SQUARE ONE OLDER ADULT CENTRE 2014 WINTER ACTIVITY GUIDE

JANUARY / FEBRUARY / MARCH



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Supported by:



Ontario Trillium Foundation



Fondation
Trillium
de l'Ontario



100 City Centre Drive P.O. Box 2214 Mississauga, Ontario L5B 2C9 (905) 615-3207 Fax: (905) 615-3455 www.sq1oac.com





<u>Square One</u> Contact Information

100 City Centre Drive, P.O. Box 2214 Mississauga, ON L5B 2C9

(905) 615-3207 Fax: (905) 615-3455

contact us at: squareoneoac@rogers.com

www.sqloac.com

Like us on Facebook

Administration Office Hours

Monday to Friday: 8:30am - 4:30pm

Saturday: 9:00am - 4:00pm

<u>Travel Office Hours</u>

Monday to Friday: 9:30am - 1:30pm

Cozy Corner Café Hours

Monday to Friday: 9:30am - 1:30pm

Mississauga West Contact Information

6945 Meadowvale Town Centre Circle Mississauga, ON L5N 2W7 (905) 363-0123

Administration Office Hours Monday to Thursday: 8:30am - 3:30pm Friday: 8:30am - 12:30pm

Closure Dates

Noon on December 24, December 25, December 26, Noon on December 31, January 1 and February 17

Weather Cancellations

In the event of severe weather, please listen to the recorded message to ensure that your program will take place.

<u>Full-time Membership</u> <u>Information</u>

Mississauga residents 50 years of age and better (spouses may be under 50) are welcome to join the Centre for \$26 for the 2014 calendar year. Non-Residents may join for \$30. Square One membership entitles you to participate at Square One and Mississauga West locations. Mississauga West membership is \$18 for the 2014 calendar year.

Mission:

We are a welcoming place which celebrates individuality, inspiring members to embrace their vitality, optimize their well-being and broaden their horizons.

Vision:

A community of dynamic, healthy, happy and involved older adults.

Full Membership Benefits

- Reduced rates for special events and day trips
- Register for more than 90+ great weekly programs and services
- * Opportunity to participate in programs/events at Mississauga West location
- * Access to free health and wellness education, services and clinics through Square One Seniors Wellness Services
- * Access to our community partner groups
- * Provision of free locker service
- * Access to community resource literature, and through our website, direct links to community resources
- * Access to free Internet café
- Provision of bi-annual newsletters and quarterly activity guides, as well as program and event listings on our website
- Vote on matters of concern to Centre members at our Annual General Meeting
- * Possibility to become involved in meaningful and rewarding volunteer work
- Opportunities for leadership through participation in Centre committees and Board
- * Seniors discount list for Mississauga's premiere shopping centre, Square One (available at the Administration Office)
- * Annual celebration for our members over 80 years of age
- Free membership for individuals over 90 years of age

Registration Information

Registration for Fall programs will begin Wednesday, December 11th. All program participants are expected to become members of the Centre and to pay the advertised fee for each program. Participants will be asked to show their 2013 full-time membership cards. Guests can attend programs twice before becoming a full-time member (program fees apply). Registration and fee payments (cash or cheque) for day programs are accepted in the Centre during public operating hours. The Board of Directors reserves the right to cancel or alter advertised programs, instructors, travel special events and schedules. Full refunds are issued if the Centre is responsible for a cancelled day program. Withdrawal Request Forms are available at the Administration Office, and must be submitted before the third class of a day program commences to be eligible for a refund. Refunds will be pro-rated and will include a \$5.00 administration fee for each program. NSF cheques: \$25.00 fee applies. This policy applies to Centre-managed programs only.

Program Cancellations

Our programs can only run as long as we have a minimum number of participants registered in them. Therefore, it is very important to register for programs at least a week before the program starts.

Scent

As a courtesy to members with allergies, it is requested that you refrain from using perfume or after-shave especially during physical programs.

<u>Advertising</u>

If you are interested in advertising in our Activity Guide, please contact Lina at (905) 615-3207 ext#107 or squareoneoac@rogers.com.

Locker Service

We have free lockerettes available for use. Just come to the Administration Office to register in order to receive a key for any available locker. Lockers may be used during the hours of 8:30am - 4:30pm. Keys must be returned and lockers must be emptied by 4:30pm daily. If you neglect to return a key you will be asked to pay for replacing the lock.

Suggestion Box

Just a reminder that the suggestion box is located in the lobby beside the door to the Administration Office, and we are always open to suggestions. We welcome any comments on the provision of programs and services to people with disabilities. Comments can be directed to our Executive Director. A copy of the "Accessible Standards for Customer Service" for the be accessed Centre can at Administration Office or from our website. For other customer service issues, please attend the Administration Office.

Accessibility

There is an elevator down to the Older Adult Centre and all rooms are wheelchair accessible. Accessible devices include a TTY Ultratec Miniprint 425.

The Centre is an incorporated non-profit organization managed by a volunteer Board of Directors. It is affiliated in good standing with the City of Mississauga Recreation and Parks, Community Services Department and a member of the Older Adult Centres' Association of Ontario.

Square One Older Adult Centre 2013 / 2014 Volunteer Board of Directors

Alice Dods President
Esther Williams Past President
Robert Lomon Controller

Manuel Castellino Director, Facilities
Grace Pastore Director, Marketing
Tessie Buena Director, Programs and
Cafeteria

Terri-Lynne Rade Director, Special Events and Fundraising

Juliet Rebello Director, Travel
Jean Michaels Director, Volunteers
Aloysius Vaz Director-at-Large

Lorena Smith Ex-Officio Director,

Claire Santamaria City of Mississauga
Ex-Officio Director,
Square One Shopping

Centre

Frank Dale Ex-Officio Director, Ward 4 Councillor,

City of Mississauga

Square One Older Adult Centre Staff

Linda Salb Executive Director

Laura Surman Program Coordinator

(with responsibility for Centre

Supervision)

Anne Administration and Facility

Goldspink - Norman Coordinator

Lina Zita Marketing and Community

Development Coordinator

Karmela Buzdon Volunteer Coordinator

T.B.D. Community Engagement

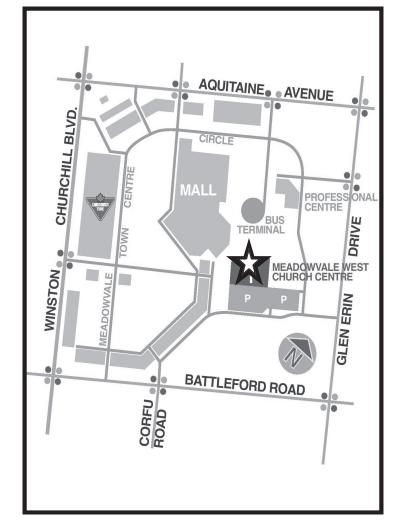
(Mississauga West) Coordinator

Joan Crews Saturday Receptionist

Genni Iwanski Saturday Receptionist

Marie Stewart Saturday Receptionist

MISSISSAUGA WEST MAP



OLDER ADULT CENTRE PARKING MAP

Please be sure to park your car in the upper level parking area (P2 or P3) across from The Bay and Walmart. Failure to do so may result in parking fines.



Season's Greetings!

By the time you read this message, holiday celebrations will be in full swing. And our Centre will be caught up in the holiday excitement with Gift Wrap well underway for our 7th year!

