

AUTUMN EVENTS CALENDAR - 60 YEARS & OVER

“There shall be eternal summer in the grateful heart.” - Celia Thaxter

EVERY MON

- Forever Fit Ladies**
- 9:15 a.m. - 13 Classes
- Starts Monday, Sept. 10
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Full Functional Workout**
- 9:15 a.m. - 13 Classes
- Starts Monday, Sept. 10
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Monday Morning Dance**
- 10:00 a.m. to 12:00 Noon
- Every Monday, Starting Sept.
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$2.00 - (905) 615-4810
- Fit Fellows**
- 10:20 a.m. - 13 Classes
- Starts Monday, Sept. 10
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- OsteoFIT**
- 10:30 a.m. - 13 Classes
- Starts Monday, Sept. 10
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Weight Training & Fit Class**
- 11:30 a.m. - 12 Classes
- Starts Monday, Sept. 10
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810

EVERY TUES

- Keep Fit for Bones Level 2**
- 9:30 a.m. - 14 Classes
- Starts Tuesday, Sept. 11
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Yoga MSC**
- 9:30 a.m. - 14 Classes
- Starts Tuesday, Sept. 11
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$65.18 - (905) 615-4810
- Keep Fit for Bones Level 1**
- 10:45 a.m. - 14 Classes
- Starts Tuesday, Sept. 11
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Jazz Fitness**
- 12 Noon - 14 Classes
- Starts Tuesday, Sept. 11
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Zumba Gold**
- 1:30 p.m. - 13 Classes
- Starts Tuesday, Sept. 11
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$39.55 - (905) 615-4810
- Mississauga Swing Band**
- 12:30 p.m. to 2:00 p.m.
- Every Tuesday & Friday
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$2.00 - (905) 615-4810

EVERY WED

- OsteoFIT**
- 9:15 a.m. - 14 Classes
- Starts Wednesday, Sept. 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Line Dancing Level 1**
- 9:30 a.m. - 14 Classes
- Starts Wednesday, Sept. 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$69.21 - (905) 615-4810
- Yoga in a Chair**
- 9:30 a.m. - 14 Classes
- Starts Wednesday, Sept. 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Tai Chi Qigong**
- 10:30 a.m. - 14 Classes
- Starts Wednesday, Sept. 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Line Dancing Level 2**
- 10:55 a.m. - 14 Classes
- Starts Wednesday, Sept. 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$69.21 - (905) 615-4810

EVERY THURS

- Keep Fit for Bones Level 2**
- 9:30 a.m. - 13 Classes
- Starts Thursday, Sept. 13
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Yoga MSC**
- 10:00 a.m. - 14 Classes
- Starts Thursday, Sept. 13
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$65.18 - (905) 615-4810
- Keep Fit for Bones Level 1**
- 10:45 a.m. - 13 Classes
- Starts Thursday, Sept. 13
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Jazz Fitness Dance Routines**
- 11:00 a.m. to 12:00 Noon
- Thursdays & Fridays
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$.75 - (905) 615-4810
- Cooking for One or Two**
- 2:00 p.m. - 6 Classes
- Starts Thursday, Sept. 27
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$35.60 - (905) 615-4810

EVERY FRI

- Forever Fit Ladies**
- 9:30 a.m. - 13 Classes
- Starts Friday, Sept. 14
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Square Dancing - Beg/Int**
- 9:30 a.m. - 10 Classes
- Starts Friday, Oct. 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$59.33 - (905) 615-4810
- Happy Tappers**
- 10:00 a.m. - 14 Classes
- Starts Friday, Sept. 14
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810
- Fit Fellows**
- 10:30 a.m. - 13 Classes
- Starts Friday, Sept. 14
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$49.95 - (905) 615-4810
- Mississauga Swing Band**
- 12:30 p.m. to 2:00 p.m.
- Every Tuesday & Friday
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$2.00 - (905) 615-4810
- Gentle Joint & Stretch**
- 11:00 a.m. - 14 Classes
- Starts Friday, Sept. 14
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$53.79 - (905) 615-4810

Corporate Subscriptions \$189.00
See the Back Page & Top of Page 7.

OLDER ADULT COMPUTER LESSONS

EVERY MON

- Computers - Ebay**
- 1:00 p.m. - Two Weeks Only
- Mondays, Nov. 12 & Nov. 19
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

EVERY TUES

- Computers - Beginners**
- 1:00 p.m. - Two Weeks Only
- Tuesdays, Oct. 2 & Oct. 9
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Internet I**
- 1:00 p.m. - Two Weeks Only
- Tuesdays, Sept. 25 & Oct. 2
- Tuesdays, Oct. 30 & Nov. 6
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Laptops**
- 1:00 p.m. - Two Weeks Only
- Tuesdays, Oct. 16 & Oct. 23
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

- Computers - Word**
- 10:00 a.m. - Two Weeks Only
- Tuesdays, Sept. 25 & Oct. 2
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

EVERY WED

- Computers - Beginners**
- 10:00 a.m. - Two Weeks Only
- Wed, Oct. 24 & Oct. 31
- Wed, Nov. 7 & Nov. 14
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Email**
- 1:00 p.m. - Two Weeks Only
- Wed, Sept. 26 & Oct. 3
- Wed, Oct. 24 & Oct. 31
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Facebook & Blackberry**
- 1:00 p.m. - Two Weeks Only
- Wed, Oct. 10 & Oct. 17
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

- Gerontology Technology**
- 1:00 p.m. - One Week Only
- Wed, Oct. 3
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$23.28 - (905) 615-4810


- Computers - Picasa**
- 1:00 p.m. - Two Weeks Only
- Wed, Nov. 14 & Nov. 21
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

EVERY THURS

- Computers - Word**
- 10:00 a.m. - Two Weeks Only
- Thursdays, Nov. 1 & Nov. 8
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

EVERY FRI

- Computers - Picasa**
- 1:00 p.m. - Two Weeks Only
- Fridays, Sept. 28 & Oct. 5
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810



Wouldn't it be helpful if people could upgrade their memory like you can with a computer?

MISSISSAUGA SENIORS' CENTRE

The Mississauga Seniors' Centre is a recreational facility for older adults 60 years and up. The centre is open 7 days a week and has more than 1300 members using its facilities. It is located at 1389 Cawthra Road, Mississauga, ON, L5G 4L1 (905) 615-4810

CLASSIFIEDS & WHOLESOME EVENTS

EVERY SUN

- Morning Worship**
- 11:00 a.m.
- Every Sunday
- Erin Mills Baptist Church
- 1991 South Millway
- FREE - (905) 820-7777

EVERY SUN

- Morning & Evening Worship**
- 10:30 a.m. & 6:30 p.m.
- Every Sunday
- Kenmuir Baptist Church
- 1640 Carmen Drive
- FREE - (905) 278-0212

EVERY SUN

- Morning & Noon Mass**
- 8:30 am & 10 am & 12 noon
- Every Sunday
- St. Dominic's Catholic Church
- 625 Atwater Avenue
- FREE - (905) 278-7762

EVERY SUN

- Morning Worship Service**
- 10:30 a.m.
- Sheridan Park Alliance Church
- 2440 Fifth Line West
(South of Haygate Crescent)
- FREE - (905) 823-6520

TUESDAYS

- SWAT - Grade 6 to 8 Spiritual Weapons & Tactics**
- 7 p.m. to 8:30 p.m.
- Lorne Park Baptist Church
- 1500 Indian Road
- FREE - (905) 278-7833