

WINTER EVENTS CALENDAR - 60 YEARS & OVER

The older you get, the tougher it is to lose weight. As you get older, your body and your fat become really good friends.

EVERY MON

- Billiards - 8:30 a.m.**
- Monday to Friday
- Gord Pitts (905) 274-6611
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Monday Dance - 10:00 a.m.**
- Weekly - Mondays
- Raluca Popov (905) 278-2208
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Duplicate Bridge - 12:30 pm**
- Weekly - Mondays
- Doreen Bynoe (905) 274-6611
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Badminton - 1:00 p.m.**
- Shashi Parab (416) 614-2092
- Martin Lovett (905) 916-1050
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- 5 Pin Bowling - 1 p.m.**
- Janet Masaro (905) 625-5622
- Bud Murchie (905) 625-5622
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Indoor Flying Club - 1 p.m.**
- Weekly - Mondays
- Juri Vosu (905) 279-9549
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810

EVERY TUES

- Billiards - 8:30 a.m.**
- Monday to Friday
- Gord Pitts (905) 274-6611
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Senior Skaters - 10:00 a.m.**
- Jean-Paul Bourgon
- (905) 274-5903 - Tues/Thurs
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Nordixx Pole Walking**
- 10:15 a.m. - Tuesdays
- Maria Csabai (905) 272-3233
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Mississauga Swing Band**
- 12:30 p.m. to 2:00 p.m.
- Ron Schriber (416) 924-0017
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$2.00 - (905) 615-4810
- Bridge Learning Group - 12:30**
- Weekly - Tuesdays
- Suren Somaia (9) 567-6231
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Cribbage - 1:00 p.m.**
- Weekly - Tuesdays
- Marion Hudson (9) 271-7639
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810

EVERY WED

- Billiards - 8:30 a.m.**
- Monday to Friday
- Gord Pitts (905) 274-6611
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Scrabble - 10:00 a.m.**
- Jacqueline Agasild
- (905) 625-1248
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Vocalmotion - 12:00 noon**
- Diana Revelins
- (905) 823-6637
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Bias Bowls - 1:00 p.m.**
- Tony Valenti (905) 270-2717
- Dave Sparkes (9) 277-1219
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Euchre - 1:00 p.m.**
- Patty & Betty Patoff
- (905) 625-0295
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810

EVERY THURS

- Billiards - 8:30 a.m.**
- Monday to Friday
- Gord Pitts (905) 274-6611
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Art Club - 9:30 a.m.**
- Thursdays & Fridays
- Marielle Griffiths (9) 275-0860
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Shuffleboard (Floor)**
- 9:00 a.m. - Thursdays
- Bob Matthews (4) 255-4877
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Senior Skaters - 10:00 a.m.**
- Jean-Paul Bourgon
- (905) 274-5903 - Tues/Thurs
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Bid Euchre - 1 p.m.**
- Weekly - Thursdays
- Gertrude Finn (905) 274-4261
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$35.60 - (905) 615-4810

EVERY FRI

- Billiards - 8:30 a.m.**
- Monday to Friday
- Gord Pitts (905) 274-6611
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Art Club - 9:30 a.m.**
- Thursdays & Fridays
- Marielle Griffiths (9) 275-0860
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Progressive Bridge - 12:30**
- Mondays, Tuesdays & Fridays
- Richard Clarke (9) 270-6345
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (905) 615-4810
- Literary Loonies - 1:00 p.m.**
- Weekly - Fridays
- Joan Haldane (905) 277-3495
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- (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
- Mississauga Swing Band**
- 12:30 p.m. to 2:00 p.m.
- Ron Schriber (416) 924-0017
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$2.00 - (905) 615-4810

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

OLDER ADULT COMPUTER LESSONS

EVERY TUES

- Computers - Beginners**
- 10:00 a.m. - Two Weeks Only
- Tuesdays, January 15 & 22
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Internet II**
- 10:00 a.m. - Two Weeks Only
- Tuesdays, Jan. 29 & Feb. 5
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Picasa**
- 10:00 a.m. - Two Weeks Only
- Tuesdays, Feb. 26 & March 5
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Word**
- 10:00 a.m. - Two Weeks Only
- Tuesdays, February 12 & 19
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Email

- 1:00 p.m. - Two Weeks Only
- Tuesdays, Jan. 29 & Feb. 5
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Internet I

- 1:00 p.m. - Two Weeks Only
- Tuesdays, Feb. 26 & March 5
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Ipad

- 1:00 p.m. - One Week Only
- Tuesdays, January 22
- Mississauga Seniors' Centre
- \$23.28 - (905) 615-4810

Computers - Picasa

- 1:00 p.m. - Two Weeks Only
- Tuesdays, January 15 & 22
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

EVERY WED

- Computers - Beginners**
- 1:00 p.m. - Two Weeks Only
- Tuesdays, March 19 & 26
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Email

- 10:00 a.m. - Two Weeks Only
- Wednesdays, Feb 27 & Mar 6
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Internet I

- 10:00 a.m. - Two Weeks Only
- Wednesdays, Jan. 16 & 23
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Picasa

- 10:00 a.m. - Two Weeks Only
- Wednesdays, March 20 & 27
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Beginners

- 1:00 p.m. - Two Weeks Only
- Wednesdays, Feb. 6 & 13
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

Computers - Word

- 1:00 p.m. - Two Weeks Only
- Wednesdays, Jan. 16 & 23
- Mississauga Seniors' Centre
- \$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 - Word**
- 10:00 a.m. - Two Weeks Only
- Fridays, March 22 & 29
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Beginners**
- 1:00 p.m. - Two Weeks Only
- Fridays, Feb. 22 & March 1
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810
- Computers - Laptops**
- 1:00 p.m. - Two Weeks Only
- Fridays, February 1 & 8
- Mississauga Seniors' Centre
- \$46.56 - (905) 615-4810

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