

## MISSISSAUGA EXERCISE SCHEDULE

COVID-19 Update – Lifemark Seniors Wellness and our Valued Community Partners are working together to re-open their doors to Older Adults and Seniors in the Community. We have a selected number of sites that have re-opened. Please click on “View Schedules” to see what sites are available to attend for in person programming. Please note that there is limited space available so please call **Lifemark Seniors Wellness** at [1-800-315-4417](tel:1-800-315-4417) to register. Only those that are registered will be permitted to attend the program.

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Beechwood Place and Beechwood Court (Revera) 1500 Rathburn Rd E Mississauga, ON L4W 4L7 For more information, call: <a href="tel:1-877-696-1620">1-877-696-1620</a>		2:00pm - 3:00pm Exercise - Movement matters		2:00pm - 3:00pm Exercise - Movement matters	3:00pm - 4:00pm Exercise - Seated Tai Chi
		3:00am - 4:00am Falls prevention		3:00pm - 4:00pm Falls prevention	4:00pm - 5:00pm Exercise - Movement matters
		4:00pm - 5:00pm Exercise - Movement matters		4:00pm - 5:00pm Exercise - Movement matters	

Canadian Coptic  
Centre SENECA

1245 Eglinton West  
Mississauga, ON  
L5V 1R8

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

6:00pm - 7:00pm  
Falls prevention

7:00pm - 8:00pm  
Exercise - Movement  
matters

8:00pm - 9:00pm  
Exercise - Movement  
matters

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm  
Osteoporosis -  
Secondary

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm  
Osteoporosis -  
Secondary

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

2:00pm - 3:00pm  
Osteoporosis

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

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

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

4:00pm - 5:00pm  
Falls prevention

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm  
Osteoporosis -  
Secondary

6:00pm - 7:00pm  
Exercise - Seated Tai  
Chi

7:00pm - 8:00pm  
Exercise - Movement  
matters

8:00pm - 9:00pm  
Falls prevention

Constitution Place  
(Revera)

3051 Constitution Blvd

5:00pm - 6:00pm  
Exercise - Movement  
matters

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

Mississauga,  
M4Y 2Z1

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

☆ **Accepting Community  
Participants**

6:00pm - 7:00pm  
Falls prevention

7:00pm - 8:00pm  
Exercise - Seated  
yoga

2:00pm - 3:00pm  
Falls prevention

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

Credit River  
Retirement Residence

175 Rutledge Rd  
Mississauga, ON  
L5M 0X7

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

☆ **Accepting Community  
Participants**

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

2:00pm - 3:00pm  
Falls prevention

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

5:00pm - 6:00pm  
Exercise - Movement  
matters

6:00pm - 7:00pm  
Falls prevention

7:00pm - 8:00pm  
Exercise - Pump it up

Edenwood Senior's  
Village

3061 Battleford Rd  
Mississauga, ON  
L5N 6R7

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

4:00pm - 5:00pm  
Exercise - Pump it up

7:00pm - 8:00pm  
Exercise - Movement  
matters

8:00pm - 9:00pm  
Exercise - Pump it up

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

### Evergreen Retirement Community

820 Scollard Court  
Mississauga, ON  
L5V 0A1

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

☆ **Accepting Community  
Participants**

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

2:00pm - 3:00pm  
Falls prevention

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

5:00pm - 6:00pm  
Falls prevention

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm  
Osteoporosis -  
Secondary

5:00pm - 6:00pm  
Exercise - Movement  
matters

6:00pm - 7:00pm  
Falls prevention

7:00pm - 8:00pm  
Exercise - Movement  
matters

5:00pm - 6:00pm  
Osteoporosis

6:00pm - 7:00pm  
Osteoporosis -  
Secondary

7:00pm - 8:00pm  
Exercise - Movement  
matters

### Forum Italia Senior's Center

155 Forum Drive  
Mississauga, ON

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

6:00pm - 7:00pm  
Exercise - Pump it up

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

6:00pm - 7:00pm  
Exercise - Pump it up

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
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)

6:00pm - 7:00pm  
 Falls prevention

7:00pm - 8:00pm  
 Exercise - Movement  
 matters

8:00pm - 9:00pm  
 Exercise - Seated Tai  
 Chi

6:00pm - 7:00pm  
 Falls prevention

7:00pm - 8:00pm  
 Exercise - Movement  
 matters

8:00pm - 9:00pm  
 Exercise - Seated Tai  
 Chi

Heritage Glen  
 6515 Glen Erin Dr.  
 Mississauga, ON  
 L5N 8P9

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

☆ **Accepting Community  
 Participants**

5:00pm - 6:00pm  
 Osteoporosis

6:00pm - 7:00pm  
 Osteoporosis -  
 Secondary

7:00pm - 8:00pm  
 Falls prevention

5:00pm - 6:00pm  
 Exercise - Pump it up

6:00pm - 7:00pm  
 Falls prevention

7:00pm - 8:00pm  
 Exercise - Movement  
 matters

5:00pm - 6:00pm  
 Exercise - Pump it up

6:00pm - 7:00pm  
 Falls prevention

7:00pm - 8:00pm  
 Falls prevention

5:00pm - 6:00pm  
 Osteoporosis

6:00pm - 7:00pm  
 Osteoporosis -  
 Secondary

7:00pm - 8:00pm  
 Falls prevention

5:00pm - 6:00pm  
 Exercise - Pump it up

6:00pm - 7:00pm  
 Exercise - Movement  
 matters

7:00pm - 8:00pm  
 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)

