

MISSISSAUGA EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beechwood Place and Court</p> <p>1500 Rathburn Rd E Mississauga, Ontario L4W 4L7</p> <p>For more information, call: 1-877-696-1620</p> <p>☆ Accepting Community Participants</p>		<p>9:15 AM - 10:15 AM Exercise - Movement matters</p> <p>10:15 AM - 11:15 AM Falls prevention</p>		<p>9:15 AM - 10:15 AM Exercise - Movement matters</p> <p>10:15 AM - 11:15 AM Falls prevention</p>	

**Bough
Beeches
Place**

1130 Bough
Beeches Blvd
Mississauga,
Ontario
L4W 4G3
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated dance

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated dance

**Chartwell
Regency
Retirement
Residence**

29 Mississauga
Rd N
Mississauga,
Ontario

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

☆ **Accepting
Community
Participants**

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise - Pump
it up

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Movement
matters

Chartwell Robert Speck

100 Robert
Speck Pkwy
Mississauga,
Ontario
L4Z 0A1

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

☆ Accepting
Community
Participants

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise - Pump
it up

9:00 AM - 10:00
AM
Simply stretch

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated yoga

**Constitution
Place**

3051

Constitution
Blvd

Mississauga,
Ontario

L4Y 2Z1

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

☆ Accepting
Community
Participants

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

2:00 PM - 3:00
PM
Falls prevention

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

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

2:00 PM - 3:00
PM
Falls prevention

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

**Credit River
Retirement
Residence**

175 Rutledge

Rd

Mississauga,

Ontario

L5M 0X7

For more

information,

call: [1-877-696-](tel:1-877-696-1620)

[1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

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

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

Creditvale Mills

1535 S Parade
Ct

Mississauga,

Ontario

L5M 0T7

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

☆ Accepting
Community
Participants

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

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

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

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

3:00 PM - 4:00
PM
Falls prevention

3:00 PM - 4:00
PM
Falls prevention

Edenwood Senior's Village

3061 Battleford
Rd

Mississauga,
Ontario
L5N 6R7
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

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

2:00 PM - 3:00
PM
Falls prevention

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

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

2:00 PM - 3:00
PM
Falls prevention

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

Evergreen Retirement Community

820 Scollard Ct.
Mississauga,
Ontario
L5V 0A1
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

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

10:00 AM -
11:00 AM
Falls prevention

1:00 PM - 2:00
PM
Falls prevention

2:00 PM - 3:00
PM
Osteoporosis

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

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

1:00 PM - 2:00
PM
Falls prevention

2:00 PM - 3:00
PM
Osteoporosis

**Forum Italia
Senior's
Center**

155 Forum Dr.
Mississauga,
Ontario
L4Z 3M9
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

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

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

3:00 PM - 4:00
PM
Falls prevention

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

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

3:00 PM - 4:00
PM
Falls prevention

**Greenway
Lodge**

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

☆ Accepting
Community
Participants

9:00 AM - 10:00
AM
Falls prevention

3:00 PM - 4:00
PM
Falls prevention

**Indus
Community
Services**

1660 Tech Ave.
Unit 4
Mississauga,
Ontario
L4W 5S7

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

☆ **Accepting Community Participants**

10:00 AM - 11:00 AM
Falls prevention

10:00 AM - 11:00 AM
Falls prevention

10:00 AM - 11:00 AM
Falls prevention

Ivan Franko

3058 Winston Churchill Blvd
Mississauga, Ontario
L5L 3J1

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

☆ **Accepting Community Participants**

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

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

10:00 AM - 11:00 AM
Falls prevention

10:00 AM - 11:00 AM
Falls prevention

11:00 AM - 12:00 PM
Exercise - Seated Tai Chi

11:00 AM - 12:00 PM
Exercise - Seated yoga

King Garden

85 King Street
E.

Mississauga,
Ontario

L5A 4G6

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

☆ **Accepting
Community
Participants**

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

11:00 AM -
12:00 PM
Exercise -
Movement
matters

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

**Mississauga
Seventh Day
Adventist
Church**

2250 Credit
Valley Rd.
Mississauga,
Ontario

L5M 4L9

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

[1620](#)

☆ Accepting
Community
Participants

1:00 PM - 2:00
PM
Falls prevention

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

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

1:00 PM - 2:00
PM
Falls prevention

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

3:00 PM - 4:00
PM
Exercise -
Seated yoga

Peel Living Hillside

#107, 2440

Truscott Dr.

