



JUNE 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
10AM Gentle FunFitness
(video class)
11AM Golden Oldies Karaoke
1:30-3:30PM Tech Support
Drop-In

3
10AM Knit/Crochet Group
11AM Rhythm & Dance
1:30PM Music Matinee with
Walt

4
10AM Fitness with Jody
11AM Time & Place Trivia
1:30PM Legacy Letter
Writing - Share your story

5
10AM Gentle Stretching
(video class)
11AM Caregiver Coffee Hour
1:30PM MadLibs & Brain
Teasers

6
10AM FunFit (video class)
11AM Learn to Play UNO
1:30PM Movies & Popcorn

9
10AM Gentle FunFitness
(video class)
11AM Golden Oldies Karaoke
1:30-3:30PM Tech Support
Drop-In

10


11
10AM Fitness with Jody
11AM Time & Place Trivia
1:30PM Painting

12
10AM Gentle Stretching
(video class)
11AM Caregiver Coffee Hour
1:30PM MadLibs & Brain
Teasers

13
10AM FunFit (video class)
11AM Learn to Play UNO
1:30PM Movies & Popcorn

16
10AM Gentle FunFitness
(video class)
11AM Golden Oldies Karaoke
1:30-3:30PM Tech Support
Drop-In

17
10AM Knit/Crochet Group
11AM Rhythm and Dance
**1:30PM Seniors' Programs
@ Sheridan Library**

18
10AM Fitness with Jody
11AM Time & Place Trivia
**1:30PM Paper Basket
Weaving with Annu**

19
10AM Gentle Stretching
(video class)
11AM Caregiver Coffee Hour
1:30PM MadLibs & Brain
Teasers

20
10AM FunFit (video class)
11AM Learn to Play UNO
1:30PM Movies & Popcorn

23


24
10AM Knit/Crochet Group
10AM-1PM Service Canada
11AM Rhythm and Dance
1:30PM Music Matinee with
Walt

25
10AM Fitness with Jody
11AM Time & Place Trivia
1:30PM "All About Me"
Collage Project

26
10AM Gentle Stretching
(video class)
11AM Caregiver Coffee Hour
1:30PM MadLibs & Brain
Teasers

27
10AM FunFit (video class)
11AM Learn to Play UNO
1:30PM Movies & Popcorn

30
10AM Gentle FunFitness
(video class)
11AM Golden Oldies Karaoke
1:30-3:30PM Tech Support
Drop-In

**All programs are FREE
to seniors ages 65yrs+
living in Mississauga**

WHO: Seniors interested in
social connection.

- Our program space is fully accessible.
- Our staff are certified PSWs.
- Attendance hours are flexible.

WHERE: 2180 Speakman Drive
Mississauga

WHEN: Monday to Friday
9AM to 4PM

FOR MORE INFORMATION ABOUT OUR PROGRAMS:

CALL: 905-369-2442 - ask for the Seniors' Hub

EMAIL: SeniorsHub@partnerscommunityhealth.ca



BELONGING@PCH Theme for June: SENIORS
PCH celebrates seniors and recognizes their contributions to our communities.

NEW THIS JUNE

Sheridan Library

Read, Watch, and Connect at the Library

Tuesday, June 17th at 1:30pm

Discover exciting resources, programs and services for older adults with your free library membership. Learn a new skill, join a book club, or meet with others looking to converse and connect. We're here to help. Yes, at the library.



Tech Support Drop-In for Seniors

Monday afternoons (Note: We will be closed June 16 & June 23)

Do you find your mobile phone frustrating? Are you having a hard time getting your email to send properly? Drop in for some friendly coaching! We can't service broken devices, but if you are looking for a little help on how to use Zoom or how to attach a photo to an email, we can help!

Learn to Play UNO

Fridays at 11am

Are you looking for something fun to do with the grandkids this summer that is not a computer game? Come learn how to play UNO! This is a fun card game that is easy to learn and is suitable for 2-10 players ages 7+.



Reminder: SERVICE CANADA - Tuesday, June 24th 10am to 1pm

For advice on Caregiver Benefits, CPP, Canadian Dental Plan, etc... Drop in and sit down with a representative from Service Canada. Minimal waiting time and parking is FREE!

'REGISTRATION REQUIRED' PROGRAMS



Paper Basket Weaving with Annu

Discover the charm of turning forgotten newspaper circulars into beautiful, functional paper baskets! This eco-friendly craft not only gives new life to old paper, but it's also a relaxing, rewarding way to create unique storage solutions or handmade gifts. With just a few folds and weaves, you can transform yesterday's ads into today's conversation pieces—colorful, sturdy, and full of character. Perfect for beginners or seasoned crafters alike, paper basket weaving is a creative blend of sustainability and style that's as fun as it is resourceful.

Ready to roll up some paper and dive in?
Wednesday, June 18th - 1:30pm to 3:30pm

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