Our **Louisiana Royale Masquerade Ball** held on November 2nd at Boaden's Banquet Hall was truly a feast for the senses! Wandering entertainers and the Southern Comfort Jazz Band delighted the 100+ guests, many of whom donned glittering costumes and masks to celebrate an evening of all things "N'awlins"! **Very special thanks** go out to the incredible volunteer Committee and day-of Event Team who orchestrated the colourful affair, led by Board member Terri-Lynne Rade, the event's Chairperson. And of course our thanks to numerous corporate sponsors, fronted by Amica at Erin Mills, which made the whole evening possible.

During June and July, 240 of our members participated in our Centre's 2013 EPC **Impact Survey** which was administered by our summer student Rochelle. Created by the OACAO, the survey tool helped Older Adult Centres across Ontario compile information and statistics useful for both improving current programming and for demonstrating the true impact that each facility is having on its membership and on the community they serve. Thank you to all from SOOAC who agreed to participate in this important questionnaire. Our results very telling. Here's a sampling of answers from those who responded: 50.9% have been members for over 6 years, most attending the Centre at least weekly (many [63.2%] 2 - 3 times weekly). As a result of coming to the Centre: 92.3% feel more connected to people; 90.2% are more socially active; 82.9% report improved health; 82% have bettered their ability to handle stress, and 87.6% have a more positive attitude. For her eager participation, Mimi Encarnacion won a 2014 Centre membership; congratulations Mimi!

Winter brings new and exciting activities to the OAC - many in the form of new programs, lectures, trips and increased opportunities for social interaction. In January our <u>Square One location</u> will be <u>open and operating</u>, yet there is bound to be some upheaval, as **renovations** to our Program Room, Auditorium and Stage begin on January 6th. We hope that everyone will bear with us, continuing to participate in programming and sharing fellowship with other members and guests. During this time of change, we ask you to please pack your patience as well as your dance shoes when you come to the Centre for those 2 weeks. By the end of the renos, we can all look forward to our facility having a brand new look.

Until then, we hope that everyone enjoys a happy and healthy period of celebration. **Peace**, **joy**, **and glad tidings** to you and yours for this holiday season and beyond.

Alice Dods Linda Salb

President Executive Director

Welcoming in a new year together

We warmly acknowledge and give much thanks to our incredibly gifted and driven team of Volunteers. Your support and contribution to our Centre and in the lives of those we service in 2013 was outstanding. Together, we hope that 2014 will bring you all much good health and happiness. Please remember to check-in with Karmela for our upcoming Volunteer projects and events. ~ Karmela Buzdon, Volunteer Coordinator

"Volunteers".....

V is for the Very special people that you are

O is for the Overwhelming support & compassion you offer others during their time of need

L is for the Little things you do that make such a difference in someone's life

U is for the Unspoken words that sometimes mean just as much

N is for the Need you fill when others aren't able

T is for the Time you give of yourselves on top of your own busy schedules

E is for the Emotional support you continually give

E is also for the Endless energy you all seem to possess

R is for the Responsibility you have taken on & never once complained

S is for the Smiles you bring to our members and friends here at your Centre....

Author Unknown

SQUARE ONE SENIORS WELLNESS SERVICES

2013 / 2014 VOLUNTEER BOARD OF DIRECTORS

Esther Williams President

Vice President Alice Dods

Robert Lomon **Treasurer**

Manuel Castellino Director

Director Po Ping Ngai

Staff

Laurie Docimo Resource Development Manager

*Karmela Buzdon Volunteer Coordinator

*Anne Administration and Facility

Goldspink - Norman Coordinator

Marketing and Community Development Coordinator *Lina Zita

* (provides support to SOSWS)

OUR MISSION:

A Charitable organization serving the community of Mississauga. We provide quality health and wellness services in partnership with Square One Older Adult Centre.

OUR VISION:

health and Achieving optimum wellness for seniors.



Charitable Registration Number: 81959 5893 RR0001

Seniors Wellness Sauare One Services issues tax receipts for donations of \$25 and over.

MESSAGE FROM SQUARE ONE SENIORS WELLNESS SERVICES

Happy New Year! This is the time for fresh beginnings and good intentions.

As we ponder and leave 2013 behind us, we are thankful for you! Our members, volunteers, supporters and staff made it possible to keep the quality programs and services running.

This past fall our Fit-a-Thon raised close to \$18,000 in pledges alone! These funds will assist us in providing mostly free health and wellness programs and services. Congratulations, thank you and special mention to the following: top 3 fundraisers Edna Michelin, Cam Wooledge and Corinne McCallum; top fundraising group, The Mallwalkers; Kai Marks and Bill Pether for best costumes!

As you browse through the Square One Seniors Wellness Services section in this Winter Activity Guide, ring in the new year by trying something new, like our recently launched dental clinics. You can count on Square One Seniors Wellness Services to be here for you, responding to your requests.

Be sure to join us for our Active Living Fair on Thursday, March 20th and Friday, March 21st, held in partnership with Square One Older Adult Centre.

All the best to you in health and wellness,

Esther Williams Laurie Docimo

President Resource Development Manager

Program	Description	Program Dates	Time	Fee	Location
American Sign Language Classes* New!	Canadian Hearing Society invites you to learn more about this rich, expressive language and the proud heritage of the Deaf community.	T.B.A.	T.B.A.	Free	T.B.A.
Blood Pressure Clinic	Have your blood pressure checked on-site and questions answered.	Tuesday, February 4	Noon - 1:00pm	Free	Lobby
Circle of Friends	Learn ways to increase your sense of physical and emotional safety, increase your self-esteem, share your own concerns and meet new people. Refreshments included. Provided by Family Services of Peel.	Wednesdays, January 29, February 12, February 26, March 12 and March 26	2:00pm - 4:00pm	Free Drop-in group session	Board Room
Counselling and Support*	Meet a qualified counsellor to receive information and support that will make a world of difference. Provided by Family Services of Peel.	Fridays	1:15pm - 4:15pm	Free Book your appointment	Board Room
Dental Hygiene Clinic* New!	Meet with a dental hygienist for dental cleaning, oral exam, dental education and dental referrals as required. Please visit the Administration Office to book an appointment and to check eligibility requirements. Provided by Access Dental Care.	January - March By appointment only	arch nt only	Free Sign up in advance	Board Room
Diabetes Clinic New!	Meet with a diabetes representative from Shoppers Drug Mart.	Thursday, March 13	11:00am - Noon	Free	Lobby
Eyeglass Repairs & Adjustments Clinic	Have your eyeglasses adjusted or receive helpful information about your eyewear.	Thursday, February 27	11:00am - Noon	Free	Lobby
Foot Care Clinic*	Foot treatment by a certified Chiropodist. Provided by Lakeshore Clinic.	Wednesdays, January 22 and March 5	9:00am - 4:00pm	\$14.00 per person. Sign up in advance	Board Room
Getting Organized: Estate Planning* at Mississauga West	You will discover: Final wills and power of attorney, estate and cemetery planning, and funeral pre-arranging. Provided by Scott Funeral Home - Mississauga Chapel.	Wednesday, March 19	2:30pm - 4:15pm	Free	Mississauga West

