

IN-PERSON SENIORS GROUPS

DAY	GROUP	LOCATION	TIME	PARTICIPANTS	FACILITATOR	Register Participants
Monday	Women's Group (Caledon)	Southfields Community Centre; 225 Dougall Avenue, Caledon ON L7C 3M7	12pm – 2pm	Max 18	Shashi Parth	30-35
Monday	Women's Group	Unit 109, 50 Sunny Meadow Blvd Brampton ON	11:00 am – 1:00 pm	Max 15	Navdeep	40-45
Monday	Markham Senior's Group (Hybrid)	105 Gibson Centre, Gibson Drive, Markham ON	10:00 am – 1:00 pm	Total: 40 Max 20 (in person)	Madalsa	35-40
Monday	Achievers Group	16 John St Brampton	10-12pm	10-15	Shashi Parth	10-15
Tuesday	Peer Lead Seniors Group	Unit 109, 50 Sunny Meadow Blvd Brampton ON	11:00am - 1:00pm	Max 15	Shashi and Support Worker	20-25
Wednesday	ICS Seniors Group	Program Room, 2980 Drew Road, Mississauga, ON L4T 0A7	12:45 pm – 3:30pm	Max 15	Indus Group Facilitator	
Wednesday	Men's' Group	Unit 109, 50 Sunny Meadow Blvd Brampton ON	11:00 am – 1:00pm	Max 15	Shashi Parth	30-35
Wednesday	Credit Villa Seniors Group	Creditvale Mills Family Building, 1555 South Parade Court, Mississauga	10:30 am – 12:00pm	Max 20	Navdeep Kaur	20-25
Thursday	Mississauga Group	4495 Tomkin Rd. Mississauga	12:00 pm – 3:00 pm	Max 20	Madalsa Mittal	40-45
Friday	Peer Lead Seniors Group	Unit 109, 50 Sunny Meadow Blvd Brampton ON	10:00 am – 12:00pm	Max 15	Navdeep ,Peer Support Volunteer (Mrs. Harjeet Mutta and Kawal Puri)	20-25
Friday	Women's Group	Program Room, 2980 Drew Road, Mississauga, ON L4T 0A7	12:00 pm – 2:00pm	Max 15	Madalsa Mittal	20-25