Mississauga,

Ontario

L5J 4N5

For more

information,

call: [1-877-696-](tel:1-877-696-1620)

[1620](#)

☆ Accepting
Community

Participants

2:00 PM - 3:00
PM
Falls prevention

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

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated yoga

Peel Living King

#202, 66 King
Street W.
Mississauga,
Ontario
L5B 2H7

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

☆ Accepting
Community
Participants

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated yoga

**Peel Living
Millbrook
Place**

#708, 177
Dundas Street
W.
Mississauga,
Ontario
L5B 4M5
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

2:00 PM - 3:00
PM
Falls prevention

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

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated yoga

**3020 Queen
Frederica Dr.**

Mississauga,
Ontario
L4Y 2Z8
For more
information,

call: [1-877-696-1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated yoga

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

**Peel Living
South
Common**

#111, 2250
South Millway
Mississauga,
Ontario
L5L 3J6

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

☆ Accepting
Community
Participants

2:00 PM - 3:00
PM
Falls prevention

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

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated yoga

**Peel Living
Stavebank**

#102, 35
Stavebank Road
N.
Mississauga,
Ontario
L5G 1L5
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

1:30 PM - 2:30 PM Falls prevention	10:00 AM - 11:00 AM Falls prevention
2:30 PM - 3:30 PM Exercise - Seated yoga	11:00 AM - 12:00 PM Exercise - Seated Tai Chi

**Peel Living
Summerville
Pines**

#413, 1745
Dundas St E.
Mississauga,
Ontario
L4X 2R6

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

☆ **Accepting Community Participants**

2:00 PM - 3:00 PM
Falls prevention

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

2:00 PM - 3:00 PM
Falls prevention

3:00 PM - 4:00 PM
Exercise - Seated yoga

Peel Living Surveyors Place

111 Agnes St.
Mississauga,
Ontario
L5B 4A8

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

☆ **Accepting Community Participants**

2:00 PM - 3:00 PM
Falls prevention

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

10:00 AM - 11:00 AM
Falls prevention

11:00 AM - 12:00 PM
Exercise - Seated yoga

Port Credit Residence

33 Hurontario
St.

Mississauga,
Ontario
L5G 3G8

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

☆ Accepting
Community
Participants

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise - Pump
it up

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Movement
matters

Sheridan Villa

2460 Truscott
Dr.

Mississauga,
Ontario
L5J 3Z8

For more
information,

call: [1-877-696-1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

9:00 AM - 10:00
AM
Falls prevention

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

9:00 AM - 10:00
AM
Falls prevention

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

The Erinview

1510 Lakeshore
Rd W.
Mississauga,
Ontario
L5J 4T4
For more
information,
call: [1-877-696-1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

9:00 AM - 10:00
PM
Exercise -
Seated Tai Chi

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Movement
matters

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

The Shores of Port Credit

280 Lakeshore
Rd W.
Mississauga,
Ontario
L5H 0A5
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

2:00 PM - 3:00
PM
Falls prevention

10:00 AM -
11:00 AM
Falls prevention

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

11:00 AM -
12:00 PM
Exercise -
Movement
matters

☆ **Accepting
Community
Participants**

Turtle Creek Manor

1510 Lakeshore
Rd W.
Mississauga,
Ontario
L5J 4T4
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

1:00 PM - 2:00
PM
Falls prevention

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

3:00 PM - 4:00
PM
Simply stretch

1:00 PM - 2:00
PM
Falls prevention

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

3:00 PM - 4:00
PM
Exercise -
Seated dance

**Village of
Erin
Meadows**

2930 Erin
Centre Blvd.
Mississauga,
Ontario
L5M 7M4
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community
Participants

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

2:00 PM - 3:00
PM
Falls prevention

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

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

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated dance

Walden Circle

1907 Lakeshore
Rd W.
Mississauga,
Ontario
L5J 1J6
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ Accepting
Community

Participants

3:00 PM - 4:00
PM
Falls prevention

9:00 AM - 10:00
PM
Simply stretch

10:00 AM -
11:00 PM
Falls prevention

Westminster Court

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

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

11:00 AM -
12:00 PM
Falls prevention

12:30 PM - 1:30
PM
Exercise -
Movement
matters

1:30 PM - 2:30
PM
Falls prevention

☆ Accepting
Community
Participants

Wisma Mega Indah

Vanrose

1205 Vanrose
Street
Mississauga,
Ontario
L5V 1W8
For more
information,
call: [1-877-696-
1620](tel:1-877-696-1620)

☆ **Accepting
Community
Participants**

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

10:00 AM -
11:00 AM
Falls prevention

11:00 AM -
12:00 PM
Exercise -
Seated Tai Chi

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

2:00 PM - 3:00
PM
Falls prevention

3:00 PM - 4:00
PM
Exercise -
Seated yoga