Program	Description	Program Dates	Time	Fee	Location
Hair Cuts*	Offering professional hair cuts for men and women at an affordable price. Provided by Mobile Hair & Spa Services.	Tuesday, March 25	12:30pm - 4:30pm	\$10.00 per person. Sign up in advance	Board Room
Health Lecture Series*	February 24 - Falls Prevention March 31 - Optomery and Your Eyes by Dr. <u>Sonja Marie Gascoyne</u>	ntion Sonja Marie Gascoyne	Mondays 2:30pm - 4:00pm	Free Sign up in advance	Program Room
Hearing Clinic*	Get your hearing checked at this clinic. Provided by ListenUp! Canada	Tuesday, February 18	12:30pm - 4:30pm	Free Sign up in advance	Board Room
Nutrition Consultation Session* New!	Meet one-to-one with a certified nutrition manager to discuss your personal nutrition questions. Provided by AJ Menu Solutions.	Tuesday, February 25	12:30pm - 4:30pm	Free	Board Room
Pharmacist Advice	A pharmacist from Target Pharmacy will be available to help and advise you on many common health concerns.	Mondays February 3 and March 10	11:00am - Noon	Free	Lobby
Sensible Living Series* New date and time!	February 6 - Care Planning by MPP Dipika Damerla March 6 - Personal Preparedness by Canadian Red Cross	by MPP Dipika Damerla ess by Canadian Red Cross	Thursdays 11:00am - Noon	Free Sign up in advance	Program Room
Telephone Reassurance Program*	This program is designed to provide free check-in and friendly phone calls to older adults who live alone and are in need of someone to touch base with them to ensure their well-being on a regularly scheduled basis. Sign up at the Administration Office.	ck-in and friendly phone call ieir well-being on a regularly :	ls to older adults who l scheduled basis. Sign	ive alone and are up at the Adminis	e in need of stration Office.
Walker and Wheelchair Clinic	Receive a tune-up on your walker or wheelchair or helpful information about mobility aids. Provided by MEDIchair.	Thursday, March 27	10:00am - Noon	Free	Lobby

Program	Description	Program Dates	Day / Time	Fee	Location
Intergenerational Aqua Zumba* New!	Enjoy a fun aquafit class with a Latin beat at Terry Fox pool.	January 14 - March 4	Tuesdays 3:15pm - 4:00pm	\$16.00 for 8 weeks	Terry Fox Pool
Pilates* (Pam)	This enjoyable strengthening and stretching workout is safe for all fitness levels. Designed to lengthen and tone the muscles, Pilates' holistic approach improves your posture and helps correct muscle imbalance.	January 20 - February 24 (Cancelled February 17) March 3 - March 31	Mondays 12:45pm - 1:45pm	\$38.75 for 5 weeks	Program Room
Tai Chi Beginner Level One* (Linda)	Learn this wonderful Chinese exercise. Register early, as this class fills up fast!	January 21 - March 25	Tuesdays 10:20am - 11:20am	\$30.00 for 10 weeks	Program Room
Toning* (Colleen)	Toning improves your flexibility, strengthens bones and muscles, aids in weight loss and leaves you feeling great! A long session of stretching will follow the workout.	January 21 - February 11 February 25 - March 18	Tuesdays 9:10am - 10:10am	\$21.00 for 4 weeks	Program Room
	(*) Den	(*) Denotes a pre-registered program			

ACTIVE PRE-REGISTERED PROGRAMS

Winter 2014

Location	Program Room			Auditorium		Auditorium	Auditorium	Program Room	Auditorium	Program Room	Auditorium	Auditorium	Auditorium
Fee	\$3.00 per visit			\$3.00 per visit		\$1.00 per visit or \$10.00 for 16 visits			\$1.75 per visit			\$3.00 per visit	\$3.00 per visit
Time	11:30am - 12:30pm	9:15am - 10:15am	10:30am - 11:30am	9:30am - 10:30am	9:15am - 10:15am	8:00am warm-up	4:15pm - 6:15pm	9:30am - 12:00pm	4:00pm - 6:00pm	9:30am - 12:00pm	10:30am - 12:30pm	9:15am - 10:15am	9:15am - 10:15am
Вαу	Tuesdays	Mondays (Diane)	Tuesdays (Colleen)	Fridays (Liz)	Saturdays (Diane/ Rosalie)	Wednesdays	Mondays	Wednesdays	Thursdays	Fridays	Saturdays	Tuesdays	Thursdays
Description	Work out your heart and muscles using a chair for support. Great for beginners.			Fun low-impact class with weight work and stretching.		Safe way to walk with friendly people. Warm-up includes muscle conditioning and stretches.			Active, friendly game.			Maintain and improve your moves!	A fun fitness class with a Latin beat.
Program	Chair-ercise (Faye)			Co-ed Fitness		Mall Walkers (Laura)			Table Tennis			Tai Chi Intermediate (Heidi)	Zumba Gold (Diane)

Program	Description	Program Dates	Day / Time	Fee	Location
Beading Class (Ambi) New!	Learn to create beaded necklaces, earrings and bracelets for our Holiday Marketplace.	Ongoing Starting January 20	Mondays 10:15am - 12:15pm	\$2.00 per visit	Board Room
Bunka Embroidery (Carmen)	Learn the simple and beautiful art of Japanese embroidery. New participants need to order the sampler kit from Laura.	Ongoing Starting January 21	Tuesdays 9:15am - 11:45am	\$2.75 per visit	Board Room
Stitch & Chat New!	Enjoy a coffee or tea while you work on projects or learn different crafts.	Ongoing Starting January 20	Mondays 1:30pm - 3:00pm	\$2.00 per visit	Cafeteria
Intergenerational Craft Class New!	Work with students from the local high schools to learn crochet, folk painting and sewing as you make items for our Easter Craft Sale.	January 27 - March 31 (Cancelled February 17 and March 10)	Mondays 3:00pm - 5:00pm	Free	Cafeteria/ Stage
Painting with Watercolours*	Continue to home your painting skills.	January 20 - March 31 (Cancelled February 17)	Mondays 9:30am - 11:30am	\$82.50 for 10 weeks	Program Room
Therapeutic Drumming	Join this intergenerational drumming group. Drums are provided. In partnership with ALCE - Latin-American Art and Healing Group.	Ongoing Starting January 21	Tuesdays 6:30pm - 7:30pm	\$1.00 per visit (special rate)	Auditorium
Women's International Choral Program*	Join the Ontario Heartland Chorus! Participants are expected to develop and maintain a skill level established by Sweet Adelines International. The Service Provider will contact you with registration details.	Ongoing (may be cancellations January 6 - January 18)	Tuesdays 7:30pm - 10:30pm	Please call the Admin Office for info.	Auditorium
	(*) Denote	(*) Denotes a pre-registered program			

ART, CRAFT AND MUSIC PROGRAMS

Program	Description	Program Dates	Day / Time	Fee	Location
Bingo	Win prizes at dabber bingo.	Ongoing	Mondays and Wednesdays 1:15pm - 3:00pm	\$4.25/8 sets of 3 games	Auditorium
Cribbage	Fun game!! No partners required.	Ongoing	Thursdays 1:00pm - 3:30pm	\$2.25 per visit	Program Room
Dominoes	Everyone welcome.	Ongoing	Fridays 10:00am - 12:00pm	\$1.75 per visit	Cafeteria
Euchre	Fun and challenging game. No partners required.	Ongoing	Tuesdays 1:00pm - 3:30pm	\$2.25 per visit	Program Room
Wii Bowling	Have fun bowling! May be done seated. Sponsored by Revera Rapid Response.	Ongoing	Mondays 11:45pm - 12:15pm	\$1.00 per visit	Auditorium
	(*) Denote	(*) Denotes a pre-registered program	ıgram		

