
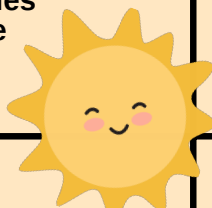



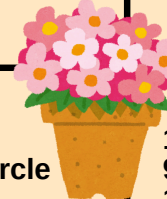


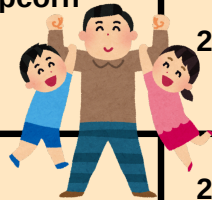







MON	TUES	WED	THURS	FRI
<p>1 Intergenerational Day 9AM Morning Interactive Circle 10AM Gentle Seated Exercise 11AM Coffee & Chat 11:30AM Guess the item challenge 1PM Senior Trivia Game Show 2PM Senior Stories & Wisdom Circle</p> 	<p>2 9AM Morning Interactive Circle 10AM Seated Tai-Chi 11AM Coffee & Chat 11:30AM Craft: Sun Catcher 1PM Nail Painting/ Puzzles 2PM Outdoor Patio Time</p> 	<p>3 9AM Morning Interactive Circle 10AM Fitness Circle 11AM Coffee & Chat 11:30AM Galaxy Bingo 1PM Ball Toss Fun/ Coloring 2PM Afternoon Comfort Club</p> 	<p>4 9AM Morning Interactive Circle 10AM Seated Chair Yoga 11AM Coffee & Chat 11:30AM Craft: Sunrise Painting 1PM Kitchen Korner/Games Group 2PM Cultural Music Hour</p>	<p>5 9AM Morning Interactive Circle 10AM Fun Fitness 11AM Coffee & Chat 11:30AM Summer Bingo 1PM Movie Matinee & Popcorn 2PM Mental Aerobics</p> 
<p>8 Canadian Environment Week 9AM Morning Interactive Circle 10AM Gentle Seated Exercise 11AM Coffee & Chat 11:30AM Paint your Reusable Bag 1PM Wildlife Word Search 2PM Learn about Canadian Environment</p> 	<p>9 9AM Morning Interactive Circle 10AM Seated Tai-Chi 11AM Coffee & Chat 11:30AM Galaxy Bingo 1PM Clay Craft Corner/ Puzzles 2PM Tunes & Togetherness</p>	<p>10 9AM Morning Interactive Circle 10AM Fitness Circle 11AM Coffee & Chat 11:30AM Paint a Pot Session 1PM Montessori Moments 2PM Inspirational Reading Hour</p> 	<p>11 9AM Morning Interactive Circle 10AM Seated Chair Yoga 11AM Coffee & Chat 11:30AM Basketball 1PM Puzzles/ Board Games 2PM Music & Memories</p> 	<p>12 9AM Morning Interactive Circle 10AM Fun Fitness 11AM Coffee & Chat 11:30AM Nature Explorer Bingo 1PM Movie Matinee & Popcorn 2PM Games Time Social</p>
<p>15 9AM Morning Interactive Circle 10AM Gentle Seated Exercise 11AM Coffee & Chat 11:30AM Axe Throwing/ Matching Game 1PM Word Search/ Coloring 2PM Sing Along with Susie Q</p>	<p>16 9AM Morning Interactive Circle 10AM Seated Tai-Chi 11AM Coffee & Chat 11:30AM Gardening Club 1PM Puzzles/ Aqua Painting 2PM Afternoon Comfort Time</p> 	<p>17 9AM Morning Interactive Circle 10AM Fitness Circle 11AM Coffee & Chat 11:30AM Ladder Golf/ Coloring 1PM Nail Painting/ Board Games 2PM Nature Mindfulness Walk</p>	<p>18 9AM Morning Interactive Circle 10AM Seated Chair Yoga 11AM Coffee & Chat 11:30AM Father's Day Painting 1PM Movie Matinee & Popcorn 2PM Mental Aerobics</p> 	<p>19 Father's Day (June 21) 9AM Morning Interactive Circle 10AM Fun Fitness 11AM Coffee & Chat 11:30AM Father's Day Card Making 1:30PM Father's Day Celebration: Live Music Concert 2:30PM Afternoon Relax Hour</p> 
<p>22 Hat/Hawaiian Shirt Day 9AM Morning Interactive Circle 10AM Gentle Seated Exercise 11AM Coffee & Chat 11:30AM Hats Off to Summer Craft 1PM Fun with Beachball Hub Timings: 9AM-01:30PM 10AM-2PM SERVICE CANADA</p> 	<p>23 9AM Morning Interactive Circle 10AM Seated Tai-Chi 11AM Coffee & Chat 11:30AM Basketball/ Coloring 1PM Board Games Cafe 2PM Games Time Social</p>	<p>24 9AM Morning Interactive Circle 10AM Fitness Circle 11AM Coffee & Chat 11:30AM Galaxy Bingo 1PM Ball Pass Fun/ Matching Game 2PM Watch & Relax Hour 2PM Workshop: Alzheimer's Society</p> 	<p>25 9AM Morning Interactive Circle 10AM Seated Chair Yoga 11AM Coffee & Chat 11:30AM Montessori Moments 1PM Kitchen Korner/Games Group 2PM Spiritual Wellness Hour</p>	<p>26 Canadian Multiculturalism Day (June 27) 9AM Morning Interactive Circle 10AM Fun Fitness 11AM Coffee & Chat 11:30AM Around-the-World Craft 1PM Movie Matinee & Popcorn 2PM Chair Dancing to World Music</p>
<p>29 9AM Morning Interactive Circle 10AM Gentle Seated Exercise 11AM Coffee & Chat 11:30AM Summer Bingo 1PM Ball Pass Fun/ Puzzles 2PM Nature Mindfulness Walk</p>	<p>30 9AM Morning Interactive Circle 10AM Seated Tai-Chi 11AM Coffee & Chat 11:30AM Painting Club 1PM Word Search/ Coloring 2PM Afternoon Relax Hour</p> 			

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

BRINGING SUNSHINE & SMILES ALL JUNE LONG!

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: **SENIORS**
For this theme, PCH celebrates seniors and recognizes their contributions to our communities

ACTIVITY HIGHLIGHTS

Intergenerational Day – Activities such as the Guess the Item Challenge and trivia encourage communication, cognitive stimulation, teamwork, and meaningful social connection.

Canadian Environment Week – Reusable bag painting, wildlife word searches, and educational videos promote creativity, learning, environmental awareness, and group participation.

Father's Day – Card making, live music, and painting celebrate fathers and father figures while encouraging creativity, relaxation, and joyful social interaction.

Canadian Multiculturalism Day – Around-the-world crafts and chair dancing to world music celebrate diversity, inclusion, cultural appreciation, and positive social engagement.

SERVICE CANADA

June 22, 2026
10AM - 2PM

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