




APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
	1 10AM FunFit with Nya 11AM Find Your Fit (Fitness Assessments) 11AM Beachball Volleyball 1:30PM Music Matinéeé	2 10AM Fitness with Jody 11AM Time & Place Trivia 1:30PM Sing- Along/Karaoke	3 10AM FunFit with Nya 10AM Caregiver Coffee Hour 1:30PM Brain Workout	4 10AM FunFit 11AM BINGO 1:30PM Movies & Popcorn 10AM-3PM Facials/Hand Massage	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 #  If you earn \$35,000 or less, visit our FREE TAX CLINIC on April 10 and April 17 . Please call us or drop by for more information.
7 10AM Fitness with Nya 11AM Find Your Fit (Fitness Assessments) 11AM Make Bird Nest Treats 1:30PM Learn Quilling	8 10AM FunFit with Nya 11AM Find Your Fit (Fitness Assessments) 11AM Beachball Volleyball 1:30PM Music Matinéeé	9 10AM Fitness with Jody 11AM Time & Place Trivia CLOSING AT 12PM	10 10AM FunFit with Nya 10AM Caregiver Coffee Hour 10AM-3PM FREE TAX CLINIC 1:30PM Brain Workout	11 10AM FunFit 11AM BINGO 1:30PM Movies & Popcorn 10AM-3PM Facials/Hand Massage	
14 10AM Fitness with Nya 11AM Board Games 1:30PM Quilling Greeting Cards 10AM-1PM Service Canada Assistance	15 10AM FunFit with Nya 11AM Beachball Volleyball 1-2:30PM Personal Safety with Peel Police	16 10AM Fitness with Jody 11AM Time & Place Trivia 1:30PM Easter Egg Painting	17 10AM FunFit with Nya 10AM Caregiver Coffee Hour 10AM-3PM FREE TAX CLINIC 1:30PM Brain Workout	18 	
21 10AM Fitness with Nya 11AM Board Games 1:30PM Cardmaking/ Stamping	22 EARTH DAY 10AM FunFit 11AM Volunteer for Spring Clean Up! 1:30PM Earth Day Workshop (snacks & activities)	23 10AM Fitness with Jody 11AM Time & Place Trivia 1:30PM Sing- Along/Karaoke	24 10AM FunFit with Nya 10AM Caregiver Coffee Hour 1:30PM Brain Workout	25 10AM FunFit 11AM BINGO 1:30PM Movies & Popcorn 10AM-3PM Facials/Hand Massage	
28 10AM Fitness with Nya 11AM Board Games 1:30PM Make Protein Energy Balls 2PM Learn to Crochet	29 10AM FunFit 11AM Beachball Volleyball 1:30PM Music Matinéeé	30 10AM Fitness with Jody 11AM Time & Place Trivia 1:30PM Sing- Along/Karaoke	 Don't Forget... PEEL POLICE will be here to talk about Personal Safety on April 15th at 1PM.		



BELONGING@PCH Theme for April: COLLABORATION

PCH celebrates COLLABORATION between staff, participants, family members, caregivers, and volunteers to provide high quality care for our community members.

***NEW* PROGRAMS FOR APRIL**



Our Fitness Programs are Expanding!

If you have been enjoying fitness classes, we invite you to stay behind class on April 1, 7 or 8 for a Fitness Assessment. This is an opportunity to see where your fitness level is and receive a personalized plan on exercises you can do on the days you are not here.

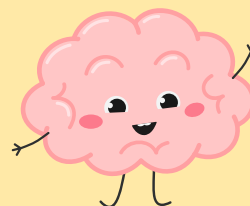
Also, if you have been enjoying fitness classes on Monday or Tuesday mornings with Nya, we are happy to share that our team is growing! Please stop by on Wednesday mornings at 10am to try out a class with Jody. Jody is a volunteer instructor who brings her love of health and fitness and great music to classes around Mississauga.

Welcome Jody!

Also, please congratulate Nya on completing her program at Seneca in Fitness and Health Promotion! Nya enjoys helping you reach your fitness goals so much that she will still be coming to teach classes here at the Seniors' Hub.

Brain Workout - Thursdays at 1:30pm

Have you heard of Neurobics? Neurobics is a form of brain exercise that challenges your brain through new and challenging activities to help improve cognitive function and mental ability. Join us on any Thursday afternoon at 1:30pm to see what it's all about.



EARTH DAY 2025 - OUR POWER, OUR PLANET

Join us on April 22nd for fun and interesting activities celebrating Earth Day.

Workshop on Earth Day:

Learn about Earth Day and how you can take action.

Build a Bee Hotel:

Learn about Bee Conservation. Build a Bee Hotel to take home.

Volunteer for Spring Clean Up:

Help us with a spring clean-up of the Wellbrook property..

'REGISTRATION REQUIRED' PROGRAMS



Personal Safety with Peel Police

Tuesday, April 15 from 1:30-3:30PM

This session focuses on crime prevention techniques, and simple steps people can take day-to-day to help avoid becoming a victim of crime, of knowing how to act if confronted with these situations.



Volunteer for Spring Clean-Up

Tuesday, April 22 from 11AM-12:30PM

Our residents will soon be interested in going out for walks and a great way to make those walks more enjoyable is a good tidy-up of the property. Come out for this quick spring clean-up of the Wellbrook Place grounds!

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

Email: seniorshub@partnerscommunityhealth.ca

**VOLUNTEERS
MAKE
WAVES**

**NATIONAL
VOLUNTEER
WEEK 2025**



**Volunteer
Bénévoles
Canada**

APRIL 27 - MAY 3

volunteer.ca/nvw #NVW2025