



General Committee Meeting

June 29, 2022

Today's Speakers:

Joan Crews, Board President, AACM

&

Hilda Thomas, Director, Volunteers, AACM

Celebrating 30 years!

Our unique Older Adult Centre
is celebrating
its 30th year of operation



Active
Adult Centre
MISSISSAUGA
fun • fitness • friendship



- A second home to approximately 1000 senior members
- From 41 countries of origin
- Currently offering more than 70 weekly virtual and on-site programs — meeting seniors' evolving needs for **activity, socialization and safety**

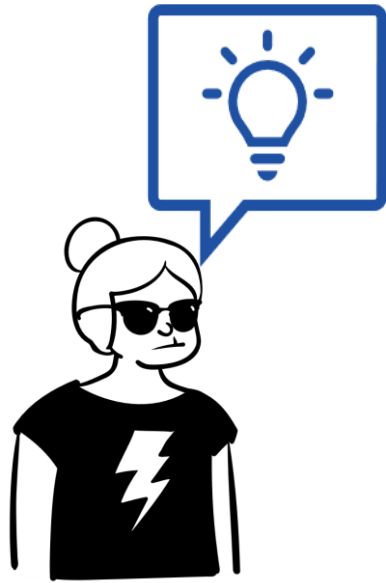


Our Centre's Vision:

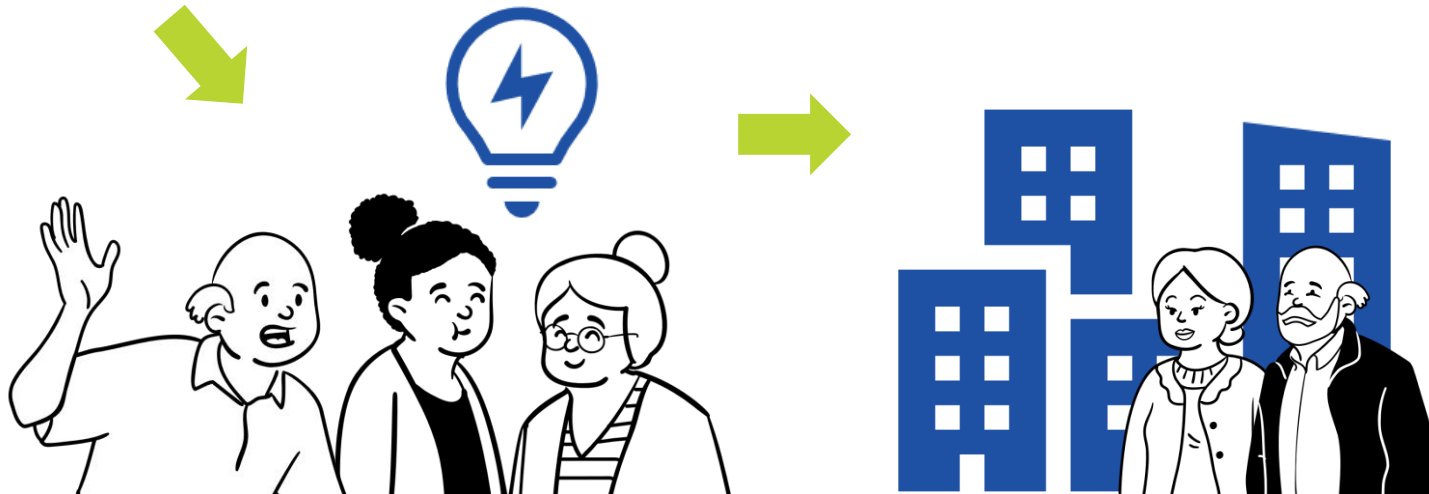
A dynamic and vibrant community of healthy, happy, and engaged older adults







