



**FOR
ADULTS
50+**

Summer 2025 ACTIVITY GUIDE

May - August

905.615.3207

www.aacmiss.ca

Charitable Registration No.

81959 5893 RR001

Upcoming Events

All That Glitters Jewelry Sale May 20 - June 2 9:00 AM - 2:00 PM 	Gold Party Wednesday, May 21 10:00 AM - 1:00 PM 	Beyond Ballroom Friday, May 23 7:00 PM - 10:30 PM 	Music & Movement "A Trip Around Europe" Tuesday, May 27 2:30 PM 
Books & More Sale June 5 & June 6 9:00 AM - 3:00 PM 	Author's Spotlight Friday, June 6 10:30 AM - 12:00 PM 	Spring Fling Lunch and Dance Tuesday, June 10 12:30 - 4:00 PM <i>Music by The Pepper Shakers</i> 	17th Annual Variety Show Friday, June 13 2:00 PM 
Keep Fit Fun Day Thursday, June 19 9:00 AM - 4:00 PM 	Seniors' Month Games Day Friday, June 24 2:00 - 4:00 PM 	Victorian Tea Tuesday, July 8 2:30 PM - 4:30 PM 	Celebration of Memories: Music & Meals, 2 Dates Tuesday, July 22 & Tuesday, August 26 4:30 PM - 6:30 PM 

Please take note:

No events or classes will take place in the AACM Auditorium in August 2025, due to floor replacement. Please check schedule for cancellations.

For More Event Information & How to RSVP:

- 905-615-3207
- info@aacmiss.ca

Inquire in-person during Administration Office Hours (*Mon-Fri, 8:30 AM - 4:30 PM*)

Thank you for joining us!



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

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.

Summer 2025 Closure Dates

Victoria Day

Monday, May 19

Canada Day

Tuesday, July 1

Civic Holiday

Monday, August 4

Labour Day

Monday, September 1

Information may change after guide has 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

As we look forward to the warmth and sunshine of the coming summer months, we are reminded of our Vision for the AACM. A community of healthy, happy and engaged seniors and older adults, enjoying life and thriving in a warm and welcoming space.

What sets the AACM apart is how it allows us to truly get to know and look out for each other, creating connections and friendships, and offering support when needed.

The AACM is genuinely unique. Part social club, part activity centre, and part community hub. The wide variety of stuff to do and enjoy means there is something for everyone to be a part of. We take care of our members' physical, mental and social development through our many programs, supercharged with the power of personal connection!

And YOU belong here! Did you know our members range in age from 50 to over 100 years young, are men and women, and represent the rich, multi-cultural diversity of Mississauga. We also host a number of cultural partner groups, ready to welcome you.

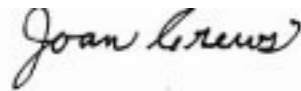
Many of our members are also our volunteers, donating their time and talents to help the Centre function, while participating and having fun themselves. A perfect circle of uplifting and supporting ourselves and each other, the true meaning of community.

If you would like to learn more about the AACM, please pay us a visit. We are happy to show you around the Centre, as there is no better way to **feel the AACM difference for yourself!**

You are welcome to attend up to 4 times, paying for each visit, before purchasing a membership... and we think you may choose to stay once you experience us firsthand!

With the warm weather soon upon us, there's no better time to get out and join the fun at the AACM!

Hope to see you here soon.



Board President AACM



Our Vision

A dynamic and vibrant community of healthy, happy and engaged older adults.



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 your donation! Visit us at the Centre, or at www.aacmiss.ca to see how you can give. Every gift matters, and every gift helps.

