

WoodGreen Seniors' Active Living Centre – March In-Person Program Calendar (721 Broadview Ave., Lower Level)

	Monday	Tuesday	Wednesday	Thursday	Friday
	CENTRE WILL BE CLOSED FROM MAR 27 - 31, 2023				
Weekly Program	<p>10:00–11:00 Tai Chi 24 & 42 (Mandarin)</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:30–10:15 (Hybrid) *FULL* <u>Low Impact Exercise L3</u></p> <p>1:00–2:00 (Hybrid) Healing Dance</p> <ul style="list-style-type: none"> Jan 10–Mar 14 Register HERE or call Lulu <p>2:30–3:30 *FULL* Low Impact Exercise L1/L2</p>	<p>10:30–11:30 Tai Chi Beginner</p> <p>1:00–3:30 Ballroom Dance Club</p>	<p>9:30–10:15 (Hybrid) *FULL* <u>Low Impact Exercise L1/L2</u></p> <p>11:00–12:00 (Hybrid) *FULL* Zumba Gold</p> <p>1:00–1:45 *FULL* Low Impact Exercise L3</p> <p>2:30–3:30 *FULL* Line Dance Beginner</p> <p>3:30–4:45 *FULL* Line Dance Intermediate</p>	
Bi-Weekly & One Time Event	<p>Mar 13 1:00–3:00 Stories Of Our Lives Memories Workshop</p>		<p>Mar 1 & 15 9:30–10:15 Social Circle</p> <ul style="list-style-type: none"> Refreshments will be provided 		<p>Mar 17 1:00–3:00 Stories Of Our Lives Memories Workshop</p>

For More Information and Registration, Please Contact Lulu at 416–466–2111 or lyao@woodgreen.org
 Physical Activity | Workshop, Skill Development | Group and Club, Social Activity | Congregate Dining, Party, Outing

WoodGreen Seniors' Active Living Centre – March In-Person Program Calendar (500 Kingston Rd., Lower Level)



	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Program	**CENTRE WILL BE CLOSED FROM MAR 27 - 31, 2023**				
	Monday Lunch Bunch <ul style="list-style-type: none"> On Hold Until Further Notice 		2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>	Programs ON HOLD: <ul style="list-style-type: none"> Knitting Bees Carpet Bowling Euchre 	9:30–10:30 Low Impact Exercise L2/L3
Bi-Weekly & One Time Event	Mar 6, 13 & 20 1:30–3:00 Painting Workshops <ul style="list-style-type: none"> <u>Register HERE</u> Call Graham at 416-469-5175 to Register 				

For More Information and Registration, Please Contact Ara at 647–532–1188 or AManrikyan@woodgreen.org
 Physical Activity | Workshop, Skill Development | Group and Club, Social Activity | Congregate Dining, Party, Outing

WoodGreen Seniors' Active Living Centre – March In-Person Program Calendar (444 Logan Ave.)



	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Program	**CENTRE WILL BE CLOSED FROM MAR 27 - 31, 2023**				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time	1:30–3:00 BINGO	9:30–10:30 TOPS Weight Loss Group	1:30–2:30 Low Impact Exercise
Bi-Weekly & One Time Event		Mar 7 11:00–12:00 Hands on Exotics Mar 7 1:30–3:00 Board Games Mar 14 12:00–1:00 Arm Chair Traveling	Mar 1 11:00–12:00 Karaoke Mar 1 & 15 10:00–11:00 Photography Workshop Mar 15 1:30–3:00 St. Patrick Day Bingo		
Residents only	Mar 13 11:00–1:00 Lunch Outing • Len Duckworth's Fish & Chips				

For More Information and Registration, Please Contact Nicole at 416–705–2088 or njoseph@woodgreen.org

Physical Activity | Workshop, Skill Development | Group and Club, Social Activity | Congregate Dining, Party, Outing

WoodGreen Seniors' Active Living Centre – March In-Person Program Calendar (1070 Queen St. E)