DANCE PRE-REGISTERED PROGRAMS

Program	Description	Program Dates	Day / Time	Fee	Location
Advanced Dance Workshop* New! (Merilyn)	Work on perfecting three routines: the foxtrot, merengue and samba.	January 23 - February 13	Thursdays 12:15pm - 1:15pm	\$20.00 for 4 weeks	Auditorium
Ballroom Dance Coaching and Rehearsal* New Evening Class!	Practice your ballroom moves in preparation for competition. The Service Provider will contact you with registration details.	Ongoing (may be cancellations January 6 - January 18)	Thursdays 8:00pm - 10:00pm	Please call the Admin Office for details	Auditorium
Ballroom Dance Lessons* New Evening Class!	Leam ballroom dancing from an experienced instructor. This is an intergenerational class! The Service Provider will contact you with registration details.	Ongoing (may be cancellations January 6 - January 18)	Mondays Beginner 7:30pm - 8:15pm Beg. Inter. 8:15pm - 9:00pm Intermediate 9:00pm - 9:45pm Inter. Adv. 9:45pm - 10:30pm	Please call the Admin Office for details	Auditorium
Intergenerational Line Dance*	Join Rhoda for these fun classes and learn new dances to your favourite hits. The Service Provider will contact you with registration details.	Ongoing (may be cancellations January 6 - January 18)	Wednesdays Beginner 6:30pm - 7:30pm Intermediate 8:00pm - 9:00pm Fridays 6:30pm - 9:30pm	Please call the Admin Office for details	Auditorium
Flamenco Dance Workshop* (Sue) New!	Learn this wonderful Spanish dance.	January 23 - March 27 (Cancelled February 20 and March 20)	Thursdays 2:45pm - 3:45pm	\$40.00 for 8 weeks	Auditorium
Line Dancing Basics* (Merilyn)	Need to learn the steps for line dancing? This is the class! No partner required.	January 21 - February 11 February 25 - March 18	Tuesdays 11:45am - 12:45pm	\$19.00 for 4 weeks	Auditorium
Theatrical Jazz Workshop* (Merilyn) New!	Learn a great new routine to "Cry Me a River". Some dance experienced required.	February 21 - March 28 (Cancelled March 7 and March 21)	Fridays 12:45pm - 1:45pm	\$20.00 for 4 weeks	Auditorium
		(*) Denotes a pre-registered program	gram		

Program	Description	Weekly Instructors	Day / Time	Fee	Location
Belly Dancing	Learn the shimmy, undulation and the veil dance. Lots of fun and great exercise too!!	Mary	Wednesdays Beginners 3:45pm - 5:00pm Performance Troupe 5:00pm - 6:30pm Starting January 22	\$3.00 per visit	Auditorium
International Folk Dancing New Drop In!	Learn these wonderful folk dances. This is a great class for beginners and experienced dancers!	Kathy	Tuesdays 1:00pm - 2:00pm	\$3.00 per visit	Auditorium
		Sarina	Mondays 10:30am - 11:30am		
Line Dancing Beainner	Dance the Rumba, Cha-Cha, Tango and more. No partners needed.	Merilyn	Wednesdays 9:00am - 10:00am	\$3.00 per visit	Auditorium
		Eugene	Thursdays 10:30am - 11:30am		
Line Dancing Basic and Beginner New Time!	Want to get some extra dance time? Have fun practicing a variety of dances.	Merilyn	Thursdays 1:30pm - 2:30pm	\$3.00 per visit	Auditorium
Line Dancing Intermediate Beginner	Building on the Beginner Level. Learn more complicated dances.	Rhoda	Wednesdays 10:15am - 11:15am or 10:15am - 11:45am Fridays 2:15pm - 3:15pm	\$3.00 for 1 hour or \$4.00 for 1 ^{1/2} hrs \$3.00 per visit	Auditorium
Line Dancing Intermediate	Learn more complicated dances to a variety of music.	Merilyn	Fridays 10:45am - 11:45am or 10:45am - 12:15pm	\$3.00 for 1 hour or \$4.00 for 1 ^{1/2} hrs	Auditorium
		(*) Denotes a pre-registered program	red program		

Program	Description	Program Dates	Day / Time	Fee	Location
Basic Computer Workshops*	Our instructor will lead you through 6 beginner workshop topics. Manual included. Shared computers.	January 29 - March 5	Wednesdays Noon - 1:00pm	\$16.50 for 6 weeks	Library
Book Club*	Love to read? Join this fun group and discuss a different book each month. Books are provided by Mississauga Central Library.	January 29, February 26 and March 26	Wednesdays 10:00am - 11:30am	\$1.75 per visit	Board Room
Creative Writing Level One	Try your hand at writing short stories, memoirs and poetry. Share your writing in a supportive environment.	Ongoing	Thursdays 1:00pm - 2:00pm	\$2.00 per visit	Board Room
Creative Writing Level Two	Continue to write stories, memoirs and poetry.	Ongoing	Fridays 12:30pm - 2:00pm	\$2.50 per visit	Program Room
Gardeners' Circle New!	How to Grow Almost Anything. Learn the essential rules of gardening in small spaces with this educational DVD lecture series.	February 12 and March 12	Wednesdays 10:15am - 11:45am	\$2.00 per visit	Board Room
Internet Café	Check your email or browse the internet.	Ongoing (as available)	Monday - Friday 9:00am - 4:00pm	Free	Library
Maritimes Tour Info Session* New!	Join Maxima Tours to find out about this great bus trip to New Brunswick, Nova Scotia and PEI. Departs July 2014.	February 5	Wednesday 12:30pm - 1:30pm	Free Sign up in Advance	Board Room
	□ (*)	(*) Denotes a pre-registered program			

EDUCATIONAL AND SOCIAL PROGRAMS

Winter 2014

Program	Description	Program Dates	Day / Time	Fee	Location
Peru Tour	Time to check Machu Picchu off your bucket list! Learn about the upcoming	January 28	Tuesday 12:30pm - 1:30pm	Free	
Info Session* New!	trip to South America hosted by Nexus Holidays. Departs September 2014.	March 19	Wednesday 12:30pm - 1:30pm	Advance	Bodid Rooin
Russian River Cruise New!	If you missed this great trip in 2013, now's the time to plan to travel to Moscow and St. Petersburg with Nexus Holidays in September of 2014.	March 19	Wednesday 12:30pm - 1:30pm	Free Sign up in Advance	Board Room
Lost Worlds of South America Lecture Series* New!	Learn more about the ancient civilizations of South America. Great course to take if you are planning to join the tour to Peru in September with Nexus Holidays.	January 23 - March 13	Thursdays 11:00am - 12:30pm	\$16.00 for 8 weeks	Board Room
Myrtle Beach Info Session* New!	Learn about this 10-day trip to Myrtle Beach which includes shows, trips to Charleston and shopping. Departs April 2014 with Maxima Tours.	February 5	Wednesday 11:00am - 12:30pm	Free Sign up in Advance	Board Room
Spanish for Beginners Level Two* New!	Ole! Looking to learn Spanish for fun or travel? Sign up for this beginner class.	January 23 - March 13	Thursdays 9:30am - 10:30am	\$22.00 for 8 weeks	Board Room
Touring China	Travel to China to see the Great Wall, the Forbidden City and cruise the	January 28	Tuesday 11:00am - 12:30pm	Free	7
Info Session*	photos and info on this amazing and affordable 15-day China tour.	March 19	Wednesday 11:00am - 12:30pm	Advance	שממות א א ממטור א
)	() Denotes a pre-registered program			