Active Adult Centre of Mississauga Weekly Calendar Spring/Summer 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Active Adult Centre of Mississauga (905) 615-3207 Admin Office Hours Monday - Friday: 8:30am - 4:30pm Saturday: 9:00am - 4:00pm www.aacmiss.ca	9:15am - 10:15am Co-ed Fitness (LV) 10:30am - 12:00pm Line Dancing 10:30am - 11:30am Line Dance Beginners Level 1* 12:00pm - 4:00pm Massage Therapy (Selected dates)* 12:00pm - 1:00pm Gentle Yoga 12:30pm - 3:00pm Stitch & Chat 12:30pm - 4:30pm Indonesian Seniors Group 1:00pm - 3:00pm Mahjong & Rummikub 1:30pm - 2:30pm Chair-ercise (LV) 2:45pm - 3:45pm Ballroom Line Dancing 4:00pm - 5:30pm Table Tennis 6:30pm - 9:00pm Intergenerational Line Dance	9:15am - 10:15am Toning (LV) 10:00am - 1:00pm Bridge 10:00am - 11:00am AL-ANON 10:30am - 11:30am Fit & Strengthen (LV) 11:30am - 12:30pm Active Meditation 12:30pm - 1:30pm Pilates 1:30pm - 2:30pm Ukulele* 1:00pm - 4:00pm Euchre 2:00pm - 4:00pm Table Tennis 3:00pm - 4:00pm Spanish* (V) denotes a virtual program (LV) denotes live and virtual hybrid class (P) denotes a phone-in program	9:00am - 9:40am Functional Fitness with the Mail Walkers (LV/P) 9:00am - 4:00pm Foot Care (Selected Wednesdays)* 9:30am - 10:30am 10:15am - 11:15am Line Dancing 11:00am - 12:30pm Book Club 11:00am - 12:30pm Building Bridges* 11:00am - 12:00pm Seniors Grief Circle* 12:00pm - 1:00pm Seated Yoga 12:45pm - 3:00pm Bingo 1:00pm - 3:00pm Watercolour Painting Intermediate* 1:00pm - 3:30pm Art Workshops* 1:00pm - 4:00pm Scrabble 2:00pm - 5:00pm ALCE—Latin America Art & Healing Group 3:15pm - 4:45pm Table Tennis 6:30pm - 9:30pm Intergenerational Line Dance 6:30pm - 8:30pm Dungeons & Dragons (Intergenerational)	9:15am - 10:15am Zumba Gold (LV) 10:00am - 2:00pm Reflexology & PMF (Selected dates)* 10:00am - 12:00pm Polish Social Club 10:00am - 12:00pm Watercolour Painting Beginner Plus* 10:00am - 12:30pm Art Workshops* 10:15am - 11:15am Men's Club 10:30am - 11:30am Tai Chi 12:00pm - 1:00pm Chair-ercise (LV) 1:00pm - 3:00pm Cribbage 1:30pm - 2:30pm Ballroom Line Dancing 1:30pm - 3:00pm Ballroom Line Dancing 1:30pm - 2:30pm Line Dance Beginners Level 2* 3:00pm - 3:45pm Belly Dancing Level 1 3:45pm - 5:00pm Performance Belly Dance 3:15pm - 4:45pm Table Tennis 7:30pm - 10:30pm Mississauga Chinese Arts Organization.	9:15am - 10:15am Co-ed Fitness (LV) 10:30am - 11:30am Performance Line Dancing 11:00am - 12:00pm Guided Meditation (VIP) 11:00am - 12:00pm Current Events & Chatter 12:00pm - 1:00pm Gentle Yoga 12:30pm - 2:00pm Creative Writing / The Write Impressions 1:00pm - 3:00pm Bingo at MSC 1:30pm - 2:30pm Line Dancing 1:30pm - 2:30pm Silver Balance 2:45pm - 4:30pm Table Tennis 3:00pm - 4:00pm French*	9:15am - 10:15am Essentrics 10:10am - 12:00pm Table Tennis 12:00pm - 3:00pm Caribbean Seniors Social Activities 1:00pm - 4:00pm Silayan Filipino Volunteer Group 12:30pm - 5:00pm Happy Life Elderly Vietnamese
* 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.			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			

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 - TBD	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 Mail 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. 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 1:45pm – 3:45pm 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 Combined	Thursday - Mary	3:00pm – 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 - Merilyn Friday (Performance Class) - Merilyn 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 – Merilyn (Level 1) Thursday – Merilyn (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 May 5- June 2, June 9- 30, July 7 – 28, Aug TBD Thu May 1- 22, May 29- June 26, July 3 -31, Aug TBD Fee: \$24 for 4 Weeks, \$30 for 5 weeks

ART, CRAFTS & MUSIC

Program	Day & Instructor	Time	Location	Description & Fee
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

Art classes: Please see Admin Office for full descriptions and to establish your level.

Summer Art Workshops Beginner	Thursday - Susan	10:00am – 12:30pm	Program Room	Drawing for Beginners – July 3, 10 & 17 Collage for Beginners – July 24, 31 & Aug 7 Mixed Media for Beginners – Aug 14, 21 & 28 Fee: \$24 for 3 weeks
Summer Art Workshops Intermediate	Wednesday – Susan	1:00pm - 3:30pm	Program Room	Drawing for Intermediates – July 2, 9 & 16 Collage for Intermediates – July 23, 30 & Aug 6 Mixed Media for Intermediates – Aug 13, 20 & 27 Fee: \$24 for 3 weeks
Watercolour Painting Beginners Plus	Thursday - Susan	10:00am – 12:00pm	Program Room	Beginner: little or no experience required, or brush up on your basic skills. Materials supplied for first class only. Dates: May 15 – June 19 Fee: \$36 for 6 weeks
Watercolour Painting Intermediate	Wednesday – Susan	1:00pm - 3:00pm	Program Room	Intermediate: for the advanced student – subjects are challenging and advanced techniques developed. Pre- requisite: minimum 6-week beginner's class/ instructor's discretion. Dates: May 14 – June 18 Fee: \$36 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 location. 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: May 28, June 25, Sept 24 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 - Anthony	11:00am – 12:00pm (pending Instructor) 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: May 7 & 21, June 4 & 18 FREE
Beginners Language Class	Spanish Tuesday - Maria French Friday - Ramlah	3:00pm – 4:00pm 3:00pm – 4:00pm	Program Room	Learn a new language for fun and travel! Please register in advance. Fee: \$30 for 5 week course. Please see Admin Office for dates

