

WINTER WONDERLAND				
MON	TUE	WED	THU	FRI
<div>1</div> <div>9am Social Morning Brew 10amGentle seated fitness 11am Hydrate & chat 11:30am Winter wonderland decor 1pm Pom-Pom Snowmen 2pm Sing along with Suzie</div> <div></div>	<div>2</div> <div>9am Social Morning Brew 10am Chair yoga 11am Hydrate & chat 11:30am Jigsaw Puzzles 1pm Bowling 2pm Holiday Sketch & Color</div> <div></div>	<div>3</div> <div>9am Social Morning Brew 10amFitness Silver Power hour 11am Hydrate & chat 11:30am Beachball challenge 1pm Christmas chao jumble 2pm Christmas Countdown Calendar</div> <div></div>	<div>4</div> <div>9am Social Morning Brew 10amGentle seated stretching 11am Hydrate & chat 11:30am Christmas Trivia 1pm Holiday Baking Fun 2pm Christmas photo hunt</div> <div></div>	<div>5</div> <div>9am Social Morning Brew 10amFun fitness 11am Hydrate & chat 11:30am Christmas carol sign along 1pm Board game (SORRY)/UNO 2pm Christmas movie</div> <div></div>
<div>8</div> <div>9am Social Morning Brew 10amGentle seated fitness 11am Hydrate & chat 11:30am Galaxy/Music Bingo 1pm Pom-Pom Snowmen 2pm Sing along with Suzie National Handwashing Awareness Week; Dec 5 to 11*</div>	<div>9</div> <div>9am Social Morning Brew 10amChair yoga 11am Hydrate & chat 11:30am Create-a-Christmas-Card 1pm Bowling 2pm Holiday Sketch & Color</div> <div></div>	<div>10</div> <div>9am Social Morning Brew 10amFitness Silver Power hour 11am Hydrate & chat 11:30am Beachball challenge 1pm Christmas chao jumble 2pm Pinecone Holiday Crafts</div> <div></div>	<div>11</div> <div>9am Social Morning Brew 10amGentle seated stretching 11am Hydrate & chat 11:30am Christmas Trivia 1pm Festive Treats for Christmas 2pm Festive Snack Share</div> <div></div>	<div>12</div> <div>9am Social Morning Brew 10amFun fitness 11am Hydrate & chat 11:30am Christmas carol sign along 1pm Board game (SORRY)/UNO 2pm Christmas movie</div> <div></div>
<div>15</div> <div>9am Social Morning Brew 10amGentle seated fitness 11am Hydrate & chat 11:30am Galaxy/Music Bingo 1pm Popsicle Stick Christmas Frame 2pm Sing along with Suzie Start of Hanukkah December 14-22</div> <div></div>	<div>16</div> <div>9am Social Morning Brew 10amChair yoga 11am Hydrate & chat 11:30am Golden Apron Cafe' 1pm Bowling 2pm Holiday Sketch & Color</div> <div></div>	<div>17</div> <div>9am Social Morning Brew 10amFitness Silver Power hour 11am Hydrate & chat 11:30am Beachball challenge 1pm Christmas chao jumble 2pm Jigsaw puzzle</div> <div></div>	<div>18</div> <div>9am Social Morning Brew 10amGentle seated stretching 11am Hydrate & chat 11:30am Christmas Trivia 1pm Holiday Baking Fun 2pm Christmas photo hunt</div> <div></div>	<div>19</div> <div>9am Social Morning Brew 10amFun fitness 11am Hydrate & chat 11:30am Christmas carol sign along 1-4pm Christmas party</div> <div></div>
<div>22</div> <div>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</div>	<div>23</div> <div>9am Social Morning Brew 10amChair yoga 11am Hydrate & chat 11:30am Create-a-Christmas-Card 1pm Bowling 2pm Holiday Sketch & Color</div> <div></div>	<div>24</div> <div>9am Social Morning Brew 10amFitness Silver Power hour 11am Hydrate & chat 11:30am Beachball challenge 1-4 pm Gingerbread House</div> <div></div>	<div><div>CLOSED</div><div>HAPPY HOLIDAYS</div><div></div></div> <div><div>CLOSED</div><div>BOXING DAY</div><div>Kwanzaa December 26-January 1</div><div></div></div>	
<div>29</div> <div>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</div> <div></div>	<div>30</div> <div>9am Social Morning Brew 10amChair yoga 11am Hydrate & chat 11:30am Golden Apron Cafe' 1pm Bowling 2pm Holiday Sketch & Color</div>	<div>31</div> <div>9am Social Morning Brew 10amFitness Silver Power hour 11am Hydrate & chat 11:30am Beachball challenge 1pm Christmas chao jumble 2pm Hanukkah Movie</div>	<div><div></div><div>DECEMBER 2025</div></div>	

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.

ACITIVITY 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

PCH Partners
Community
Health