

MISSISSAUGA EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beechwood Place and Beechwood Court (Revera) 1500 Rathburn Rd E Mississauga, ON L4W 4L7 For more information, call: 1-877-696-1620</p>		<p>9:00am - 10:00am Exercise - Movement matters</p>		<p>9:00am - 10:00am Exercise - Movement matters</p>	<p>10:00am - 11:00am Exercise - Seated Tai Chi</p>
		<p>10:00pm - 11:00pm Falls prevention</p>		<p>10:00am - 11:00am Falls prevention</p>	<p>11:00am - 12:00pm Exercise - Movement matters</p>
		<p>11:00am - 12:00pm Exercise - Movement matters</p>		<p>11:00am - 12:00pm Exercise - Movement matters</p>	
<p>Canadian Coptic Centre SENECA 1245 Eglinton West</p>	<p>1:00pm - 2:00pm Falls prevention</p>	<p>1:00pm - 2:00pm Osteoporosis</p>		<p>1:00pm - 2:00pm Osteoporosis</p>	<p>9:00am - 10:00am Exercise - Movement matters</p>
	<p>2:00pm - 3:00pm</p>	<p>2:00pm - 3:00pm</p>		<p>2:00pm - 3:00pm</p>	

Mississauga, ON
L5V 1R8
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

Exercise - Movement
matters

Osteoporosis -
Secondary

Osteoporosis -
Secondary

10:00am - 11:00am
Falls prevention

3:00pm - 4:00pm
Exercise - Movement
matters

11:00am - 12:00pm
Exercise - Movement
matters

Chartwell Classic
Robert Speck
100 Robert Speck Pkwy
Mississauga, ON
L4Z 0A1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Osteoporosis

9:00am - 10:00am
Exercise - Seated Tai
Chi

1:00pm - 2:00pm
Osteoporosis

1:00pm - 2:00pm
Exercise - Seated Tai
Chi

10:00am - 11:00am
Osteoporosis -
Secondary

10:00am - 11:00am
Exercise - Movement
matters

2:00pm - 3:00pm
Osteoporosis -
Secondary

2:00pm - 3:00pm
Exercise - Movement
matters

11:00am - 12:00pm
Falls prevention

3:00pm - 4:00pm
Falls prevention

Constitution Place
(Revera)
3051 Constitution Blvd
Mississauga,
M4Y 2Z1
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Exercise - Movement
matters

9:00am - 10:00am
Exercise - Movement
matters

2:00pm - 3:00pm
Exercise - Seated Tai
Chi

10:00am - 11:00am
Exercise - Seated
yoga

3:00pm - 4:00pm

11:00am - 12:00pm

Falls prevention

Falls prevention

Edenwood Senior's Village

3061 Battleford Rd
Mississauga, ON
L5N 6R7

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

10:00am - 11:00am
Exercise - Movement matters

11:00am - 12:00pm
Exercise - Pump it up

2:00pm - 3:00pm
Exercise - Movement matters

3:00pm - 4:00pm
Exercise - Pump it up

Evergreen Retirement Community

820 Scollard Court
Mississauga, ON
L5V 0A1

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Movement matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement matters

1:00pm - 2:00pm
Falls prevention

2:00pm - 3:00pm
Osteoporosis

3:00pm - 4:00pm
Osteoporosis - Secondary

1:00pm - 2:00pm
Exercise - Movement matters

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement matters

1:00pm - 2:00pm
Osteoporosis

2:00pm - 3:00pm
Osteoporosis - Secondary

3:00pm - 4:00pm
Falls prevention

Forum Italia Senior's Center

155 Forum Drive
Mississauga, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Exercise - Pump it up

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement matters

1:00pm - 2:00pm
Exercise - Pump it up

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement matters

Greenway Lodge

860 The Greenway
Mississauga, ON
L5G 1P6
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Falls prevention

2:00pm - 3:00pm
Exercise - Movement matters

3:00pm - 4:00pm
Exercise - Seated Tai Chi

1:00pm - 2:00pm
Falls prevention

2:00pm - 3:00pm
Exercise - Movement matters

3:00pm - 4:00pm
Exercise - Seated Tai Chi

Heritage Glen

6515 Glen Erin Dr.
Mississauga, ON
L5N 8P9

1:00pm - 2:00pm
Osteoporosis

2:00pm - 3:00pm
Osteoporosis -

1:00pm - 2:00pm
Exercise - Pump it up

2:00pm - 3:00pm
Exercise - Movement

1:00pm - 2:00pm
Exercise - Pump it up

2:00pm - 3:00pm
Exercise - Movement

1:00pm - 2:00pm
Osteoporosis

2:00pm - 3:00pm
Osteoporosis -

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

Secondary	matters	matters	Secondary
	3:00pm - 4:00pm Falls prevention	3:00pm - 4:00pm Falls prevention	

India Rainbow
Hurontario

3038 Hurontario Street
Suite 307
Mississauga, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:30am - 10:30am Exercise - Movement matters	9:30am - 10:30am Exercise - Movement matters
10:30am - 11:30am Falls prevention	10:30am - 11:30am Falls prevention
11:30am - 12:30pm Exercise - Seated Tai Chi	11:30am - 12:30pm Exercise - Seated Tai Chi

India Rainbow
Matheson

415 Matheson Blvd East
Mississauga, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:30am - 10:30am Exercise - Movement matters	9:00am - 10:00am Osteoporosis
10:30am - 11:30am Falls prevention	10:00am - 11:00am Falls prevention
11:30am - 12:30pm Exercise - Seated Tai Chi	11:00am - 12:00pm Exercise - Movement matters