2:30pm - 3:30pm  
Exercise - Movement  
matters

2:30pm - 3:30pm  
Exercise - Movement  
matters

3:30pm - 4:30pm  
Falls prevention

3:30pm - 4:30pm  
Falls prevention

4:30pm - 5:30pm  
Exercise - Seated Tai  
Chi

4:30pm - 5:30pm  
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)

2:30pm - 3:30pm  
Exercise - Movement  
matters

3:30pm - 4:30pm  
Falls prevention

4:30pm - 5:30pm  
Exercise - Seated Tai  
Chi

2:00pm - 3:00pm  
Osteoporosis

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Movement  
matters

Ivan Franko

3058 Winston Churchill  
Blvd

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

3:00pm - 4:00pm

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

3:00pm - 4:00pm

6:00pm - 7:00pm  
Osteoporosis

7:00pm - 8:00pm

Mississauga, ON  
L5L 3J1  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

- Falls prevention
- 4:00pm - 5:00pm  
Exercise - Seated Tai Chi
- 6:00pm - 7:00pm  
Osteoporosis
- 7:00pm - 8:00pm  
Osteoporosis - Secondary

- Falls prevention
- 4:00pm - 5:00pm  
Exercise - Seated yoga

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)

- 2:00pm - 3:00pm  
Exercise - Seated yoga
- 3:00pm - 4:00pm  
Falls prevention
- 4:00pm - 5:00pm  
Exercise - Movement matters

- 6:00pm - 7:00pm  
Exercise - Movement matters
- 7:00pm - 8:00pm  
Falls prevention
- 8:00pm - 9:00pm  
Exercise - Movement matters

Mississauga Seventh

- 5:00pm - 6:00pm  
Exercise - Movement matters

- 5:00pm - 6:00pm  
Exercise - Movement matters

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

6:00pm - 7:00pm  
Exercise - Pump it up

7:00pm - 8:00pm  
Exercise - Seated Tai  
Chi

6:00pm - 7:00pm  
Exercise - Pump it up

7:00pm - 8:00pm  
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)

1:30pm - 2:30pm  
Exercise - Movement  
matters

2:30pm - 3:30pm  
Falls prevention

1:30pm - 2:30pm  
Exercise - Movement  
matters

2:30pm - 3:30pm  
Falls prevention

PSL Creditvale  
Creditvale Mills 1535  
South Parade Court  
Mississauga, ON  
L5M 0T7

6:00pm - 7:00pm  
Exercise - Movement  
matters

7:00pm - 8:00pm  
Exercise - Pump it up

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

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



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

8:00pm - 9:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

6:00pm - 7:00pm  
Exercise - Seated Tai  
Chi

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

6:00pm - 7:00pm  
Exercise - Seated  
yoga

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

### PSL King

202-66 King Street West  
Mississauga, ON  
L5B 2H7  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

6:00pm - 7:00pm  
Exercise - Pump it up

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Seated Tai  
Chi

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Pump it up

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Pump it up

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Movement  
matters

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Movement  
matters

PSL Wisma Mega  
Indah Vanrose  
1205 Vanrose Street  
Mississauga, ON  
L5V 1W8

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

3:00pm - 4:00pm  
Falls prevention

6:00pm - 7:00pm  
Exercise - Movement  
matters

7:00pm - 8:00pm  
Falls prevention

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

4:00pm - 5:00pm  
Exercise - Seated Tai  
Chi

8:00pm - 9:00pm  
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)

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

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

4:00pm - 5:00pm  
Exercise - Pump it up

4:00pm - 5:00pm  
Exercise - Pump it up

Regency Retirement  
Residence  
29 Mississauga Rd N  
Mississauga, ON  
L5H 2H7  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

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

5:30pm - 6:30pm  
Osteoporosis

2:00pm - 3:00pm  
Osteoporosis

6:00pm - 7:00pm  
Exercise - Movement  
matters

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

6:30pm - 7:30pm  
Osteoporosis -  
Secondary

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

7:00pm - 8:00pm  
Exercise - Movement  
matters

4:00pm - 5:00pm  
Falls prevention

8:00pm - 9:00pm  
Falls prevention

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

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Seated Tai  
Chi

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
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)

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

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

4:00pm - 5:00pm  
Falls prevention

3:30pm - 4:30pm  
Osteoporosis

4:30pm - 5:30pm  
Osteoporosis -  
Secondary

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

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

4:00pm - 5:00pm  
Falls prevention

2:30pm - 3:30pm  
Osteoporosis

3:30pm - 4:30pm  
Osteoporosis -  
Secondary

Tyndall Estates  
1044 Eglinton Ave East  
Mississauga, ON  
L4W 3A5  
For more information,  
call: [1-877-696-1620](tel:1-877-696-1620)

6:00pm - 7:00pm  
Exercise - Seated Tai  
Chi

7:00pm - 8:00pm  
Falls prevention

8:00pm - 9:00pm  
Exercise - Movement  
matters

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

3:00pm - 4:00pm  
Falls prevention

4:00pm - 5:00pm  
Exercise - Movement  
matters

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

7:00pm - 8:00pm  
Exercise - Movement  
matters

7:00pm - 8:00pm  
Exercise - Pump it up

Westminster Court

3:30pm - 4:00pm  
Exercise - Pump it up

3:30pm - 4:30pm  
Exercise - Pump it up

(Retirement)

4150 Westminster Place  
Mississauga, ON  
L4W 3Z7

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

4:30pm - 5:30pm  
Exercise - Seated  
yoga

4:30pm - 5:30pm  
Exercise - Seated  
yoga

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