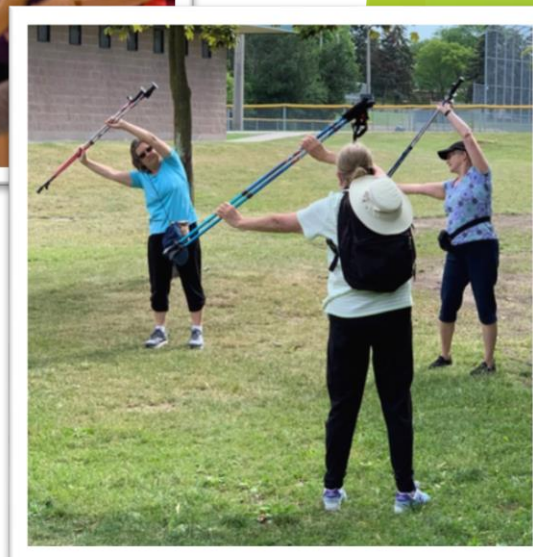
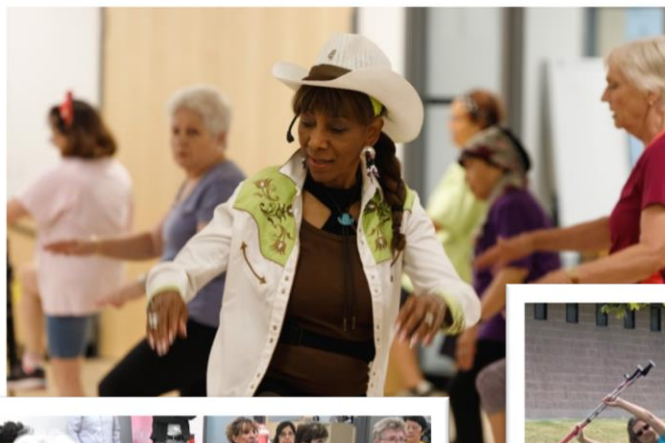
- First began as spark of an idea back in the 80s
- Discussions continued about creating a new seniors' Centre in the heart of the City



- Thus Square One Older Adult Centre, as we were then known, grew
- Serviced an expanding seniors' community
- Unique, accessible, and interesting programming and activities – ones which *engage the body, empower the mind and enliven the spirit*









Our Move in 2017 -

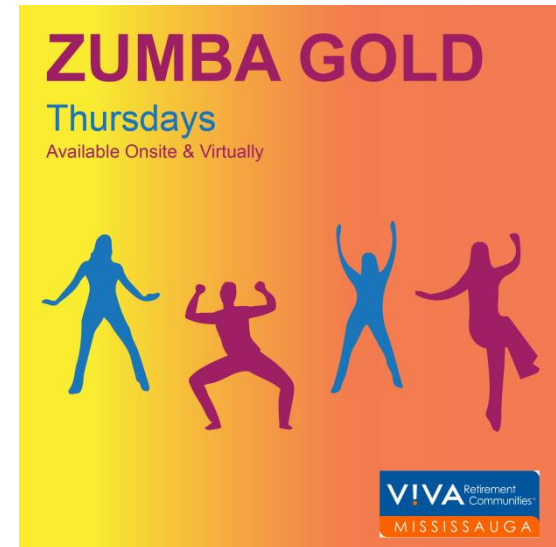
Thank you to the City Councillors for giving this important move to our future home the **green light** six years ago and for backing our vision for the future.

2020 – 2022:

The Pandemic Years

The pandemic knocked us back on our heels, however our team was soon strategizing about how we could best help Mississauga's seniors with...

- Free adapted virtual classes, accessible on-line and on the phone
- Over 1000 Virtual classes were offered and are still going strong
- Ongoing counselling sessions



COED FITNESS FRIDAYS

Available Onsite
& Virtually



VIVA Retirement Communities
MISSISSAUGA



VIRTUAL Mall Walkers Fitness Class Wednesday



revera
Retirement Living
Your kind of place

FUN PHONE BINGO!

MONDAYS, 1:00PM TO 2:30PM ON STARLEAF - FREE

All you need is a deck of cards and a phone to visit with your friends and have a fun game. Pick 5 cards from your deck. Louise, our caller, will call out cards from her deck. When your card matches hers, place it face down. When all 5 are face down, call **Bingo!**

Please email info@aacmiss.ca to receive an invite to join virtually.



VIRTUAL TRIVIA FUN TUESDAYS

1:30pm-2:30pm
March

FREE!