Ivan Franko

3058 Winston Churchill
Blvd
Mississauga, ON
L5L 3J1

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated Tai
Chi

1:00pm - 2:00pm
Osteoporosis

2:00pm - 3:00pm
Osteoporosis -
Secondary

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated
yoga

1:00pm - 2:00pm
Osteoporosis

2:00pm - 3:00pm
Osteoporosis -
Secondary

King Garden (Revera)

85 King Street East
Mississauga, ON
L5A 4G6

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Seated
yoga

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement

1:00pm - 2:00pm
Exercise - Movement
matters

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement

matters

matters

Mississauga Seventh
Day Adventist Church
2250 Credit Valley Road
Mississauga, ON
L5M 4L9
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

12:00pm - 1:00pm
Exercise - Movement
matters

1:00pm - 2:00pm
Falls prevention

2:00pm - 3:00pm
Exercise - Seated
dance

12:00pm - 1:00pm
Exercise - Movement
matters

1:00pm - 2:00pm
Falls prevention

2:00pm - 3:00pm
Exercise - Seated
yoga

Port Credit
(Retirement)
33 Hurontario St
Mississauga, ON
L5G 3G8
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

8:30am - 9:30am
Exercise - Movement
matters

9:30am - 10:30am
Falls prevention

8:30am - 9:30am
Exercise - Movement
matters

9:30am - 10:30am
Falls prevention

PSL Creditvale

Creditvale Mills 1535
South Parade Court
Mississauga, ON
L5M 0T7
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Exercise - Movement
matters

2:00pm - 3:00pm
Exercise - Pump it up

3:00pm - 4:00pm
Falls prevention

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Exercise - Pump it up

11:00am - 12:00pm
Falls prevention

PSL Hillside

107-2440 Truscott Drive
Mississauga, ON
L5J 4N5
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Exercise - Seated Tai
Chi

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement
matters

1:00pm - 2:00pm
Exercise - Seated
yoga

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement
matters

PSL King

202-66 King Street West
Mississauga, ON
L5B 2H7

1:00pm - 2:00pm
Exercise - Pump it up

2:00pm - 3:00pm
Falls prevention

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

3:00pm - 4:00pm
Exercise - Movement
matters

11:00am - 12:00pm
Exercise - Movement
matters

PSL Millbrook Place -
Agnes

111 Agnes Street
Mississauga, ON
L5B 4M5

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated Tai
Chi

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated
yoga

PSL Millbrook Place -
Dundas

708-177 Dundas Street
West
Mississauga,
L5B 2H7

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Pump it up

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Pump it up

PSL South Common
111-2250 South Millway
Mississauga, ON
L5L 3J6
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Pump it up

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Pump it up

PSL Stavebank
102-35 Stavebank Road
N.
Mississauga, ON
L5G 2T7
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

9:00am - 10:00am
Exercise - Pump it up

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Movement
matters

PSL Wisma Mega
Indah Vanrose

1205 Vanrose Street
Mississauga, ON
L5V 1W8

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated Tai
Chi

1:00pm - 2:00pm
Exercise - Movement
matters

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Seated Tai
Chi

Queen Peel Living

3020 Queen Frederica
Drive
Mississauga, ON
L4Y 2Z8

For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

10:00am - 11:00am
Exercise - Movement
matters

11:00am - 12:00pm
Exercise - Pump it up

10:00am - 11:00am
Exercise - Movement
matters

11:00am - 12:00pm
Exercise - Pump it up

Regency Retirement
Residence

29 Mississauga Rd N
Mississauga, ON

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am

12:30pm - 1:30pm
Osteoporosis

1:30pm - 2:30pm
Osteoporosis -

9:00am - 10:00am
Osteoporosis

10:00am - 11:00am
Osteoporosis -

1:00pm - 2:00pm
Exercise - Movement
matters

2:00pm - 3:00pm

L5H 2H7
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

Exercise - Movement
matters

Secondary

Secondary

Exercise - Movement
matters

11:00am - 12:00pm
Falls prevention

3:00pm - 4:00pm
Falls prevention

Sheridan Villa
2460 Truscott Drive
Mississauga, ON
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated Tai
Chi

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Falls prevention

11:00am - 12:00pm
Exercise - Seated
yoga

The Erinview
2132 Dundas St West
Mississauga, ON
L5K 2K7
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Exercise - Pump it up

11:00am - 12:00pm
Falls prevention

10:30am - 11:30am
Osteoporosis

11:30am - 12:30pm
Osteoporosis -
Secondary

9:00am - 10:00am
Exercise - Movement
matters

10:00am - 11:00am
Exercise - Pump it up

11:00am - 12:00pm
Falls prevention

9:30am - 10:30am
Osteoporosis

10:30am - 11:30am
Osteoporosis -
Secondary

Walden Circle

1907 Lakeshore Road
West
Mississauga, ON
L5J 1J6
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

1:00pm - 2:00pm
Exercise - Movement
matters

1:00pm - 2:00pm
Exercise - Movement
matters

2:00pm - 3:00pm
Falls prevention

2:00pm - 3:00pm
Falls prevention

3:00pm - 4:00pm
Exercise - Movement
matters

3:00pm - 4:00pm
Exercise - Movement
matters

Westminster Court (Retirement)

4150 Westminster Place
Mississauga, ON
L4W 3Z7
For more information,
call: [1-877-696-1620](tel:1-877-696-1620)

10:30am - 11:00am
Exercise - Pump it up

11:30am - 12:30pm
Exercise - Seated
yoga

10:30am - 11:30am
Exercise - Pump it up

11:30am - 12:30pm
Exercise - Seated
yoga

