

July Classes					July 2- 31	27-Jun	
	Day	Time	Class	Instructor	Dates	Cost	Room
MON	L/V	9:15am-10:15am	Coed Fitness	Kamla	Ongoing	\$6 per class	Aud
	L	9:15am-10:15am	Tai Chi	Jeff	Ongoing	\$6 per class	Studio
	L	10:00am -1:00pm	Hearing Clinic	Hear Canada	June 30	Free	
	L	10:30am-12:00pm	Line Dance	Connie	Ongoing	\$6 per class	Studio
	L	10:30am-11:30am	Line Dance Beg Level 1	Merilyn	July 7-28	\$24 for 4 classes	Aud
	L	12:00pm-1:00pm	Gentle Yoga	Susan	Ongoing	\$6 per class	Aud
	L	12:00pm-4:00pm	Massage Therapy	Ping Ping	July 7	Various	WR
	L	12:30am-3:00pm	Stitch & Chat	Volunteer	Ongoing	\$2.75 per day	PR
	L	12:30pm-4:30pm	Indonesian Seniors		Ongoing		Studio
	L	1:00pm 3:00pm	Mahjong/ Rummikub	Volunteer	Ongoing	\$2.75 per day	Café
	L	1:30pm-2:30pm	Chair-ercise	Kai	Ongoing	\$6 per class	Aud
	L	2:45pm-3:45pm	Ballroom Line	Sunny	Ongoing	\$6 per class	Aud
	L	4:00pm-5:30pm	Table Tennis		Ongoing	\$25 Punch card	Aud
TUES	L/V	9:15am-10:15am	Toning	Sylvia	Ongoing	\$6 per class	Aud
	L	10:00am-12:30pm	Bridge	James	Ongoing	\$2.75 per day	PR
NEW!	L/V	10:30am- 11:30am	Fit & Strength	Sylvia	Ongoing	\$6 per class	Aud
	L	11:30am-12:30pm	Guided Meditation	Lynda	Ongoing	\$3 per class	Studio
NEW!	L	12:30pm - 1:30pm	Pilates	Chris	Ongoing	\$6 per class	Aud
	L	1:00pm - 4:00pm	Euchre	Volunteer	Ongoing	\$2.75 per day	Studio
New!	L	1:30pm - 2:30pm	Ukulele for Beginners	Celia	July 8- 29	\$24 for 4 classes	PR
	L	1:30pm -4:00pm	Table tennis		Ongoing	\$25 Punch card	Aud
WED	L/V	9:00am-9:40am	Functional Fitness w/ Mall Walkers		Ongoing	\$10 Punch card	Aud
	L	9:00am-4:00pm	Foot Care	Alex	July 9	\$15 per visit	WR
	L	9:30am-10:30am	Urban Pole Walking	Susan	Weather permitting	\$6 per class	
	L	10:15am-11:15am	Line Dance 2	Merilyn	Ongoing	\$6 per class	Aud
	L	11:00am-12:00pm	Seniors Grief Circle	Karen	July 9	Free	PR
	L	11:00am-12:30pm	Book Club	Volunteer	July 30	\$3 per visit	PR
	L	11:00am-12:30pm	Building Bridges	Pauline	Off for summer	Free	PR
	L/V	12:00pm-1:00pm	Seated Yoga	Sheri	Ongoing	\$6 per class	Studio
	L	12:45pm-3:00pm	Bingo	Volunteer	Ongoing	\$5 and \$10 cards	Aud
	L	1:00pm 4:00pm	Scrabble	Volunteer	Ongoing	\$2.75 per day	Café
	L	1:00pm-3:30pm	Drawing for Intermediates	Susan	July 2, 9 & 16	\$24 for 3 weeks	PR
	L	1:00pm-3:30pm	Collage for Intermediates	Susan	July 23- Aug 6	\$24 for 3 weeks	PR
	L	1:00pm-3:30pm	Mixed Media for Int.	Susan	Aug 13, 20 & 27	\$24 for 3 weeks	PR
	L	2:00pm-5:00pm	ALCE	Volunteer	Ongoing		Studio
	L	3:15pm-4:45pm	Table Tennis		Ongoing	\$25 Punch card	Aud
	L	6:30pm-8:30pm	Dungeons & Dragons	Alex	Ongoing	\$2.75 per session	Studio
THURS	L/V	9:15am-10:15am	Zumba Gold	Gemma	Ongoing	\$6 per class	Aud
	L	10:00am - 2:00pm	Reflexology &PEMF	Monica	July 31	\$35 for 30 minutes	WR
	L	10:00am-12:00pm	Polish Social Club	Kate	Ongoing		Studio
	L	10:00am-12:30pm	Drawing for Beginners	Susan	July 3, 10 & 17	\$24 for 3 weeks	PR
	L	10:00am-12:30pm	Collage for Beginners	Susan	July 24 - Aug 7	\$24 for 3 weeks	PR
	L	10:00am-12:30pm	Mixed Media for Beg.	Susan	Aug 14, 21 & 28	\$24 for 3 weeks	PR
	L	10:15am-11:15am	Men's Club	Volunteer	Ongoing	Free	Café

