

February Classes

Feb 1-28

23-Jan

	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		On hold	\$2.75 per day
	L 10:30am-12:00pm	Line Dance	Connie	Ongoing	\$6 per class
	L 10:30am-11:30am	Line Dance Beg Level 1	Merilyn	Feb 3, 10 & 24	\$18 for 3 weeks
	L 12:00pm-1:00pm	Gentle Yoga	Susan	Ongoing	\$6 per class
	L 12:00pm-4:00pm	Massage Therapy	Ping Ping	Feb 3	Various
	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/ Rummikub	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
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 Tarining	Andy	Ongoing	\$11.30 per session
NEW!	L 11:30am-12:30pm	Guided Meditation	Lynda	Ongoing	\$3 per class
	L 12:30pm - 1:30pm	Pilates	Chris	Ongoing	\$6 per class
	L 1:00pm - 4:00pm	Euchre	Volunteer	Ongoing	\$2.75 per day
	L 1:00pm - 2:00pm	Spanish for Beginners		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	March 12	\$15 per visit
	L 10:15am-11:15am	Line Dance 2	Merilyn	Ongoing	\$6 per class
	L 10:30am - 12:00pm	Duoro River Cruise Info	Tripoppo	Feb 19	Free
	L 11:00am-12:30pm	Book Club	Volunteer	Feb 26	\$3 per visit
	L 11:00am-12:00pm	Building Bridges	Pauline	Feb 5 & 19	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	Feb 19-Mar 26	\$36 for 6 classes
	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	
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	Feb 20-Mar 27	\$36 for 6 classes
	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	Feb 6-27	\$24 for 4 classes
	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	\$6 per class
	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 10:30am - 12:00pm	WOW- Chocolate Demo	Amica	Feb 7	Free
	L 10:30am - 12:00pm	WOW- Treat Yourself	Laura	Feb 14	Free
	L 10:30am - 12:00pm	WOW- Choco;ate Demo	Amica	Feb 21	Free
	L 10:00am-11:00am	WOW- Brain Health	Cognicity	Feb 28	Free
	L 11:30am-12:30pm	WOW- Brain Health	Cognicity	Feb 28	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
	MSC 12:45pm -3:00pm	Bingo@MississaugaSeniorCentre		Ongoing	\$5 and \$10 cards
	L 1:30pm-2:30pm	Silver Balance	Chris	Ongoing	\$6 per class
	L 1:30pm-2:30pm	Line Dance	Connie	Ongoing	\$6 per class
L 2:45pm-4:30pm	Table Tennis		Ongoing	\$25 Punch card	
L 3:00pm-4:00pm	French for Beginners		Feb 21- Mar 21	\$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

Check out our website at www.aacmiss.ca for more information

Cancellation Days: February 17 for Family Day