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Winter 2014

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	Description	Weekly Instructor	Бау	Time	Fee
	Square One Seniors Wellness Services hosts this free education session.	Bogoslav Vukojev Scott Funeral Home	Wednesday, March 19	2:30pm - 4:15pm	Free
	Need to learn the steps for Line Dancing? This is the class! No partner required.	Sunny	Mondays	11:40am - 12:40pm	\$3.00 per visit
مٌ مُ مُ	Do you want to learn to use the computer, but need personal attention? Diana will work with you to solve particular problems or to teach you the basics. You can bring your lap top or use ours! BY APPOINTMENT ONLY.	Diana	Thursdays (January 9 - March 13)	9:30am - 12:30pm	\$10.00 per 1 hour session
	Learn the basics of composition and texture as you paint with a variety of mediums.	Helena	Wednesdays (January 8 - February 5) (February 12 - March 12)	12:15pm - 2:15pm	\$24.00 for 5 weeks
` >	A low-impact fitness class, ideal for individuals with mobility issues or minimal health restrictions who want to have fun, interact with others and keep fit!	Sunny	Mondays	10:30am - 11:30am	\$3.00 per visit
·	Stretch in a gentle form to release the stress in your body. Cool down meditation is included at the end of class.	Rosalie	Thursdays	10:10am - 11:10am	\$3.00 per visit
0	No Pain, Big Gain! Tai Chi is slow, gentle and doesn't leave you breathless while still addressing some of the key components of fitnessmuscle strength, flexibility, and balance.	Mike	Fridays (Dec 13 - Feb 7, 2014) (February 21 - May 2)	10:30am - 11:30am	\$30.00 for 10 weeks
	Toning improves your flexibility, strengthens bones, muscles, and it aids in weight loss.	Rosalie	Thursdays	9:00am - 10:00am	\$3.00 per visit
	Learn postures and movements that are easy to do.	Margaret	Wednesdays	9:00am - 10:30am	\$4.00 per visit
	This infectiously fun fitness craze combines spicy Latin music and world music with invigorating dance rhythms like salsa, mambo and tango.	Laurie	Tuesdays Wednesdays	11:15am - 12:15pm 11:00am - Noon	\$3.00 per visit
<u>'</u>	This easy-to-follow fitness class lets you move to the beat at your own speed. It combines modified, lower-impact moves perfect for active older adults.	Diane	Fridays	9:15am - 10:15am	\$3.00 per visit

Ethno-Cultural Group	Time/Day	Location	Contact Name	Contact Number
ALCE - Latin-America Art and Healing Group	Wednesdays 2:00pm - 5:00pm	Program Room	Elsa Galan or Silvia Damar Radvansky	(905) 897 - 2495 (905) 822 - 9142
Caribbean Seniors Social Activities	Saturdays 1:30pm - 4:30pm	Tenant Board Room	Cynthia Houstan or Joyce Goldson	(905) 896 - 3765 (905) 804 - 8998
Chinese Golden Age Seniors	Sundays 1:00pm - 5:00pm	Older Adult Centre	Andrew Lee	(905) 270 - 8239
Elderly Vietnamese Seniors Association	Saturdays 12:45pm - 4:00pm	Auditorium	Diep Tran (Vietnamese)	(905) 212 - 7164
Goan Cultural Group	Wednesdays 6:30pm - 9:00pm	Program Room	Saby Carvalho or Thelma D'Souza	(905) 281 - 1213 (905) 828 - 9243
Silayan Filipino Volunteer Group	Saturdays 1:00pm - 4:00pm	Program Room	Tessie Buena	(905) 607 - 1902
Partner Group	Time/Day	Location	Contact Name	Contact Information
Square One Deaf Seniors Group	Mondays, January 20, February 10 and March 10 2:00pm - 4:00pm	Program Room	Marty Goldstein or Helen Park	squareonedeafseniorsgroup@yahoo.ca sh-park77@rogers.com

For more information regarding our Community Connections programs, please contact our Administration Office.

Tickets must be purchased in advance at the Travel Office, Monday to Friday from 9:30am - 1:30pm. Guests are welcome and must be 50 years of age or older. Please advise if you have dietary concerns and we will try and accommodate you. All bus trips include gratuities and all taxes. Ticket holders should be at the Centre at least 20 minutes before the scheduled departure time, the bus will wait 5 minutes only for latecomers. We will not be responsible for any changes to our original itinerary or delays due to uncontrollable circumstances or difficult weather. Full refunds are issued if the Centre is responsible for a cancelled bus trip. A minimum of 40 passengers is required for all trips. No refunds available unless the trip is sold out and your ticket is resold. Please be sure to park your car in the upper level parking area (P2 or P3) across from The Bay and Walmart. For more information call (905) 615 - 3208.

Skylon day trip Wednesday, December 11th

Depart: 11:00am, Return 7:30pm approx. Ticket price:\$80.00/member, \$85.00/guest. Tickets on sale. Coffee stop enroute to winery. Pillittieri Estate winery for tour and tasting, then onto Skylon Tower for Chef Salad, Prime Rib Roast of Beef and Peach Melba.

Casino Rama Friday, January 17th

Depart: 8:30am, Return 4:30pm approx. Ticket price:\$5.00/member, \$6.00/guest. Tickets on sale. *Please bring your Players Passport card and valid Government issued Photo Id in order to receive your buffet lunch incentive.*

Casino Rama Tuesday, February 11th

Depart: 8:30am, Return 4:30pm approx. Ticket price:\$5.00/member, \$6.00/guest. Tickets on sale. *Please bring your Players Passport card and valid Government issued Photo Id in order to receive your buffet lunch incentive.*

Fallsview Casino Tuesday, March 11th

Tickets on sale Monday, January 27th.

Casino Rama Thursday, March 27th

Tickets on sale Wednesday, February 12th.

Georgian Downs Casino Tuesday, April 8th

Tickets on sale Monday, February 24th.

Casino Rama Thursday, April 24th

Tickets on sale Wednesday, March 12th.

Port Dover Tuesday, June 10th

Tickets on sale Monday, March 10th.

In April we will be selling tickets to Cirque Du Soleil which will take place in October.

Please watch the Travel Board for the Shaw Festival Date.

Nexus Holidays

Free Tour Presentation

When: Jan 28, at 11am/March 19, at 11am Where: Square One Older Adult Centre Please Call Natalie Chou for RSVP and details!

OACAO SPECIAL PROMOTION



15 Days CLASSIC CHI & YANGTZE RIVER CRUISE

2014 Departure Dates

MAR 22, APR 26, MAY 17, SEP 13, OCT 18, NOV 8

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SEP 4, 2014 From \$3249

MYRTLE BEACH!!

April 22nd - May 1st, 2014

10 Days - 9 Nights Best time to be in Myrtle Beach!





*Single pricing is \$1629 studio \$1799 suite

2 Night stay in Virginia (there & back)

7 Night stay at the beautiful centrally located Breakers Resort

9 Breakfasts, and 3 dinners included

3 Spectacular live shows in Myrtle Beach!

Day trips to Charleston, SC and Brookgreen Gardens

Shopping at Barefoot Landing, Broadway at the Beach and more!



@ The Tropicana!



March 25 - 28, 2014





- 3 nights accommodation at the Tropicana Casino Resort in Atlantic City
- Enjoy \$40 in slot play as well as 3 meal vouchers to use at their great restaurants!
- Optional shopping trips to area malls and lots of free time to enjoy and relax!
- This is an excellent value trip and will not be available for long. This will sell out!



11 Davs - 16 Meals

October 11th - 21st, 2014

This is a bucket list trip. Discover the Italian Countryside through this delectable tour.



