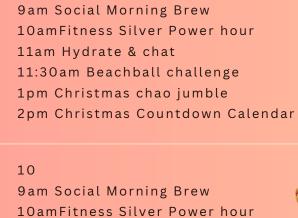
WINTER WONDERLAND TUE THU MON 9am Social Morning Brew 9am Social Morning Brew 9am Social Morning Brew 9am Social Morning Brew 10amGentle seated fitness 10am Chair yoga 10amFitness Silver Power hour 10amGentle seated stretching 11am Hydrate & chat 11am Hydrate & chat 11am Hydrate & chat 11:30am Winter wonderland deco 11:30am Jigsaw Puzzles



11am Hydrate & chat

11:30am Beachball challenge

1pm Christmas chao jumble

2pm Pinecone Holiday Crafts

11am Hydrate & chat
11:30am Christmas Trivia
1pm Holiday Baking Fun
2pm Christmas photo hunt

11
9am Social Morning Brew

10amGentle seated stretching

1pm Festive Treats for Christmas

11am Hydrate & chat

11:30am Christmas Trivia

2pm Festive Snack Share

9am Social Morning Brew
10amFun fitness
11am Hydrate & chat
11:30am Christmas carol sign along
1pm Board game (SORRY)/UNO
2pm Christmas movie

9am Social Morning Bre

11:30am Christmas carol sigr

1pm Board game (SORRY)/UNO

11am Hydrate & chat

2pm Christmas movie

10amFun fitness

FRI

16
9am Social Morning Brew
10amChair yoga
11am Hydrate & chat
11:30am Golden Apron Cafe'
1pm Bowling
2pm Holiday Sketch & Color

9am Social Morning Brew

11:30am Golden Apron Cafe'

2pm Holiday Sketch & Color

10amChair yoga

1pm Bowling

11am Hydrate & chat

1pm Bowling

10amChair yoga

1pm Bowling

11am Hydrate & chat

2pm Holiday Sketch & Color

9am Social Morning Brew

2pm Holiday Sketch & Color

11:30am Create-a-Christmas-Card

9am Social Morning Brew
10amFitness Silver Power hour
11am Hydrate & chat
11:30am Beachball challenge
1pm Christmas chao jumble
2pm Jigsaw puzzle

9am Social Morning Brew
10amGentle seated stretching
11am Hydrate & chat
11:30am Christmas Trivia
1pm Holiday Baking Fun
2pm Christmas photo hunt

199am Social Morning Brew10amFun fitness11am Hydrate & chat11:30am Christmas carol sign along1-4pm Christmas party

9am Social Morning Brew
10amGentle seated fitness
11am Hydrate & chat
11:30am Galaxy/Music Bingo
1pm Paper snowflakes
2pm Sing along with Bob

SERVICE CANADA 10AM-1PM

1pm Pom-Pom Snowmen

2pm Sing along with Suzie

9am Social Morning Brew

1pm Pom-Pom Snowmen

2pm Sing along with Suzie

9am Social Morning Brew

11am Hydrate & chat

10amGentle seated fitness

11:30am Galaxy/Music Bingo

2pm Sing along with Suzie

1pm Popsicle Stick Christmas Frame

Start of Hanukkah December 14-22

11am Hydrate & chat

10amGentle seated fitness

11:30am Galaxy/Music Bingo

National Handwashing Awareness Week; Dec 5 to

9am Social Morning Brew
10amChair yoga
11am Hydrate & chat
11:30am Create-a-Christmas-Card
1pm Bowling
2pm Holiday Sketch & Color

9am Social Morning Brew
10amFitness Silver Power hour
11am Hydrate & chat
11:30am Beachball challenge
1-4 pm Gingerbread House





Kwanzaa December 26-January 1

9am Social Morning Brew
10amGentle seated fitness
11am Hydrate & chat
11:30am Galaxy/Music Bingo
1pm Learn to play Driedel

2pm Sing along with Bob



31
9am Social Morning Brew
10amFitness Silver Power hour
11am Hydrate & chat
11:30am Beachball challenge
1pm Christmas chao jumble
2pm Hanukkah Movie



DECEMBER 2025

Did you know your loved one in Mississauga can be supported for their care needs through Partners Community Health? mississaugaseniorsnavigation.ca for more information email: navigation@partnerscommunityhealth.ca

OVER 20 NEW activities this month

Spend the Day With Us

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 this Month: TEAM PCH

PCH celebrates all the staff, residents, clients and families who make up our Team PCH community.

ACITIVTY HIGHLIGHTS

Special Baking & Meal prep Activities

Clients enjoy hands-on baking sessions that bring delicious aromas and warm memories. Activities like baking fun and festive treats for the holidays encourage creativity in the kitchen, teamwork, and the joy of sharing homemade goodies together.

Special Craft Activities

A variety of festive craft sessions allow clients to express creativity and celebrate the season. Projects include Pom-Pom Snowmen, Create-a-Christmas-Card, Pinecone Holiday Crafts, Popsicle Stick Christmas Frames, Paper Snowflakes, and building festive Gingerbread Houses.

Movie Club

Cleints can relax and enjoy seasonal films during dedicated movie afternoons. These include a cozy Holiday Movie Day and a Hanukkah Movie to celebrate cultural traditions.

SERVICE CANADA

MONDAY, DECEMBER 22 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

Call:905-369-2442 and ask for the Seniors Hub (ext: 11124) OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca

