


JULY 2025

Mon	Tue	Wed	Thu	Fri
	<div>1</div> <div>Happy Canada Day!</div> <div></div> <div>CLOSED</div>	<div>2</div> <div>10am Fitness with Jody</div> <div>11am Crafters Social Circle</div> <div>2pm Summer Craft Series with Annu</div>	<div>3</div> <div>10am Seated Gentle Stretching (video class)</div> <div>11am Caregiver Coffee Hour</div> <div>1:30pm Let's Play - Euchre</div>	<div>4</div> <div>10am FunFit</div> <div>11am Visual Trivia Challenge</div> <div>1:30pm Movie Club: "Oh Canada!"</div>
<div>7</div> <div>10am Seated Gentle Fitness (video class)</div> <div>11am Jeopardy</div> <div>1:30pm Storytelling</div>	<div>8</div> <div>10am Gentle Chair Yoga (video class)</div> <div>11am MadLibs</div> <div>1:30pm Music Matinée with Walt</div>	<div>9</div> <div>10am Fitness with Jody</div> <div>11am Crafters Social Circle</div> <div>2pm Introduction to Birdwatching</div>	<div>10</div> <div>10am Seated Gentle Stretching (video class)</div> <div>11am Caregiver Coffee Hour</div> <div>1:30pm Let's Play - Euchre</div>	<div>11</div> <div>10am FunFit</div> <div>11am Visual Trivia Challenge</div> <div>1:30pm Movie Club: "Queen Bees"</div>
<div>14</div> <div>10am Seated Gentle Fitness (video class)</div> <div>11am Jeopardy</div> <div>1:30pm Painting</div>	<div>15</div> <div>10am Gentle Chair Yoga (video class)</div> <div>11am MadLibs</div> <div>1:30pm Music Matinée with Walt</div>	<div>16</div> <div>10am Fitness with Jody</div> <div>11am Crafters Social Circle</div> <div>2pm Book Club: Remarkably Bright Creatures</div>	<div>17</div> <div>10am Seated Gentle Stretching (video class)</div> <div>11am Caregiver Coffee Hour</div> <div>1:30pm Let's Play - Euchre</div>	<div>18</div> <div>10am FunFit</div> <div>11am Visual Trivia Challenge</div> <div>2pm Summer Craft Series with Annu</div>
<div>21</div> <div>10am Seated Gentle Fitness (video class)</div> <div>10am-1pm Service Canada</div> <div>11am Jeopardy</div> <div>2pm French Conversation Group</div>	<div>22</div> <div>10am Gentle Chair Yoga (video class)</div> <div>11am MadLibs</div> <div>1:30pm Music Matinée with Walt</div>	<div>23</div> <div>10am Fitness with Jody</div> <div>11am Crafters Social Circle</div> <div>2pm Introduction to Birdwatching</div>	<div>24</div> <div>10am Seated Gentle Stretching (video class)</div> <div>11am Caregiver Coffee Hour</div> <div>1:30pm Summer Reading: Learn to Use your Kindle/Kobo</div>	<div>25</div> <div>10am FunFit</div> <div>11am Visual Trivia Challenge</div> <div>1:30pm Movie Club: "The Book Club"</div>
<div>28</div> <div>10am Seated Gentle Fitness (video class)</div> <div>11am Jeopardy</div> <div>2pm French Conversation Group</div>	<div>29</div> <div>10am Gentle Chair Yoga (video class)</div> <div>11am MadLibs</div> <div>1:30pm Music Matinée with Walt</div>	<div>30</div> <div>10am Fitness with Jody</div> <div>11am Crafters Social Circle</div> <div>2pm Dementia Café: Summer Memories</div>	<div>31</div> <div>10am Seated Gentle Stretching (video class)</div> <div>11am Caregiver Coffee Hour</div> <div>1:30pm Let's Play - Euchre</div>	



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

WHO: Older adults interested in socializing, trying something new or enjoying a friendly space.

WHERE: 2180 Speakman Dr Mississauga (Erin Mills/QEW)

WHEN: Monday to Friday 9AM to 4PM

Our program space is fully accessible.

Our staff are certified PSWs.

Attendance is flexible.



BELONGING@PCH Theme for July: **WELLNESS**
PCH celebrates our commitment to engaging each staff, resident, community participant and family member in meaningful, vibrant and social activities.

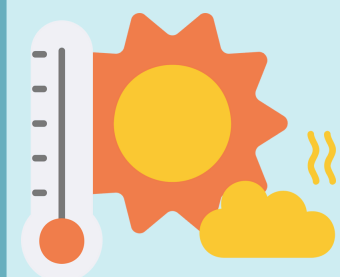
***NEW* THIS JULY**

Summer Reading with Sheridan Library

Kindles and Kobos: Making the most of your e-reader.

Thursday, July 24th at 1:30pm

Borrow ebooks, digital audiobooks, and magazines and read anytime, anywhere. In this presentation, library staff will walk you through the basics of the Libby app and get you started with reading or listening to online titles. All you need to get started is a library card!



BEAT THE HEAT!

If you are struggling to stay cool this summer, pop by the Hub! We're happy to give you somewhere to spend the day when your place is just too warm. You can meet new friends or try a new activity – plus we have cookies!

Welcome Kelli-Ann!

Manager, PCH Integrated Seniors' Hub

We happy to share that Kelli-Ann has joined us as the new Manager of the Seniors' Hub. Kelli-Ann come to us with lots of great managerial experience and is excited to bring more amazing programs and services to seniors living in Mississauga. She loves a good cup of coffee so we will let her tell you more about herself over a chat and a brew.



SERVICE CANADA - Monday, July 21st 10am to 1pm

A more convenient and comfortable way to get Service Canada help for your loved one!

Do you qualify for caregiver benefits? Do you need help with your CPP or OAP? Service Canada is here to help! We offer free parking and almost no waiting.

What's On?

French Conversation Club - Mondays at 2pm

Join our French Conversation Club—a relaxed and friendly space to practice your French, meet new people, and have fun along the way! Whether you're brushing up on old skills or just love the language, all levels are welcome.

Let's laugh, learn, and speak en français together!

Crafters Social Circle - Wednesdays at 11am

Love to craft? Or just want to try something new in good company? Our Social Crafters Circle is a relaxed, welcoming group for adults 65+ who enjoy making things with their hands — from knitting and card making to simple seasonal crafts. No experience needed — just bring your curiosity and creativity!

Book Club - July 16th at 2pm

Come be part of our welcoming Book Club — a place to connect, share, and enjoy great reads together. We'll explore meaningful books, spark engaging discussions, and build friendships along the way. Whether you're an avid reader or just looking to try something new, there's a seat for you at our table.

Movie Club - Fridays at 1:30pm

Enjoy a good film? Come be part of our Movie Club — a fun, relaxed way to watch great movies and share your thoughts with others. Each gathering includes a film screening followed by light discussion and social time. Bring your curiosity, your stories, and your love for movies!

Dementia Café: Summer Memories - July 30th at 2pm

Join us for a friendly, relaxed afternoon of conversation, music, light refreshments, and connection. This gathering is designed to be dementia-friendly and welcoming to both caregivers and those they support.

Enjoy a safe space to meet others, share stories, and take a well-deserved break in good company. ***REGISTRATION REQUIRED***

Call: 905-369-2442 - Ask for the Seniors' Hub.

Email: seniorshub@partnerscommunityhealth.ca