*Flight is extra. Please inquire

- 1 night stay in Rome upon arrival in Italy
- · 4 night stay in the beautiful town of Spoleto (Umbria)
- 4 night stay in the picture postcard Montaione (Tuscany)
- · Sightseeing in Orvieto, Spoleto, Bevagna, Montefalco, Assissi Florence, Siena, Monteriggioni, Volterra & San Gimignano
- Cooking class, olive oil factory, home-hosted dinner, winery & more!

Please contact **Maxima Tours** for more info 800-598-5474 or info@maxima.net





Regal - 30% of all purchases made will be donated to the Centre. Pick up a catalog at the Administration Office.

Square One Older Adult Centre **Gift Certificates** may be purchased for memberships and program registrations and make a great gift for friends and relatives.

It's Your Choice Raffle

February 10th - February 14th in the lobby



Gold Party

Wednesday, March 26th 10:00am - 1:00pm

Earn money for yourself and the Centre by bringing in your unneeded gold and silver jewelry. Book your appointment at the Administration Office.

All That Glitters Jewelry Sale and Silent Auction

Monday, May 5th - Friday, May 9th 10:00am - 2:00pm

Spring cleaning? The Centre is in need of jewelry for this sale. You can drop your treasures off with Laura starting February 14th.

SPECIAL EVENTS - DECEMBER & JANUARY

Free New Member Social Monday, December 9th from 2:30pm - 4:00pm

New and potential members are encouraged to attend this afternoon to learn about our programs, special events and bus trips. Please pick up your <u>free ticket</u> at the Admin Office.

Christmas Bake Sale and Free Open House <u>at Mississauga West</u> December 11th from 1:00pm - 3:00pm

Plan to support Mississauga West. Enjoy a Christmas cup of Tea and goodies with friends.

Learn more about the programs and events.

Christmas Music Tuesday, December 17th starting at 2:00pm

Sing along to your favourite Christmas songs, then enjoy hot apple cider and cookies. Tickets: \$5.00 members, \$6.00 guests (all ages)

Member Information Meeting Thursday, December 19th from 3:00pm - 4:00pm

Come out to hear the latest news about our Centre's upcoming renovations from Linda and President Alice. Light refreshments will be served.

Christmas Toonie Bingo at Mississauga West Thursday, December 19th starting at 1:00pm

Enjoy snacks at your table and lots of door prizes during this special bingo. Free jackpot card for all. Tickets: \$2.00 members, \$3.00 guests 50+

Christmas Toonie Bingo Friday, December 27th starting at 1:15pm

Enjoy snacks at your table and lots of door prizes during this special bingo. Free jackpot card for all. Tickets: \$2.00 members, \$3.00 guests 50+

New Year's Eve Party Tuesday, December 31st from 1:00pm - 5:00pm

Celebrate the New Year in style! Enjoy a buffet lunch, then dance to live music from The Ron da Rosa Band. During the breaks, line dance with Merilyn! Dress up event. Tickets: \$15.00 members, \$17.00 guests 50+

Travelogue of Russia Thursday, January 23rd Starting at 10:00am

Join Laura for this fabulous slide show documenting the Centre's recent river cruise from Moscow to St. Petersbura, Liaht refreshments will be served.

> Tickets: \$5.00 members, \$6.00 guests (all ages)

Open Ballroom and Line Dancing

Saturday, January 25th 7:00pm - 11:00pm

Dance with Jack & Eugene to a variety of Ballroom and Latin favourites! Singles and couples welcome.

Tickets: \$7.00 members & guests (all ages)

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Free New Members Social at Mississauga West Wednesday, January 29th 2:30pm - 3:30pm

New and potential members are encouraged to attend this afternoon to learn about our programs, special events & bus trips. Please sign up in advance.

Dancing Through the Ages
Workshop
Saturday, February 1st
11:00am - 2:00pm

Members and guests can take part in this free
workshop at the Living Arts
Centre. Canadian dance icon Peggy Baker is still dancing at 61! She will lead a dance class, work on choreography and speak on her life in dance. Please pick up your free ticket at the Administration Office.

Sweets for My Sweet

<u>at Mississauga West</u>

Wednesday, February 12th

2:30pm - 4:30pm

Come enjoy live music and sweet treats.

Tickets: \$7.00 members, \$8.00 guests Toonie Bingo
Tuesday, February 18th
starting at 1:15pm

Enjoy snacks at your table and lots of door prizes during this special bingo. Free jackpot card for all.

Tickets: \$2.00 members, \$3.00 guests 50+

The Musical

Thursday, February 20th
Two Shows: 2:00pm & 7:30pm
at the Living Arts Centre

We are sailing the south seas with a dance legend, a movie star, a lounge singer, a crazy Doctor and lots of enthusiastic travellers!

Our dancers, singers & whistler are back to entertain you as we sail the ocean blue!

Tickets: \$25 members & guests (all ages), \$15 children 12 & under

Festival Week

Enjoy daily festival activities and win great prizes!

Fiesta Filipino

Friday, March 7th from 12:30pm - 3:30pm

Shake off the winter blues with this great afternoon of Filipino cuisine and fabulous entertainment. Tickets: \$15.00 members, \$17.00 guests (all ages)



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Open Ballroom and Line Dancing Saturday, March 15th 7:00pm - 11:00pm

Dance with Jack & Eugene to a variety of Ballroom and Latin favourites! Singles and couples welcome.

Tickets: \$7.00 members & guests (all ages)

 Square One Older Adult Centre and Square One Seniors Wellness Services presents

Seniors Information and Active Living Fair

at Square One Older Adult Centre

Thursday, March 20th from Noon - 3:00pm

Friday, March 21st from 10:00am - 1:00pm

This is your opportunity to meet, talk with and find out about a variety of support and assistance services available to seniors in our community.

~ FREE ADMISSION ~

Free New Members Social Monday, March 24th 2:30pm - 4:00pm

New and potential members are encouraged to attend this afternoon to learn about our programs, special events and bus trips. Please pick up your free ticket at the Administration Office. Auditions for the 2014 Variety Show Friday, April 11th starting at 12:30pm

We are looking for talented members who sing, dance, tell stories, play an Instrument, etc. Please see Laura if you wish to try out. The 2014 Variety Show is on Thursday, June 5th at 2:00pm and Friday, June 6th at 7:30pm

Beyond Ballroom Friday May 2nd 7:30pm - 11:30pm

Do you enjoy watching
"Dancing with the Stars"?
Then you will love to see live
demonstrations of
International and Latin
Ballroom Dancing,
contemporary dance and
our own Merilyn and Jack.
Enjoy open ballroom
dancing from 9:30pm to
11:30pm with Merilyn Pitt.
Hors d'oeuvers and desserts
top off this elegant evening.

DRESS UP EVENT

Tickets: \$10.00 members, \$12.00 guests (all ages) Winter 2014 Page 27



"We're no psychics, but we know what the future can hold."

You don't have to own a crystal ball to know that the future can be uncertain. That's why it's wise to plan ahead. Palisades on the Glen offers us all the activity and independence we want now – with features like fitness programs, excursions, walking paths and wellness programs. But it also offers us the peace-of-mind of knowing that help is just steps away should we ever require it. Emergency response, health services, an on-site doctor, even short-term respite services if we experience an illness or need to recuperate after surgery. Knowing that help is there for tomorrow makes us much more comfortable today.

Learn how Palisades on the Glen can meet all your needs. Call Grace at (905) 820-8210 to book a personal visit or to meet with a member of our personal support staff.



(905) 820-8210 1665 The Collegeway, Mississauga palisadesontheglen.com



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The Human Communication Lab at the University of Toronto Mississauga, is looking for Senior Volunteers age 65+ to participate in research on how aging affects hearing, vision, language and memory. A small honorarium will be paid for your time. If interested, please contact our Research Recruitment Office at 905-828-5447. Further information can be found on our website www.utm.utoronto.ca/seniors



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Winter 2014 Page 29

Recover in style.

