





MARCH 2025

Mon	Tue	Wed	Thu	Fri	Notes
3 10AM Fitness with Nya 11AM-Time & Place Trivia 1:30PM Fitness Fun	4 	5 9:30AM Fitness Fun 1:30PM Arts & Crafts	6 9:30AM Meditation 10AM Caregiver Coffee Hour 1:30PM Ribbon Flowers Craft Project	7 10AM Fitness Fun 11AM BINGO & Board Games 1:30 Movie & Popcorn	All programs are FREE to seniors ages 65yrs+ living in Mississauga. WHERE: 2180 Speakman Dr Mississauga WHEN: Monday to Friday 9AM to 4PM FOR MORE INFORMATION: DIAL 905-369-2442 PUSH *1124 THEN # HEALTHCARE DAYS  This symbol on the calendar indicates that Nurses are onsite. Come in for Blood Pressure and/or Blood Sugar Level monitoring or one of our Healthcare Days presentations.
10 10AM Fitness with Nya 11AM Time & Place Trivia 1:30PM Fitness Fun	11 9:30AM Strength & Stability with Nya 1:30 Music Matinée	12 9:30AM Fitness Fun 10:30AM Mental Health Matters (Presentation) 1:30PM Arts & Crafts	13 9:30AM Meditation 10AM Caregiver Coffee Hour 1:30PM Neurobics	14 10AM Fitness Fun 11AM - BINGO & Board Games 1:30 Movie & Popcorn	
17 10AM Fitness with Nya 11AM Time & Place Trivia 10AM-1PM Service Canada 1:30PM St Patrick's Day Treats	18 9:30AM Strength & Stability with Nya 1:30 Music Matinée	19 9:30AM Fitness Fun 10:30AM - Heart Health Presentation 2-4PM Dementia Café (St. Patrick's Pub Day)	20 	21 10AM Fitness Fun 11AM - BINGO & Board Games 1:30 Movie & Popcorn	
24 10AM Fitness with Nya 11AM Time & Place Trivia 1PM Fraud and Scam Prevention - Peel Police	25 9:30AM Strength & Stability with Nya 1:30PM Music Matinée	26 9:30AM Fitness Fun 10:30AM Diabetes Awareness (Presentation) 1:30PM Arts & Crafts	27 9:30AM Meditation 10AM Caregiver Coffee Hour 1:30PM Empowerment Workshop	28 10AM Fitness Fun 11AM - BINGO & Board Games 1:30 Movie & Popcorn	
31 10AM Fitness with Nya 11AM Time & Place Trivia 1:30PM Fitness Fun	 DON'T FORGET... SERVICE CANADA will be here to help you with your questions about CPP, OAP, Benefits, Power of Attorney, the Canada Dental Plan, etc... Drop by anytime from 10am to 1pm on Monday, March 17th.				



BELONGING@PCH Theme for March: EMPOWERMENT
PCH celebrates being EMPOWERED to make decisions and choices about our routines, identities and connections.

NEW PROGRAMS FOR MARCH

Fitness with Nya

Join us on Mondays for Fitness With Nya! Nya is a Health Promotion student who comes to us from Humber College. She brings lots of smiles to our group. Our small classes are perfect for those who are new or returning to gentle fitness and all classes are flexible so you can be comfortable participating either seated or non-seated session. We are getting lots of great feedback with people saying they are seeing improved mobility and a reduction in aches and pains. Try out a class and stay for a coffee and chat afterwards!

Time & Place Trivia

We found a fun new game and you don't have to be a Jeopardy-level genius to play! We will show you a photo and by recognizing a landmark, a fashion style, a car, a language, etc... you make a guess at the time and place. We've been trying it out and it's been a lot of fun!

BINGO and Board Games

This is exactly what it sounds like! We are slowly building our library of games and we would love for you to come play with us! There are some games we are familiar with but some are new to our staff and YOU can be the TEACHER showing our staff how to play. Bring your best BINGO! shouting voice or come challenge us to learn something new!

Music Matinée - Tuesdays at 1:30PM

Come in for a fun afternoon sing-along as Walt plays some classics on the piano. If you play an instrument, bring it along and join in!



'REGISTRATION REQUIRED' PROGRAMS



Ribbon Flowers

Thursday, March 6 from 1:30-3:30PM

Join us as we learn how to make flowers out of ordinary ribbons.



Dementia Café:

St. Patrick's Pub Day

Wednesday, March 19th from 2-4PM

Individuals living with dementia and their caregivers are invited to join us for a belated St. Patrick's Day pub-like gathering. Wear your best green shirt and come sing-along with Walt. If you play an instrument, bring it along!



Frauds and Scams

Monday, March 24th at 1-2:30PM

Constable Alex Reyes, former Elder Abuse liaison of Peel Police's Fraud Bureau, will be here to tell us about the frauds that are currently affecting our region including Phishing, Grandparent scams and Crypto Investment Scams. He will help us learn to recognize the techniques used by bad actors and answer our questions about how we can protect ourselves.

Call: 905-369-2442 - press *1124 then #

Email: seniorshub@partnerscommunityhealth.ca