	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Program	**CENTRE WILL BE CLOSED FROM MAR 27 - 31, 2023**				
	11:00–12:00 Low Impact Exercise L2	10:00 – 12:00 Device Lab 1:00 – 3:00 Bingo	10:00–12:00 Line Dance 3:00–4:00 English Conversation Circle		10:00–12:00 Line Dance 1:30–2:30 Tai Chi Beginner
Bi-Weekly & One Time Event			Mar 8 12:30–2:30 Tasty Club (English) • Register HERE or Call Aimin • Registration starts on Feb 23 Mar 22 12:30–2:30 Tasty Club (Chinese) • Register HERE or Call Aimin • Registration starts on Feb 16	Mar 2 & 16 9:00–12:00 Bible Study	
Residents only	9:30–10:30 Game Day (Ping-Pong, table soccer, and more) 2:45–4:45 Movie on Big Screen				Mar 24 9:00–5:00 Spring One-Day trip • Register HERE • Registration starts on Mar 14

For More Information and Registration, Please Contact Aimin at 416–405–5010 or axu@woodgreen.org

Physical Activity | Workshop, Skill Development | Group and Club, Social Activity | Congregate Dining, Party, Outing

WoodGreen Seniors' Active Living Centre – March In-Person Program Calendar (266 Donlands)



	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Program	**CENTRE WILL BE CLOSED FROM MAR 27 - 31, 2023**				
	11:30–12:30 *New Time* Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2	9:30–11:00 Morning Bingo by TIGP	11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	<p>Mar 13 1:00–3:00 Who is the Bingo Queen or King?</p> <p>Mar 20 1:00–3:00 Movie—The Notebook</p> <p>My Painting Studio (Chinese) • No Class on Mar 6</p>	<p>Mar 7 1:00–2:00 Safari at 266 Donlands</p> <p>Story of Music Therapy (Chinese) • No Class on Mar 14 & 28</p>			
Residents only	<p>Mar 6, 13 & 20 10:00–11:15 Computer Classes by Toronto Public Library • Call Jennephan at 647-289-5463 to Register</p>	<p>Mar 21 1:00–3:00 Let's Do Lunch • Registration period Mar 1–16 • Call Madison to Register</p>	<p>Mar 1, 8, 15 & 22 11:00–12:30 Computer Classes by the TPL</p> <p>Mar 1, 8 & 15 2:00–4:00 Advanced Computer Series by TPL • Call Jennephan at 647-289-5463 to Register</p>		

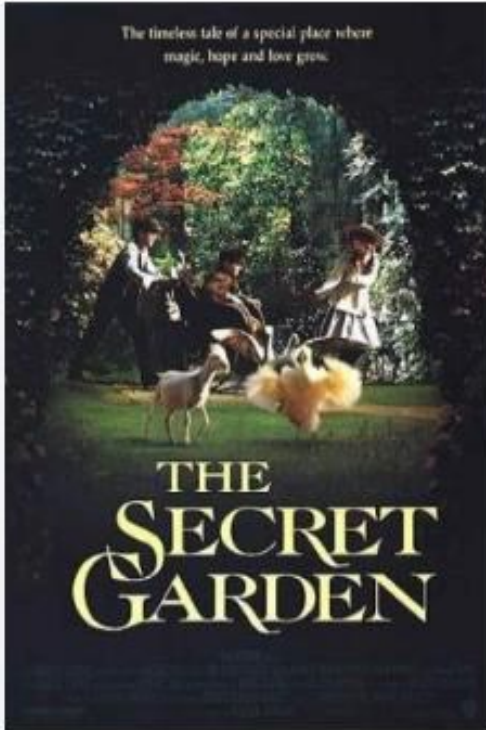
For More Information and Registration, Please Contact Madison at 416–728–7865 or MHakaj@woodgreen.org

Physical Activity | Workshop, Skill Development | Group and Club, Social Activity | Congregate Dining, Party, Outing

Free TIFF Movie for March & April

TIFF Silver Screenings will be hosting a free screening for seniors 65+. **All tickets will be available at 350 King St W (TIFF Bell Lightbox) same day of the movie before 10:45am.** If you have any questions regarding this event, please contact Aimin 416 405 5010 or email: axu@woodgreen.org

The Secret Garden



Date: Friday, March 24, 2023

Time: 11:00 am

Language: English

Location: 350 King St W, Toronto M5V 3X5

Click [here](#) to register by March 13 at noon

In the event, Jennifer Yan and Myrna Scully -Ashton from the Toronto Public Library to bring some enchantment and whimsy to TIFF Bell Lightbox with a presentation about the Osborne Collection of Early Children's Books. Our guests will discuss early literary influences that inspired the pastoral genre of fairy tales such as “The

Secret Garden”, and explore the history of some of the best loved stories that have been adapted for film over the years.

