

MON	TUES	WED	THURS	FRI
		1 HAPPY CANADA DAY CLOSED	2 9AM Morning Cognitive Connections 10AM Fun Fitness 11AM Coffee & Memories 11:30AM Canada Day Craft 1PM Soak up the Sun Meditation 2PM Canadian Music Singh Along	3 9AM Morning Cognitive Connections 10AM Seated Tai-Chi 11AM Coffee & Memories 11:30AM Galaxy Bingo 1PM Movie Matinee & Popcorn 2PM Games Time Social
6 9AM Morning Cognitive Connections 10AM Fitness Circle 11AM Coffee & Memories 11:30AM Balloon Toss 1PM Word Search/Puzzles 2PM Outdoor Patio Time	7 9AM Morning Cognitive Connections 10AM Seated Chair Yoga 11AM Coffee & Memories 11:30AM Axe Throwing/ Coloring 1PM Board Games Cafe 2PM Spiritual Music Hour	8 9AM Morning Cognitive Connections 10AM Gentle Seated Exercise 11AM Coffee & Memories 11:30AM Football Bingo 1PM Fun with Beachball 2PM Sing Along with Sidd	9 Nunavut Day 9AM Morning Cognitive Connections 10 AM Fun Fitness 11AM Coffee & Memories 11:30AM Indigenous-Inspired Craft 1PM Movie Matinee & Popcorn 2PM Afternoon Comfort Club	10 9AM Morning Cognitive Connections 10 AM Seated Tai-Chi 11AM Coffee & Memories 11:30AM Bean Bag Toss 1:30PM Live Musical Entertainment 2:30PM Watch & Relax Hour
13 9AM Morning Cognitive Connections 10 AM Fitness Circle 11AM Coffee & Memories 11:30AM Galaxy Bingo 1PM Fun with Phrases 2PM Nature Mindfulness Walking	14 9AM Morning Cognitive Connections 10 AM Seated Chair Yoga 11AM Coffee & Memories 11:30AM Creative Canvas Club 1PM Beachball Challenge 2PM Tunes & Togetherness	15 9AM Morning Cognitive Connections 10 AM Gentle Seated Exercise 11AM Coffee & Memories 11:30AM Basketball 1PM Word Search/ Board Games 2PM Games Time Social	16 9AM Morning Cognitive Connections 10 AM Fun Fitness 11AM Coffee & Memories 11:30AM Kitchen Corner/ Puzzles 1PM Ice Cream Social 2PM Sing Along with Sidd 2PM Workshop: Canadian Mental Health Association	17 Parks Day (July 18) 9AM Morning Cognitive Connections 10 AM Seated Tai-Chi 11AM Coffee & Memories 11:30AM Crafting the Outdoors 1PM Movie Matinee & Popcorn 2PM Music & Memories
20 9AM Morning Cognitive Connections 10 AM Fitness Circle 11AM Coffee & Memories 11:30AM Art Therapy Session 1PM Balloon Toss 2PM Watch & Relax Hour 10AM-2PM SERVICE CANADA	21 9AM Morning Cognitive Connections 10 AM Seated Chair Yoga 11AM Coffee & Memories 11:30AM Guess the word by Emoji Challenge 1PM Creative Coloring/ Board Games HUB TIMINGS 9:00 AM - 2:30 PM (THIRD TUESDAY OF EVERY MONTH)	22 9AM Morning Cognitive Connections 10 AM Gentle Seated Exercise 11AM Coffee & Memories 11:30AM Galaxy Bingo 1PM Beachball Challenge 2PM Sing Along with Sidd	23 9AM Morning Cognitive Connections 10 AM Fun Fitness 11AM Coffee & Memories 11:30AM Crafters Cove 1PM Axe Throwing/ Bean Bag Toss 2PM Board Games Cafe	24 International Self-Care Day 9AM Morning Cognitive Connections 10 AM Seated Tai-Chi 11AM Coffee & Memories 11:30AM Wellness & Self-Care Club 1PM Movie Matinee & Popcorn 2PM Nature Mindfulness Walk
27 9AM Morning Cognitive Connections 10 AM Fitness Circle 11AM Coffee & Memories 11:30AM Painting Club 1PM Card Games 2PM Spiritual Music Hour	28 9AM Morning Cognitive Connections 10 AM Seated Chair Yoga 11AM Coffee & Memories 11:30AM Kitchen Corner/ Coloring 1PM Word Search/ Board Games 2PM Sing Along with Sidd	29 9AM Morning Cognitive Connections 10 AM Gentle Seated Exercise 11AM Coffee & Memories 11:30AM Ball Pass Fun 1PM Mental Aerobics 2PM Afternoon Relax Hour	30 International Day of Friendship 9AM Morning Cognitive Connections 10 AM Fun Fitness 11AM Coffee & Memories 11:30AM Friendship Bracelet Workshop 1PM Beachball Challenge 2PM Spiritual Music Hour	31 9AM Morning Cognitive Connections 10 AM Seated Tai-Chi 11AM Coffee & Memories 11:30AM Galaxy Bingo 1PM Movie Matinee & Popcorn 2PM Tunes & Togetherness

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

Please Note: Hub Closure-
2:30 p.m. on the third
Tuesday of every 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: Wellness

For this theme, PCH celebrates our commitment to engaging each staff, client and family member in meaningful, vibrant and social activities.

ACTIVITY HIGHLIGHTS

International Self-Care Day – Relaxation activities, wellness discussions, and self-care practices encourage stress reduction, emotional well-being, self-awareness, and positive lifestyle habits.

Art Therapy Session – Creative art projects provide opportunities for self-expression, cognitive stimulation, relaxation, and a sense of accomplishment while fostering social connection.

Live Music – Enjoying live music promotes engagement, reminiscence, emotional well-being, and meaningful social interaction through shared musical experiences.

International Friendship Day – Creating friendship bracelets encourages creativity, fine motor skills, social bonding, and the celebration of meaningful relationships and community connections.

Canada Day & Nunavut Day – Themed crafts encourage creativity, fine motor skills, cultural appreciation, and social engagement while celebrating Canada's heritage, diversity, and Indigenous traditions.

SERVICE CANADA

July 20, 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: *1124)

OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca