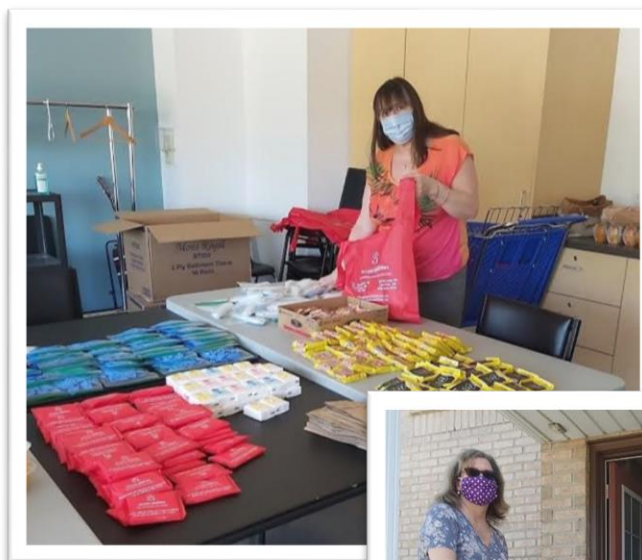
TONING TUESDAYS

Available Onsite & Virtually



revera
Retirement Living
Your kind of place

- COVID Care kits were distributed to 383 identified isolating/ isolated seniors across Mississauga
- Navigation to community resources helping over 600 seniors book their initial vaccination shots and boosters
- Thousands of outreach calls - providing compassion, care, info & an empathetic ear



Active Adult Centre
MISSISSAUGA

A message from the REGION OF PEEL:

We recognize many seniors and older adults (50+) in Peel have been unable to access booster appointments. To help remedy this, we will be offering dedicated booster clinics for adults 50+ during the week of Dec. 27.

We will offer these clinics to your clients and contacts first and will not provide them to the public unless sign-up is low. Proof of age (e.g., government-issued photo ID such as a driver's license, health card or others) will be required.

Clinic Details:

Dec 27 – 7120 Hurontario St., Mississauga (1:00 pm – 4:00 pm)
Dec 28 – Save Max Sports Centre, Brampton (8:00 am – 12:00 pm)
Dec 29 – Save Max Sports Centre, Brampton (8:00 am – 12:00 pm)
Dec 30 – Save Max Sports Centre, Brampton (8:00 am – 12:00 pm)
Jan 2 – 7120 Hurontario St., Mississauga (1:00 pm – 4:00 pm)
Jan 3 – 7120 Hurontario St., Mississauga (1:00 pm – 4:00 pm)

Booking link: <https://booking-peel.secure.force.com/>

Active Adult Centre
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COVID-19 Vaccine Booster Shot Bookings available for Adults 70+

The Region of Peel has just announced individuals 70+ are now able to book their booster shot starting on **Saturday, November 6**.

You can book online [HERE](https://covid19.ontariohealth.ca/) or by calling 1-833-943-3900.

Visit <https://covid19.ontariohealth.ca/> if link doesn't open.

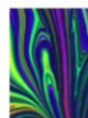
To book, you must wait until 6 months after your second shot so if you received your second shot in April, you are now eligible to book your booster. If you received your second shot in June, you will have to wait until the 6 month interim period is complete to book.



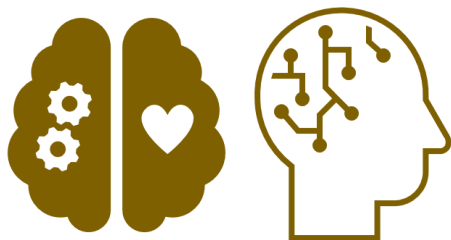
PROJECT HOPE'S

Big Book of Health Boosters

A COLLECTION OF ACTIVITIES FOR THE HEAD, HEART & HANDS



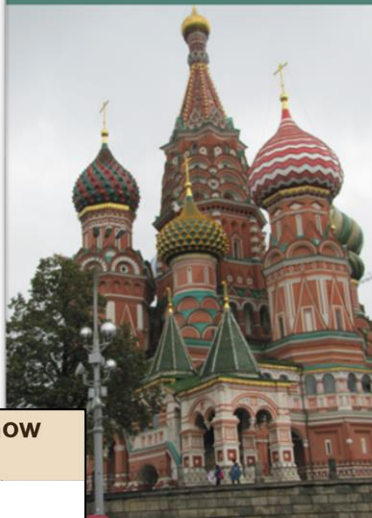
Do you live with Dementia or know Someone who does?



A resourceful guide for those living with Dementia or cognitive impairments



Russian River Cruise Travelogue



Tuesday, April 27th
2pm

Cost: \$5



COVID-19 HIGHLIGHT UPDATES

Hot-spot Pop Up Clinics Now Open

For 18+ and in neighbourhoods at higher risk from COVID-19

Peel Vaxx Pop Ups serve neighbourhoods and populations with higher incidence of COVID-19 related death, hospitalization, and transmission. Clinics are located in community hubs and are supported by key community organizations to provide vaccination in supportive environments.

Dr. Swaminaryan

1000 Sheppard Ave. E., Toronto

in one of these hot-spots: M9R, M9V, M9W, L4T or L6S, you can get vaccination at this clinic. Click below to book.

