 20-Mar L 10:15am - 11:15am Men's Club Volunteer Ongoing L 10:30am - 11:30am Tai Chi Jeff Ongoing L 12:00pm - 1:00pm Chair-ercise Kai Ongoing L 1:30pm - 2:30pm Cribbage Volunteer Ongoing L 1:30pm - 2:30pm Ballroom Line Sunny Ongoing L 1:30pm - 2:30pm Ballroom Line Sunny Ongoing L 1:30pm - 2:30pm Ballroom Line Marry Ongoing L 1:30pm - 2:30pm Belly Dance Level 2 Merilyn P66-27 L 3:45pm - 5:00pm Belly Dance Level 2 Performance Mary Ongoing FRI </th <th>\$25 Punch card</th> <th>Ongoing</th> <th></th> <th>Table Tennis</th> <th></th> <th></th> <th></th>	\$25 Punch card	Ongoing		Table Tennis			
THURS I/V 9:15am-10:15am	\$2.75 per session		Alex	Dungeons & Dragons			
L 10:00am - 2:00pm	\$6 per class						THURS
L	\$35 for 30 minutes						
L	700 101 00 11111100				•		
L	27 \$36 for 6 classes	Feb 20-Mar 27			-		
L	Free				•		
L	\$6 per class						
L 1:00pm-3:00pm Cribbage Volunteer Ongoing	\$6 per class						
L 1:30pm-2:30pm	\$2.75 per day						
L	\$6 per class			_			
L 1:30pm-2:30pm Line Dance Beg Level 2 Merilyn Feb 6-27 L 3:00pm-3:45pm Belly Dance Level 1 Mary Ongoing L 3:45pm-5:00pm Belly Dance Level 2 Performance Mary Ongoing L 3:15pm - 4:45pm Table Tennis Ongoing L/V 9:15am-10:15am Coed Fitness Liz Ongoing L 10:30am-11:30am Line Dance Performance Merilyn Ongoing L/V 11:00am-12:00pm Virtual Guided Meditation Sonia Ongoing L/V 11:00am-12:00pm Current Affairs & Chatter Melissa Ongoing L/V 11:00am-12:00pm WOW- Chocolate Demo Amica Feb 7 L 10:30am - 12:00pm WOW- Treat Yourself Laura Feb 14 L 10:30am - 12:00pm WOW- Treat Yourself Laura Feb 21 L 10:30am-12:00pm WOW- Brain Health Cognicity Feb 28 L 11:30am-12:30pm WOW- Brain Health Cognicity Feb 28	\$7.50 per class		,				
L 3:00pm-3:45pm Belly Dance Level 1 Mary Ongoing	\$24 for 4 classes		•				
L 3:45pm-5:00pm Belly Dance Level 2 Performance Mary Ongoing	\$6 per class		•	_			
L 3:15pm - 4:45pm Table Tennis Ongoing	\$6 per class		-	•	·		
FRI L/V 9:15am-10:15am Coed Fitness Liz Ongoing L 10:30am-11:30am Line Dance Performance Merilyn Ongoing V 11:00am-12:00pm Virtual Guided Meditation Sonia Ongoing L/V 11:00am-12:00pm Current Affairs & Chatter Melissa Ongoing L 10:30am - 12:00pm WOW- Chocolate Demo Amica Feb 7 L 10:30am - 12:00pm WOW- Treat Yourself Laura Feb 14 L 10:30am - 12:00pm WOW- Choco;ate Demo Amica Feb 21 L 10:00am-11:00am WOW- Brain Health Cognicity Feb 28 L 11:30am-12:30pm WOW- Brain Health Cognicity Feb 28 L 12:00pm-1:00pm Gentle Yoga Susan Ongoing L 12:30pm-2:00pm Write Impressions Bruno Ongoing MSC 12:45pm -3:00pm Bingo@MississaugaSeniorCentre Ongoing L 1:30pm-2:30pm Line Dance Connie Ongoing L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mail SAT L 9:15am-10:15am Essentrics Marlene Ongoing	\$25 Punch card		,	-			
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V 11:00am-12:00pm Virtual Guided Meditation Sonia Ongoing L/V 11:00am-12:00pm Current Affairs & Chatter Melissa Ongoing L 10:30am - 12:00pm WOW- Chocolate Demo Amica Feb 7 L 10:30am - 12:00pm WOW- Treat Yourself Laura Feb 14 L 10:30am - 12:00pm WOW- Choco; ate Demo Amica Feb 21 L 10:00am-11:00am WOW- Brain Health Cognicity Feb 28 L 11:30am-12:30pm WOW- Brain Health Cognicity Feb 28 L 12:00pm-1:00pm Gentle Yoga Susan Ongoing L 12:30pm-2:00pm Write Impressions Bruno Ongoing MSC 12:45pm -3:00pm Bingo@MississaugaSeniorCentre Ongoing L 1:30pm-2:30pm Silver Balance Chris Ongoing L 1:30pm-2:30pm Line Dance Connie Ongoing L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mai	\$6 per class						
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L 12:30pm-2:00pm Write Impressions Bruno Ongoing MSC 12:45pm -3:00pm Bingo@MississaugaSeniorCentre Ongoing L 1:30pm-2:30pm Silver Balance Chris Ongoing L 1:30pm-2:30pm Line Dance Connie Ongoing L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mar SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	\$6 per class				•		
MSC 12:45pm -3:00pm Bingo@MississaugaSeniorCentre Ongoing L 1:30pm-2:30pm Silver Balance Chris Ongoing L 1:30pm-2:30pm Line Dance Connie Ongoing L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mai SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	\$3.50 per class						
L 1:30pm-2:30pm Silver Balance Chris Ongoing L 1:30pm-2:30pm Line Dance Connie Ongoing L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mai SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	· ·		Sidilo	•			
L 1:30pm-2:30pm Line Dance Connie Ongoing L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mar SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	\$5 and \$10 cards		Chris				
L 2:45pm-4:30pm Table Tennis Ongoing L 3:00pm-4:00pm French for Beginners Feb 21- Mai SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	\$6 per class						
L 3:00pm-4:00pm French for Beginners Feb 21- Mar SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	\$6 per class		Connie				
SAT L 9:15am-10:15am Essentrics Marlene Ongoing L 10:10am-12:00pm Table Tennis Ongoing	\$25 Punch card				2:45pm-4:30pm	L	
L 10:10am-12:00pm Table Tennis Ongoing	21 \$30 for 5 weeks	Feb 21- Mar 21		French for Beginners	3:00pm-4:00pm	L	
	\$6 per class	Ongoing	Marlene	Essentrics	9:15am-10:15am	L	SAT
12:30pm-3:00pm Caribbean Seniors Social Ongoing	\$25 Punch card	Ongoing		Table Tennis	10:10am-12:00pm	L	
and the second s		Ongoing		Caribbean Seniors Social	12:30pm-3:00pm		
1:00pm-4:00pm Silayan Filipino Ongoing				Silayan Filipino			
12:30pm-5:00pm Happy Life Elderly Vietnamese Ongoing							
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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

Cancellation Days: February 17 for Family Day