

SPRING EVENTS CALENDAR - 60 YEARS & OVER

An old man says to an old woman, "Thanks for dancing with me. Did you know that 90 is the new 80?"

EVERY MON

On the Ball - Older Adults
- 8:10 a.m. to 9:10 a.m.
- Mondays, April 16 to June 18
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$34.58 - (905) 615-4810

Full Functional Workout
- 9:15 a.m. to 10:15 a.m.
- Mondays, April 16 to June 18
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$34.58 - (905) 615-4810

Forever Fit Ladies
- 9:15 a.m. to 10:15 a.m.
- Mondays, April 16 to June 18
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$34.58 - (905) 615-4810

Fit Fellows
- 10:20 a.m. to 11:20 a.m.
- Mondays, April 16 to June 18
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$34.58 - (905) 615-4810

OsteoFIT
- 10:30 a.m. to 11:30 a.m.
- Mondays, Mar 19 to June 18
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$52.52 - (905) 615-4810

Weight Training/Fit Class
- 11:30 a.m. to 12:30 a.m.
- Mondays, Mar 26 to June 18
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$45.02 - (905) 615-4810

EVERY TUES

Jazz Fitness - Older Adults
- 10 a.m. to 12 noon
- Tuesdays, April 17 to June 19
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$38.42 - (905) 615-4810

Keep Fit for Bones I
- 10:45 a.m. to 11:45 a.m.
- Tuesdays, April 17 to June 19
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$38.42 - (905) 615-4810

Keep Fit for Bones II
- 9:30 a.m. to 10:30 a.m.
- Tuesdays, April 17 to June 19
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$38.42 - (905) 615-4810

Zumba Gold
- 1:30 p.m. to 2:30 p.m.
- Tuesdays, Mar 27 to June 19
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$45.02 - (905) 615-4810

Lawn Bowling for Beginners
- 1:30 p.m. to 3 p.m.
- Tuesdays, March 8 to May 17
- Also on Thursday & Friday
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$26.14 - (905) 615-4810

EVERY WED

OsteoFit
- 9:15 a.m. to 10:15 a.m.
- Weds, March 21 to June 20
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$52.52 - (905) 615-4810

Walk For Life
- 9:30 a.m. to 10:30 a.m.
- Weds, May 2 to June 20
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$30.74 - (905) 615-4810

Line Dancing - Level I
- 9:30 a.m. to 10:45 a.m.
- Weds, March 21 to June 20
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$67.63 - (905) 615-4810

Line Dancing - Level II
- 10:55 a.m. to 12:10 p.m.
- Weds, March 21 to June 20
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$67.63 - (905) 615-4810

Bridge Lessons
- 1:30 p.m. to 3:30 p.m.
- Weds, May 2 to May 30
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$50.26 - (905) 615-4810

EVERY THURS

Keep Fit for Bones I
- 10:45 a.m. to 11:45 a.m.
- Thurs, April 19 to June 21
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$38.42 - (905) 615-4810

Keep Fit for Bones II
- 9:30 a.m. to 10:30 a.m.
- Thurs, April 19 to June 21
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$38.42 - (905) 615-4810

Lawn Bowling for Beginners
- 1:30 p.m. to 3 p.m.
- Thurs, March 10 to May 19
- Also on Tuesday & Friday
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$26.14 - (905) 615-4810

Bridge Basics
- 1:30 p.m. to 3:30 p.m.
- Thurs, April 26 to May 24
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$50.26 - (905) 615-4810

Cooking for One or Two
- 2 p.m. to 3 p.m.
- Thurs, April 26 to May 31
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$35.60 - (905) 615-4810

Keep Fit for Bones I
- 6:15 p.m. to 7:15 p.m.
- Thurs, May 3 to June 21
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$30.74 - (905) 615-4810

EVERY FRI

Forever Fit Ladies
- 9:30 a.m. to 10:30 a.m.
- Fridays, April 13 to June 22
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$42.26 - (905) 615-4810

Square Dancing - Begin/Inter
- 9:30 a.m. to 11 a.m.
- Fridays, April 13 to June 22
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.38 - (905) 615-4810

Older Adult Sports Refresher
- 9:30 a.m. to 11 a.m.
- Fridays, April 8 to June 10
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$93.23 - (905) 615-4810

Happy Tappers - Inter/Advan
- 10 a.m. to 11 a.m.
- Fridays, April 13 to June 22
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.26 - (905) 615-4810

Fit Fellows
- 10:30 a.m. to 11:30 a.m.
- Fridays, April 13 to June 22
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.26 - (905) 615-4810

Gentle Joint & Stretch (Chair)
- 11 a.m. to 12 noon
- Fridays, April 13 to June 22
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$34.58 - (905) 615-4810

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

OLDER ADULT COMPUTER LESSONS

EVERY TUES

Computers - E-mail
- 10 a.m. to 12 noon
- Tuesdays, April 24 to May 1
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Internet I
- 10 a.m. to 12 noon
- Tuesdays, May 29 to June 5
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Beginners
- 1 p.m. to 3 p.m.
- Tuesdays, June 5 to June 12
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Ebay
- 1 p.m. to 3 p.m.
- Tuesdays, April 24 to May 1
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

EVERY WED

Computers - E-mail
- 10 a.m. to 12 noon
- Wed, June 6 to June 13
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Internet I
- 10 a.m. to 12 noon
- Wed, April 18 to April 25
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Power Point
- 10 a.m. to 12 noon
- Wed, May 2 to May 9
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Beginners
- 1 p.m. to 3 p.m.
- Wed, May 2 to May 9
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Beginners
- 1 p.m. to 3 p.m.
- Wed, April 4 to April 11
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - WORD
- 1 p.m. to 3 p.m.
- Wed, April 18 to April 25
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

EVERY FRI

Computers - Picasa
- 1 p.m. to 3 p.m.
- Fridays, May 25 to June 1
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$46.56 - (905) 615-4810

Computers - Picasa
- 1 p.m. to 3 p.m.
- Fridays, April 27 to May 4
- Mississauga Seniors' Centre
- 1389 Cawthra Rd
- \$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

CRACKLE.COM STREAMS MOVIES FREE

Wikipedia

Crackle provides full-length movies and television shows for free.

Owned by Sony Pictures Entertainment, it provides from Sony's library of films and television shows.

In July 2007, Sony purchased Grouper for \$65 million changed the site's name before featuring full-length movies and television shows.

In April 2009, Crackle blocked access to anyone

not in the United States.

And, on June 8, 2010, Crackle opened access to viewers in the UK, Canada and Australia.

In March 2011, Crackle launched on PS3, Roku boxes, Sony Blu-ray players and Bravia TVs, and in April, launched a mobile app for iPad, iPhone, and iPod touch users. In July 2011, the Crackle app was launched for the Android platform.

On October 5, 2011, Microsoft partnered with Crackle,

to bring the channel to Xbox 360 Live.

As of October 2011, the Crackle app has totaled 5 million downloads worldwide.

On January 17, 2012, Crackle has added Animax to its lineup for USA and Canada.

Crackle currently features movies from Columbia Pictures, TriStar Pictures, Screen Gems, and Sony Pictures Classics and TV shows from Sony Pictures Television.