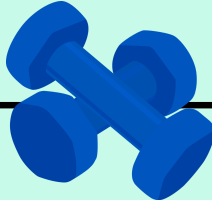
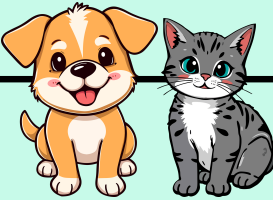
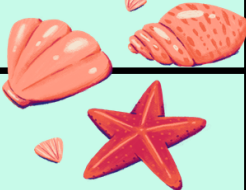
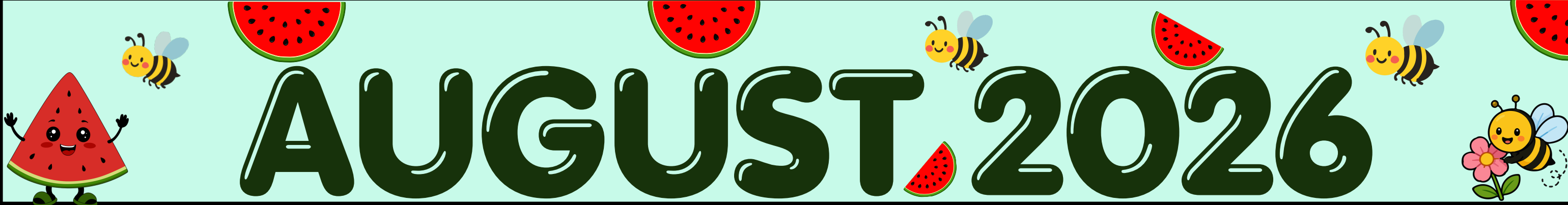


MON	TUES	WED	THURS	FRI
August 03 - Civic Holiday 	4 9AM Meet & Greet 10AM Seated Tai-Chi 11AM Coffee & Connections 11:30AM Balloon Toss 1:30PM Puzzles/ Board Games 2:30PM Sing Along with Sidd	5 9AM Meet & Greet 10AM Fitness Circle 11AM Coffee & Connections 11:30AM Ladder Golf/ Pass the ball 1:30PM Guess the Word Challenge 2:30PM Watch & Relax Hour 	6 9AM Meet & Greet 10AM Seated Gentle Exercise 11AM Coffee & Connections 11:30AM Crafters Cove 1:30PM Card Games/ Word Search 2:30PM Outdoor Patio Time	7 9AM Meet & Greet 10AM Chair Yoga 11AM Coffee & Connections 11:30AM Galaxy Bingo 1:30PM Movie Matinee & Popcorn 2:30PM Family Feud 
10 9AM Meet & Greet 10AM Fun Fitness 11AM Coffee & Connections 11:30AM Basketball 1:30PM Board Games Cafe 2:30PM Games Time Social	11 9AM Meet & Greet 10AM Seated Tai-Chi 11AM Coffee & Connections 11:30AM Sports Bingo 1:30PM Axe Throwing/ Bean Bag Toss 2:30PM Spiritual Hour 	12 International Youth Day 9AM Meet & Greet 10AM Fitness Circle 11AM Coffee & Connections 11:30AM Balloon Volleyball 1:30PM Youth-Themed Trivia & Discussions 2:30PM Generational Music Session 2PM Workshop: Acclaim Health	13 9AM Meet & Greet 10AM Seated Gentle Exercise 11AM Coffee & Connections 11:30AM Galaxy Bingo 1:30PM Movie Matinee & Popcorn 2:30PM Sing Along with Sidd 	14 Animals Adventure Day 9AM Meet & Greet 10AM Chair Yoga 11AM Coffee & Connections 11:30AM Beachball Toss 1:30PM Fun time with Furry Friends 2:30PM Pass the Ball
17 National Acadian Day (Aug 15) 9AM Meet & Greet 10AM Fun Fitness 11AM Coffee & Connections 11:30AM Coastal Craft 1:30PM Kitchen Corner/ Coloring 2:30PM Acadian Music Social 10AM Workshop: LOOPD- Banking Exercise (For Clients Only) 	18 9AM Meet & Greet 10AM Seated Tai-Chi 11AM Coffee & Connections 11:30AM Ladder Golf/ Pass the Ball 1:30PM Family Feud 2:30PM Creative Coloring HUB TIMINGS: 9AM - 2:30PM	19 World Humanitarian Day 9AM Meet & Greet 10AM Fitness Circle 11AM Coffee & Connections 11:30AM Sunshine Messages Craft 1:30PM Balloon Toss 2:30PM Sing Along with Sidd 	20 9AM Meet & Greet 10AM Seated Gentle Exercise 11AM Coffee & Connections 11:30AM Basketball/ Bean BagToss 1:30PM Ice Cream Social 2:30PM Watch & Relax Hour	21 9AM Meet & Greet 10AM Chair Yoga 11AM Coffee & Connections 11:30AM Galaxy Bingo 1:30PM Movie Matinee & Popcorn 2:30PM Montessori Moments 
24 9AM Meet & Greet 10AM Fun Fitness 11AM Coffee & Connections 11:30AM Trivia Time 1:30PM Board Games Cafe 2:30PM Creative Coloring	25 9AM Meet & Greet 10AM Seated Tai-Chi 11AM Coffee & Connections 11:30AM Camping Bingo 1:30PM Balloon Toss 2:30PM Sing Along with Sidd 	26 9AM Meet & Greet 10AM Fitness Circle 11AM Coffee & Connections 11:30AM Innovative Craft Challenge 1:30PM Kitchen Corner/ Puzzles 2:30PM Pass the Ball	27 9AM Meet & Greet 10AM Seated Gentle Exercise 11AM Coffee & Connections 11:30AM Road Sign Bingo 1:30PM Beachball Toss 2:30PM Family Feud	28 9AM Meet & Greet 10AM Chair Yoga 11AM Coffee & Connections 11:30AM Art Therapy Session 1:30PM Movie Matinee & Popcorn 2:30PM Games Time Social
31 9AM Meet & Greet 10AM Fun Fitness 11AM Coffee & Connections 11:30AM Galaxy Bingo 1:30PM Aqua Painting/ Matching Game 2:30PM Guess the Food Challenge 10AM-2PM SERVICE CANADA	 AUGUST 2026			

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: **Innovation**

For this theme, PCH celebrates our value of creativity and our commitment to being innovative while embracing new and different ideas.

ACTIVITY HIGHLIGHTS

- **Fun with Furry Animals** – Interacting with friendly animals promotes emotional well-being, reduces stress, encourages social interaction, and provides meaningful sensory experiences while creating joyful memories.
- **International Youth Day** – Youth-themed trivia and group discussions promote cognitive stimulation, reminiscence, meaningful conversation, and the sharing of life experiences across generations.
- **Acadian Day** – Themed crafts encourage creativity, fine motor skills, cultural appreciation, and social engagement while celebrating Acadian history, traditions, and heritage.
- **Workshop: LoopD Banking Services** – An informative session that promotes financial awareness, informed decision-making, and confidence in accessing banking services.

SERVICE CANADA

**August 31, 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

PCH Partners
Community
Health