Angels With Dirty Faces



Date: Friday, April 21, 2023

Time: 11:00am

Language: English

Location: 350 King St W, Toronto M5V 3X5

Click [here](#) to register by April 10 at noon

This classic crime drama features James Cagney in a career-defining performance and Humphrey Bogart in one of his earlier film appearances. It was included in a 2015 list of the "100 Best Film Noirs of All Time" by Slant Magazine and has been recently restored for contemporary audiences to enjoy. Following the screening, we are

pleased to welcome the co-founder of the Toronto Silent Film Festival and the co-founder and resident femme fatale of the Toronto Film Noir Syndicate Shirley Hughes for an in-depth presentation about Hollywood crime dramas and the film noir genre. Hughes joins Silver Screenings to share her knowledge about the genre and introduce some of the main film noir characteristics to audiences, using Angels With Dirty Faces and other well-known film noirs as examples.

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



Photography Workshop

Date: Wed, Mar 1, 15

Time: 10:00- 11:00

Location: 444 Logan Ave.

For More Information and Registration, Please Contact Nicole at 416-705-2088 or njoseph@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

SOCIAL CIRCLE

Date: Wed, Mar 1 & 15

Time: 9:30 - 10:15 AM

Location: 721 Broadview Ave.,
Lower Level

To register, please contact Lulu at
416-466-2111 or
lyao@woodgreen.org





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT MUSIC IN THE AIR & SING ALONG

MUSIC TEACHER FACILITATES RELAXATION, IMAGERY, MEDITATION,
AND LIGHT MOVEMENT THROUGH GUIDED MUSIC LISTENING AND
ENJOYMENT OF MUSIC MOMENTS TOGETHER.

STARTING ON FEB 6TH, EVERY MONDAY
TIME: 11:30 AM - 12:30 PM
**** NEW TIME ****

LOCATION:
266 DONLANDS RECREATION ROOM

For inquiries, please contact Shirman at 416-728-7865 or smmak@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



HANDS ON EXOTICS

FOR LOVERS OF ALL THINGS CUTE AND FUZZY!! EXPLORE THE ANIMALS IN THIS FUN FILLED PROGRAM WITH US!

Date: Tue, Feb 7, Mar 7, Apr 4

Time: 11:00 am - 12:00pm

Location: 444 Logan Ave. Recreation Rm

For inquiries, please contact Shirman at 416-728-7865 or Smmak@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

Safari in 266 Donlands

Join us on safari and meet a variety of exotic creatures from around the globe! The 8-10 animal-lineup focuses on our smaller exotic animals

DATE: TUE, FEB 7, MAR 7, APR 4

TIME: 1:00 - 2:00PM

LOCATION: 266 DONLANDS AVE. RECREATION RM

**FOR INQUIRIES, PLEASE CONTACT SHIRMAN AT
416-728-7865 OR SMMAK@WOODGREEN.ORG**



WOODGREEN SENIOR ADVISORY COUNCIL PRESENTS:

THE STORIES OF OUR LIVES – A MEMORY PROJECT IS BROUGHT TO YOU BY THE WOODGREEN SENIOR ADVISORY COUNCIL IN COLLABORATION WITH THE SENIORS ACTIVE LIVING CENTRES TO PROVIDE OUR MEMBERS AN OPPORTUNITY TO DOCUMENT AND SHARE THE STORIES OF THEIR LIVES WITH THEIR FAMILIES AND LOVED ONES IN A CREATIVE, FUN, AND SOCIALLY ENGAGING WAY. MEMORIES ARE THE BEST GIFTS YOU CAN GIVE YOURSELF AND OTHERS. THE STORIES OF OUR LIVES – A MEMORY PROJECT IS FUNDED BY THE GOVERNMENT OF ONTARIO.

STORIES OF OUR LIVES MEMORIES WORKSHOP

**Date:
Mar 13 & 17**

Time: 1:00 – 3:00 PM

Location: 721 Broadview Ave., Lower Level

**To register, please contact Ara at
647-532-1188 or
AManrikyan@woodgreen.org**

Ontario



WOODGREEN

OPPORTUNITY MADE HERE.





**WOODGREEN SENIORS' ACTIVE
LIVING CENTRE PRESENTS:**

WHO IS BINGO THE QUEEN OR KING?

Date: Mon, Feb 13, Mar 13, Apr 10

Time: 1:00- 3:00 PM

Location: 266 Donlands Ave. Recreation Room

**For inquiries, please contact Shirman at
416-728-7865 or smmak@woodgreen.org**