

## MISSISSAUGA EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Beechwood Place and Court</b></p> <p>1500 Rathburn Rd E Mississauga, Ontario L4W 4L7</p> <p>For more information, call: <a href="tel:1-877-696-1620">1-877-696- 1620</a></p> <p>☆ <b>Accepting Community Participants</b></p>		<p>9:00 AM - 10:00 AM Exercise - Movement matters</p> <p>10:00 AM - 11:00 AM Falls prevention</p>		<p>9:00 AM - 10:00 AM Exercise - Movement matters</p> <p>10:00 AM - 11:00 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  
Exercise - Pump  
it up

11:00 AM -  
12:00 PM  
Falls prevention

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

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

11:00 AM -  
12:00 PM  
Falls prevention

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## **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 -  
Movement  
matters

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**Credit River  
Retirement  
Residence**

175 Rutledge  
Rd

Mississauga,  
Ontario

L5M 0X7

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

☆ Accepting  
Community  
Participants

3:00 PM - 4:00  
PM  
Falls prevention

11:00 AM -  
12:00 PM  
Falls prevention

**Creditvale  
Mills**

1535 S Parade  
Ct

Mississauga,  
Ontario

L5M 0T7

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

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

☆ Accepting  
Community  
Participants

**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**

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

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

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## 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

10:00 AM -  
11:00 AM  
Falls prevention

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

1:00 PM - 2:00  
PM  
Exercise -  
Seated dance

2:00 PM - 3:00  
PM  
Falls prevention

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

[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

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## **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

1:00 PM - 2:00  
PM  
Falls prevention

2:00 PM - 3:00  
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

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**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

2:00 PM - 3:00 PM  
Falls prevention

3:00 PM - 4:00 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**

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## **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

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## 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

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

### **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