NOW

Peel Vaxx Pop Ups below launched in partnership with the Ontario government, the Muslim Association of Canada, the Brampton Islamic Centre and the Canadian Muslim COVID-19 Task Force, to boost the vaccination efforts within the Muslim community during the month of April. These clinics are scheduled to open April 30 – May 11 and will provide 1,000 doses of vaccines.

Brampton Islamic Centre

1000 Sheppard Ave. E., Brampton

Muslim Community Centre of Ontario

1000 Sheppard Ave. E., Mississauga

NOW

Appointment slots are extremely limited. Demand is expected to be high which may cause issues with the registration system. Individuals 18 and over who live in the following hot spot postal codes are invited to book an appointment once registration is available:

L4W, L4X, L4Z

L5B, L5C, L5K, L5L, L5M, L5N, L5R, L5V, L5W

L6R, L6S, L6T, L6V, L6W, L6X, L6Y, L6Z

L7C

Individuals who are eligible and able are encouraged to book an appointment at a fixed site vaccination clinics. Vaccination is also available at select pharmacies and primary care providers across Peel for those age 40 and over. Click below to book.

BOOK NOW

Free Virtual Cooking Demo KING GARDENS RETIREMENT RESIDENCE



Thursday, April 29th - 2pm

Join us on **StarLeaf** for a free Cooking Demo by the wonderful chef at King Gardens Retirement Residence.

You will also be eligible to pick up your free dessert from King Gardens Retirement Residence (King St and Hurontario) on Friday afternoon!

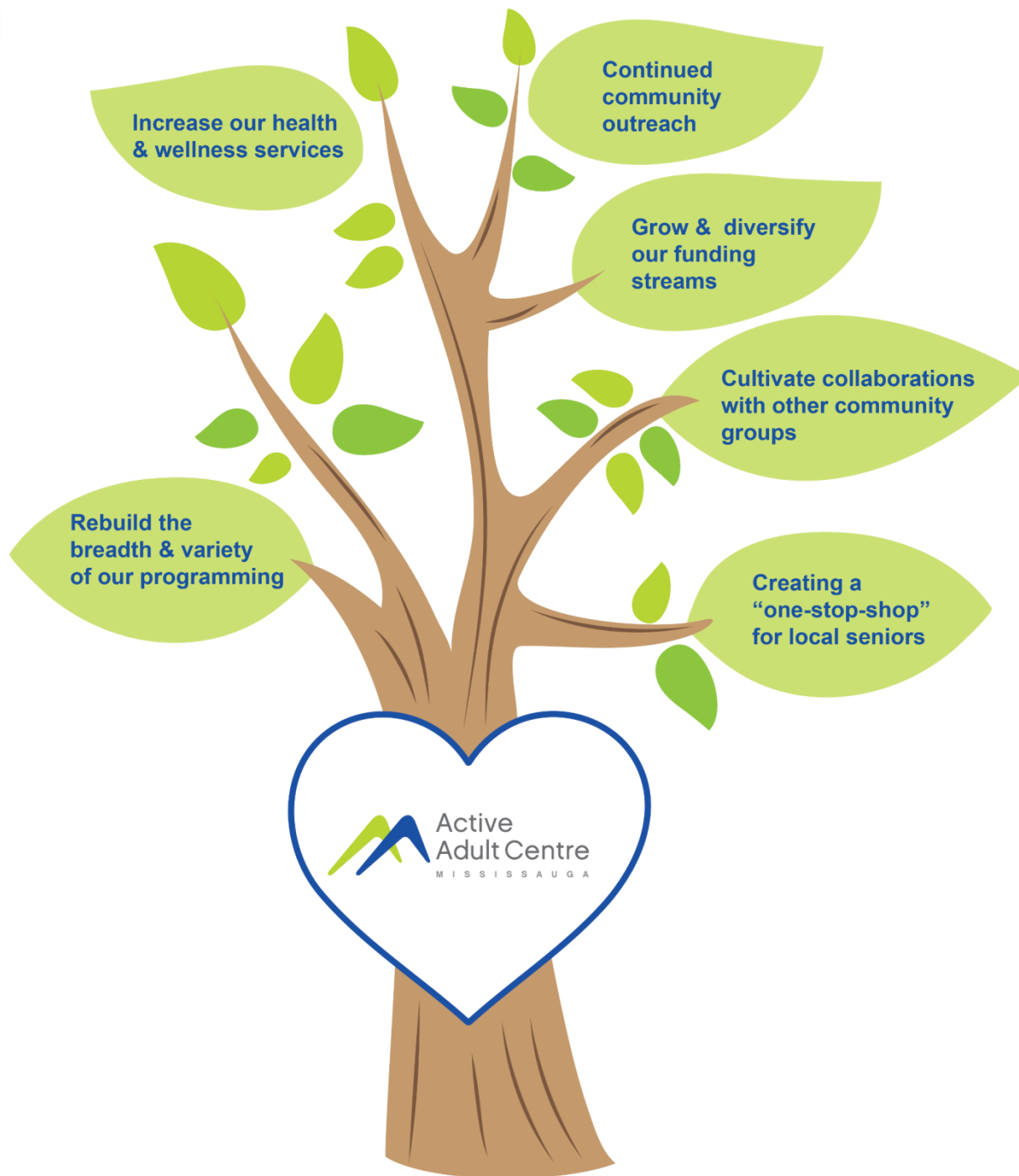
Please email info@aacmiss.ca or call 905-615-3207 to receive your invite to this fun event!