	L	11:00am-12:00pm	One-on-one Computer	Anthony	Ongoing	\$11.30 per session	tech
	L	10:30am-11:30am	Tai Chi	Jeff	Ongoing	\$6 per class	Aud
	L	12:00pm-1:00pm	Chair-ercise	Kai	Ongoing	\$6 per class	Aud
	L	1:00pm-3:00pm	Cribbage	Volunteer	Ongoing	\$2.75 per day	PR
	L	1:30pm- 2:30pm	Ballroom Line	Sunny	Ongoing	\$6 per class	Aud
	L	1:30pm-3:00pm	Ballroom Line	Sunny	Ongoing	\$7.50 per class	Aud
	L	1:30pm-2:30pm	Line Dance Beg Level 2	Merilyn	July 3-31	\$30 for 5 classes	Studio
	L	3:00pm-5:00pm	Belly Dance	Mary	Ongoing	\$6 per class	Studio
	L	3:15pm - 4:45pm	Table Tennis		Ongoing	\$25 Punch card	Aud
FRI	L/V	9:15am-10:15am	Zumba Gold	Gemma	Ongoing	\$6 per class	Aud
	L	10:30am-11:30am	Line Dance Performance	Merilyn	Ongoing	\$6 per class	Aud
	V	11:00am-12:00pm	Virtual Guided Meditation	Sonia	Ongoing	Free	
	L/V	11:00am-12:00pm	Current Affairs & Chatter	Melissa	Ongoing	Free	PR
	L	12:00pm-1:00pm	Gentle Yoga	Susan	Ongoing	\$6 per class	Aud
	L	12:30pm-2:00pm	Write Impressions	Bruno	Ongoing	\$3.50 per class	PR
	MSC	12:45pm -3:00pm	Bingo@MississaugaSeniorCentre		Ongoing	\$5 and \$10 cards	
	L	1:30pm-2:30pm	Silver Balance	Chris	Ongoing	\$6 per class	Studio
	L	1:30pm-2:30pm	Line Dance	Connie	Ongoing	\$6 per class	Aud
	L	2:45pm-4:30pm	Table Tennis		Ongoing	\$25 Punch card	Aud
SAT	L	9:15am-10:15am	Essentrics	Marlene	Ongoing	\$6 per class	Studio
	L	10:00am-12:00pm	Table Tennis		Ongoing	\$25 Punch card	Studio
		12:30pm-3:00pm	Caribbean Seniors Social		Ongoing		PR
		1:00pm-4:00pm	Silayan Filipino		Ongoing		Studio
		12:30pm-5:00pm	Happy Life Elderly Vietnamese		Ongoing		Aud

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: Canada Day July 1, Civic Holiday August 4
NOTE: The aud froor is being replaced beginning August 1st, Watch the board for cancellation.