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	Wednesdays	9:00am - 4:00pm	Wellness Room	Foot treatment by a certified Chiroprapist. Provided by Lakeshore Foot Clinic. Dates: May 28, July 9, Aug 20 Fee: \$15
Seniors Grief Circle	Wednesdays – Karen	11:00am – 12:00pm	Program Room	A warm, safe space to share your loss, feel supported and receive gentle guidance. Dates: May 14, June 11, July 9, Aug 13 FREE
Guided Meditation	Friday - Sonia	11:00am - 12:00pm	Virtual	Practise visualization & meditation techniques to aid in pain management & stress relief. FREE
Massage Therapy	Monday – Ping Ping (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
Reflexology & PMF	Thursday – Monica (Select)	10:00am – 2:00pm	Wellness Room	Feel rejuvenated & reduce stress with this specialized hand & foot massage treatment. 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 health care providers to refer individuals to our Centre. Outcomes include free membership & 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	Marylse 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

GOLD PARTY



Bring your gold items for appraisal and earn money!
Government-issued ID required.

WEDNESDAY, MAY 21, 2025

10:00 AM - 1:00 PM



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

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all that glitters
JEWELRY SALE

TUESDAY, MAY 20 to
MONDAY, JUNE 2

9:00 AM - 2:00 PM

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

BEYOND BALLROOM

**FRIDAY
MAY 23, 2025
7:00 PM**

Members \$12.00

Guests (All Ages) \$14.00

*Desserts & Hors d'oeuvres
included*

Live Demos & Open
Dance Floor

*Featuring:
Centre Stage Dance*

*Toronto Ballroom
Academy*

Wheeldance

*Active Adult Centre
of Mississauga*

"MUSIC AND MOVEMENT FOR MATURE ADULTS"

ACTIVE ADULT CENTRE OF MISSISSAUGA
PRESENTS

"A TRIP AROUND EUROPE IN SONG"

Tuesday, May 27

2:30 pm



FREE EVENT

TICKETS ARE LIMITED!



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



FUNDED BY THE
Hazel McCallion Fund
for Arts, Culture &
Heritage

BOOKS & MORE SALE

Pick up some great summer reads
from our tables in
CENTRAL PARKWAY MALL
(Downstairs from AACM)

**THURSDAY JUNE 5 AND
FRIDAY JUNE 6**

10:30 AM TO 3:00 PM



Soup & Sandwich Special
Available at AACM Sunlight Cafe

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



AUTHOR SPOTLIGHT

*An afternoon of original fiction,
nonfiction and poetry written by our
Creative Writing class, including
published authors!*
Light refreshments provided.

FREE EVENT

**FRIDAY, JUNE 6
10:30 AM - 12:00 PM**

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

Spring Fling

LUNCH & DANCE

TUESDAY, JUNE 10
12:30 PM - 4:00 PM

\$ 18 MEMBERS
\$ 20 GUESTS

MUSIC BY
THE PEPPER SHAKERS

ENJOY A ROAST BEEF LUNCH AS YOU DANCE
THE AFTERNOON AWAY TO THE PEPPER SHAKERS!



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

AACM 17TH ANNUAL Variety Show

Enjoy an afternoon of song & dance by our talented members,
and a showcase of some of our great classes.

Light refreshments included.

FRIDAY, JUNE 13, 2025
2:00 PM

\$10 MEMBERS
\$12 GUESTS



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



KEEP FIT FUN DAY!



THURSDAY, JUNE 19, 20 25
9:00 AM - 4:00 PM

Active Adult Centre
Auditorium

Join us for a day of FREE
active classes compliments
of Participaction!

FREE EVENT




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

SENIORS' MONTH GAMES DAY



**TUESDAY,
JUNE 24
2025**

**1:00 PM
-
4:00 PM**



**CARD GAMES
MAH-JONG
SCRABBLE
AND MORE!**



FREE EVENT
Light refreshments provided



VICTORIAN TEA

*Don your gloves and hats for this
tea and treats with Victorian flair.*

TUESDAY, JULY 8, 2025
2:30 PM - 4:30 PM

**\$5 MEMBERS
\$6 GUESTS**




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



A CELEBRATION OF MEMORIES: MUSIC & MEALS

TWO DATES:
**TUESDAY, JULY 22
AND
TUESDAY, AUGUST 26**
4:30 PM - 6:00 PM

**\$5 MEMBERS
\$5 GUESTS**

Bring your friends to enjoy live
music and presentations on
different decades in our
musical history, while enjoying
a communal dinner.

377 Burnhamthorpe Road East, Suite 116
Mississauga, ON, L5A3Y1
905.615.3207





DISCOVER Exceptional SENIOR LIVING

Experience premium senior living that offers professional, personalized care, a variety of enriching activities, and well-appointed amenities—all to foster a sense of safety, purpose and joy.

Contact any of our Mississauga locations to book a private tour:

AMICA CITY CENTRE ■ 905-803-8100

AMICA ERIN MILLS ■ 905-816-9163

AMICA CREDIT MILLS ■ 905-858-7777

Amica Credit Mills Opening This Summer

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