We're forever grateful...

to the **City of Mississauga**
for investing in our Centre in a
multitude of ways over the past
30 years, and for helping us
uphold our values – those of
inclusivity, openness, respect,
fairness, leadership, and family.

Our Future Plans...





- Please join in our celebrations as our 30th year unfolds
- Drop by the Centre for a visit any time
 - enjoy a guided tour of our facility
 - view the video of our Centre on-line
<https://youtu.be/EzH-PiZJUso>
 - mention us to your constituents

We take pride in providing services for ALL
Mississauga's seniors!



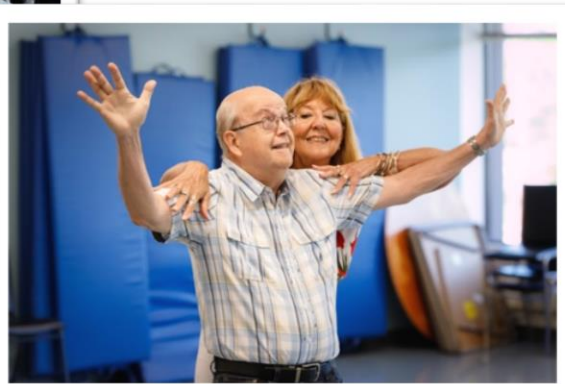
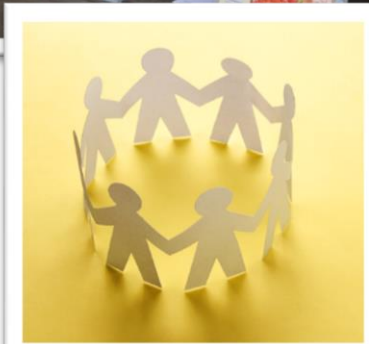
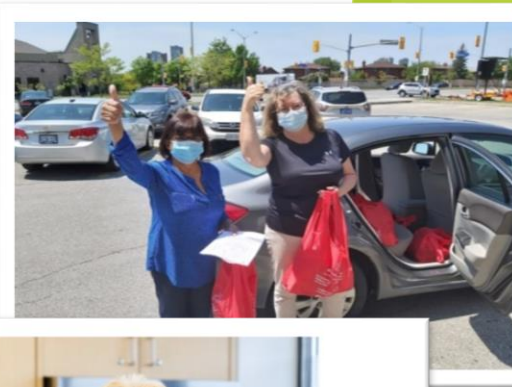
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The Active Adult Centre of Mississauga

... not ***just*** a recreation Centre for those
aged 50 & better

We are so much **more** than that...

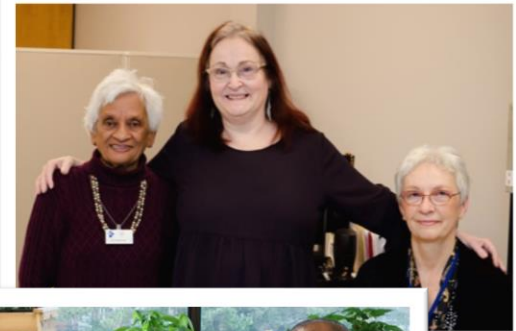
We're larger than recreation sessions,
bigger than any dance class
or computer workshop



It's the provision of continual and holistic care for the older adult as they navigate the increasingly complex later years of their lives.

The Active Adult Centre is here for them.

That is why we exist.



THANK YOU

We look forward to our enduring
partnership!



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