Respite suites are now available!

Our respite program includes nursing care, on-site fitness programs, three V!VAlicious meals daily, and much more.

Daily rates are available, book today!

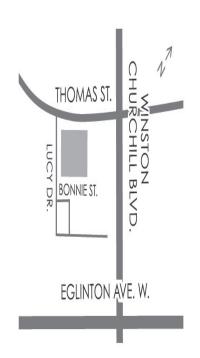




5575 Bonnie Street, Mississauga

(Southwest corner of Winston Churchill Blvd. and Thomas St.)

Call 905.566.4500 or visit www.vivalife.ca



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Try a Winter Guest Stay at your neighbourhood Chartwell retirement residence!

Chartwell's Winter Guest Stay program is designed to offer short-term accommodation with the level of support you need. This includes a relaxed environment, nutritious dining, and on-site

activities and services. Come explore peace of mind retirement living without a commitment, and leave the shovelling to someone else this winter. We have a furnished suite waiting for you.

Call any of our residences to arrange your personal visit and complimentary lunch!

CHARTWELL REGENCY retirement residence

29 Mississauga Rd. North Port Credit

905-891-2422

CHARTWELL HERITAGE GLEN retirement residence

6515 Glen Erin Drive Meadowvale

905-567-6015

CHARTWELL ROBERT SPECK retirement residence

100 Robert Speck Parkway

City Centre

905-501-9922



making people's lives BETTER **CHARTWELL.COM**

Winter 2014 Page 31

Celebrate Life Today. Be Remembered Tomorrow.

We are here to help you and your loved ones honour your wishes, your way.



Today is the best time to discuss final wishes with loved ones and make decisions for tomorrow. Pre-planning saves money, protects heritage and makes life easier on family.

Call for your FREE info kit: 905-257-1100

Glen Oaks Memorial Gardens & Reception Centre by Arbor Memorial

3164 Ninth Line, Oakville • www.glenoaks.ca

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Seeking peace of mind?

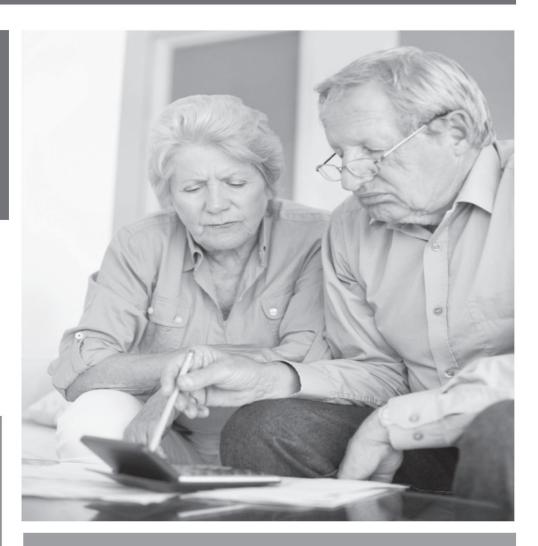
Worried about leaving behind debts?

Thirty-four per cent of seniors have \$20,000 or more in debt

Owe income tax from cashing assets?

More seniors are cashing assets to pay bills and support family





You have options. Find out what you can do.

Cooper & Co. Ltd.
is a federally licensed Trustee.
We can help you eliminate your debt,
while avoiding bankruptcy.
It's free to talk to us.
We have four locations n the GTA.
Give us a call at 416.665.3383
or visit us online at www.cooperco.ca.

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The weather outside is frightful but Walden Circle is so delightful!

Walden Circle
Retirement Community by Signature

Let it snow, let it snow, let it snow!



This year I am not worried about the winter, and getting stuck in a snow storm. I am too busy listening to entertainment, playing cards and having hot chocolate by the fireplace... Here at the Walden Circle the staff take care of it all.

- P. Pearson, Resident

WINTER HAS NEVER LOOKED SO GOOD.

BOOK YOUR WINTER GETAWAY AND STAY WORRY FREE THIS WINTER!

During the winter months of November to March stay at Walden Circle and enjoy all the amenities and services we have to offer! Get a feel of our vibrant seniors living lifestyle and see what It's like living Walden Style!

Included in your stay:

- 3 delicious meals a day, daily activities, social, spiritual, arts, fitness, and Aqua Fitness in our heated salt water pool
- Monthly calendar/newsletter outlining your unlimited access to lifestyle choices, like outings, exercise programs, social gatherings, and special events
- Scheduled transportation for local shopping and events
- Weekly housekeeping & personal laundry service, 24hr nursing on-site, & concierge services
- Personal emergency response system which is activated by pushing a pendant button
 And so much more....

Book your stay today and receive a \$60 gift certificate for our spa services!

Jump on the sleigh before the snow flies!

www.WaldenCircleRetirement.com
Call Lana & Sara Today 905.403.8660 for more information



To make Walden Circle your new home, contact us today for more information.

905 • 403 • 8660

1907 Lakeshore Road West, Mississauga

Experience Vibrant Seniors Living

Square One Older Adult Centre & Square One Seniors Wellness Services (905) 615-3207

Mississauga West (905) 363-0123

sq1oac.com

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DECEMBER

Order gifts from Regal

Until December 24th: Christmas Gift Wrap

fundraiser

December 9th: <u>Free</u> New Members Social **December 11th:** Winter registration starts

December 11th: Skylon day trip

December 11th: Christmas Bake Sale and Free

Open House at MW

December 17th: Christmas Music

December 19th: Member Information Meeting

December 19th: Christmas Toonie Bingo <u>at MW</u>

December 24th: Centres are closed at Noon

December 25th & 26th: Centres are closed December 27th: Christmas Toonie Bingo

December 31st: Centres are closed at Noon

December 31st: New Year's Eve Party

JANUARY

January 1st: Centres are closed

January 17th: Casino Rama day trip

January 22nd: Foot Care Clinic January 23rd: Travelogue of Russia

January 25th: Open Ballroom and Line Dancing

January 29th: Free New Member Social at MW

FEBRUARY

February 1st: Dancing Through the Ages

workshop

February 3rd: Free Pharmacist Advice

February 4th: <u>Free</u> Blood Pressure Clinic **February 6th:** <u>Free</u> Sensible Living Series

February 10th - 14th: It's Your Choice Raffle

February 11th: Casino Rama day trip

February 12th: Sweets for My Sweet at MW

February 17th: Centres are closed

February 18th: Toonie Bingo

February 18th: Free Hearing Clinic

February 20th: South Seas Cruise: The Musical

at Living Arts Centre

February 24th: <u>Free</u> Health Lecture Series **February 25th:** <u>Free</u> Nutrition Consultation

Session

February 27th: Free Eyeglass Repairs and

Adjustments Clinic

MARCH

March 3rd - 7th: Festival Week March 5th: Foot Care Clinic

March 6th: Free Sensible Living Series

March 7th: Fiesta Filipino

March 10th: 2014 Spring Activity Guide arrives

March 10th: <u>Free</u> Pharmacist Advice March 11th: Fallsview Casino day trip March 12th: Spring registration starts March 13th: Free Diabetes Clinic

March 15th: Open Ballroom and Line Dancing

March 19th: Free Estate Planning at MW

March 20th: Free Seniors Information and Active

Living Fair

March 21st: Free Seniors Information and Active

Living Fair

March 24th: Free New Members Social

March 25th: Hair Cuts*
March 26th: Gold Party

March 27th: Casino Rama day trip

March 27th: Free Walker and Wheelchair Clinic

March 31st: Free Health Lecture Series

UPCOMING

April 8th: Georgian Downs Casino day trip **April 11th:** Auditions for the 2014 Variety Show

April 24th: Casino Rama day trip **May 2nd:** Beyond Ballroom

May 5th - 9th: All That Glitters Jewellery Sale and

Silent Auction

June 5th: Variety Show June 6th: Variety Show

June 10th: Port Dover day trip



	SQUARE ONE OLDER	SQUARE ONE OLDER ADULT CENTRE & SQUARE ONI	UARE ONE SENIORS WELLNESS SERVICES WEEKLY CALENDAR JANUARY - MARCH 2014	SES WEEKLY CALENDAR JAI	NUARY - MARCH 20	014
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chinese Golden Age Seniors	9:15am – 10:15am Co-ed Fitness	9:10am – 10:10am Toning*	8:00am Mall Walkers 9:00am – 10:00am Line Dancina Realinner	9:15am – 10:15am Zumba Gold	9:30am – 10:30am Co-ed Fitness	9:15am - 10:15am Co-ed Fitness
1:00pm - 5:00pm Contact: Andrew Lee 905-270-8239	9:30am - 11:30am Painting with Watercolours*	9:15am - 11:45am Bunka Embroidery	9:30am – 12:00pm Table Tennis	9:30am - 10:30am Spanish for Beginners Level 2*	9:30am - 12:00pm Table Tennis	10:30am - 12:30pm Table Tennis
Table Tennis	10:15am - 12:15pm Beading Class	9:15am – 10:15am Tai Chi Intermediate	10:00am - 11:30am Book Club*	10:30am – 11:30am Line Dancing Beginner	10:00am – 12:00pm Dominoes	Caribbean Seniors Social
1:00pm - 5:00pm Breathing Exercise	10:30am – 11:30am Line Dancing Beginner	10:20am - 11:20am Tai Chi Level 1*	IU: Jam - 11:45am Gardeners' Circle	11:00am - 12:30pm Lost Cities DVD Series*	10:45am Line Dancing Intermediate	Activities 1:30pm - 4:30pm Contact Cynthia Houstan 905-896-3765 or Joyce
1:00pm - 2:00pm	11:45am - 12:15pm Wii Bowling	10:30am – 11:30am Co-ed Fitness	10:15am Line Dancing Intermediate Beginner 11:00am – 12:30pm	12:15pm - 1:15pm Advance Dance Workshop*	12:30pm – 2:00pm Creative Writing Level Two	Goldson 905-804-8998
Brush Painting 1:00pm - 5:00pm	12:45am - 1:45pm Pilates*	11:00am - 12:30pm Touring China Info Session*	Myrtle Beach Info Session* Touring China Info Session*	1:00pm – 2:00pm Creative Writing Level One	12:45pm - 1:45pm Theatrical Jazz Workshop*	Elderly Vietnamese Seniors Association 12:45pm - 4pm Contact Diep Tran 905-212-
Chinese Aerobics 2:00pm - 3:00pm	1:15pm - 3:00pm Bingo	11:30am - 12:30pm Chair-ercise	12:Jopm - 1:30pm	1:00pm — 3:30pm Cribbage	1:15pm - 4:15pm Counselling and Support*	7164
Line Dancing 3:00pm - 4:30pm	1:30pm - 3:00pm Stitch & Chat	11:45am – 12:45pm Line Dancing Basics*	Maritmes our Into Session* Peru Tour Into Session* Russian River Cruise Into Session*	1:30pm – 2:30pm Line Dancing Basic and Beginner	2:15pm – 3:15pm Line Dancing Intermediate Regionar	Sildydn riilpino volunteer Group 1:00pm - 4:00pm Contact Tessie Buena 905-
SOCIALIST SECTION SECT	Square One Deat Seniors Group 2:00pm - 4:00pm	12:30pm - 1:30pm Peru Tour Info Session*	1:15pm – 3:00pm Bingo	2:45pm - 3:45pm Flamenco Dance Worksop*	6:30pm – 9:30pm	607-1902
	3:UUpm - 5:UUpm Intergenerational Craft Class	1:00pm – 3:30pm Euchre	2:UUpm - 4:UUpm Circle of Friends	4:00pm - 6:00pm Table Tennis	Intergenerational Line Dance	
	4:15pm – 6:15pm Table Tennis	1:00pm - 2:00pm International Folk Dancina	ALCE - Latin-America Art and Healing Group 2pm - 5pm Contact: Elsa 9-897-2495 or Silvia 9-822-9142	8:00pm – 10:00pm Ballroom Dance Coaching and Reheared		
	7:30pm – 8:15pm Ballroom Dance Lessons Beginner	3:15pm - 4:00pm	3:45pm – 5:00pm Belly Dancing Beginners			
CENTRE	8:15pm – 9:00pm Ballroom Dance Lessons Beginner	Intergenerational Aqua Zumba*	5:00pm – 6:30pm Belly Dancing Performance Troupe		You must regis	You must register in advance for
SQUARE ONE SENIORS WELLINESS	Intermediate 9:00pm – 9:45pm Ballroom	6:30pm – 7:30pm Therapeutic Drumming	Contact: Saby 905-281-1213 or Thelma 905-828-9243		all programs w	all programs with an asterisk (*).
Services	Dance Lessons Intermediate	7:30pm – 10:30pm Women's Interceperational Choral	6:30pm – 7:30pm Intergenerational Line Dance Beg. 8:00pm – 9:00pm Intergenerational Line Dance		Please check	Please check Guide for dates.
<u>Square One</u> Older Adult Centre	7.4-spm - 10.3-upm ballioom Dance Lessons Intermediate Advanced	Program*	intermediate		Please see cancella	Please see the Guide for cancellation dates.
(905) 615-3207						
Admin Office Hours Monday - Friday:		MISSISSAUGA WEST	34 WEST WEEKLY CALENDAR JANUARY - MARCH 2014	1RY - MARCH 2014		
8:30am - 4:30pm	Monday	Tuesday	Wednesday	Thursday	Friday	
Saturday: 9:00am - 4:00pm	9:15am - 10:15am Co-ed Fitness	9:00am - 10:00am Co-ed Fithess	9:00am - 10:30am Conversational Spanish, Beginner*	9:00am - 10:00am Toning	9:15am - 10:15am Zumba	
Mississauga West	10:30am - 11:30am Sit and Dance	10:10am - 11:10am Co-ed Fitness, Gentle	9:00am - 10:30am Yoga*	9:30am - 12:30pm One-to-One Computer Tutoring*	10:30am - 11:30am Tai Chi*	
(905) 363-0123 Admin Office Hours	11:40am - 12:40pm Line Dance, Beginner	11:15am - 12:15pm Zumba	10:30am - Noon Conversational Spanish, Intermediate*	10:10am - 11:10am Stretching and Meditation		<u>Internet Café</u> is available
Monday - Thursday: 8:30am - 3:30pm	11:45am - 1:15pm Creative Writing	1:00pm - 2:00pm Belly Dancing	11:00am - Noon Zumba	11:15am - 12:15pm Ballroom Line Dancing		Monday - Friday
Friday: 8:30am - 12:30am	1:00pm - 2:30pm Art History, European		12:15pm - 2:15pm Painfing Classes*	1:00pm - 2:30pm Computer Workshops		7:000:4 - 1:000:7
sq1oac.com			1:00pm - 2:30pm Book Club			