

WoodGreen Seniors' Active Living Centre – Mar In Person Program Calendar

(721 Broadview Ave., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CENTRE WILL BE CLOSED ON MAR 25–29				
	<p>10:00–11:00 Tai Chi 24 & 42 (Mandarin)</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:30–10:15 *FULL* Low Impact Exercise L3</p> <p>9:30–12:30 Cantonese Opera</p> <p>10:30–11:30 Dance from the Heart</p> <p>12:00–2:00 Stories of Our Lives: Creative Writing Workshops • Register HERE or Contact Raff to Register</p> <p>2:30–3:30 *FULL* Low Impact Exercise L1/L2</p>	<p>9:30–12:30 Cantonese Opera</p> <p>10:30–11:30 Tai Chi Beginner</p> <p>11:45–12:45 (Hybrid) Mindfulness Stretching and Self–Massage • Register HERE</p> <p>1:00–3:30 Ballroom Dance Club</p>	<p>9:30–10:15 (Hybrid) Low Impact Exercise L1/L2</p> <p>11:00–12:00 (Hybrid) Zumba Gold • Register HERE</p> <p>1:00–1:45 Low Impact Exercise L3</p> <p>2:30–3:30 *FULL* Line Dance Beginner</p> <p>3:30–5:00 Line Dance Intermediate</p>	
Bi-Weekly & One Time Event	<p>Mar 4, 11 & 18 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none">• \$5 for Lunch• Mar 4: Supportive Comm. for Alzheimer’s• Mar 11: Smile Theatre–Detective Disappears• Mar 18: St. Patrick Day Celebration• Contact Raff at 416-705-1530 to Register		<p>Mar 20 9:30–2:00 Foot Care Clinic</p> <ul style="list-style-type: none">• Contact Raff at 416-705-1530 to Register	<p>Mar 14 2:30–3:30 Painting Workshop</p> <ul style="list-style-type: none">• Contact Jen at 647-285-7954 to Register	<p>Mar 1 10:00–12:00 Broadview Café: Coffee Culture</p> <p>Mar 1 1:30–2:30 Smile Theatre–Serenades</p> <p>Mar 8 1:00–3:00 Rainbow Club: Rainbow Community in Long Term Care</p> <p>Mar 22 Seniors Wellness Fair</p> <ul style="list-style-type: none">• Session 1: 10:00–12:00• Session 2: 1:00–3:00

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT JENNIFER AT 647-285-7954 OR JIYANG@WOODGREEN.ORG
PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

WoodGreen Seniors' Active Living Centre – Mar In Person Program Calendar

(500 Kingston Rd., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CENTRE WILL BE CLOSED ON MAR 25–29				
		12:00–2:00 Stories of our Lives: Creative Writing Workshops <ul style="list-style-type: none">Located at 721 BroadviewRegister HERE or Contact Raff to Register	2:00–3:00 (Hybrid) Low Impact Exercise L1/L2		
Bi-Weekly & One Time Event	Mar 4, 11 & 18 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none">\$5 for LunchLocated at 721 BroadviewMar 4: Supportive Comm. for Alzheimer'sMar 11: Smile Theatre-Detective DisappearsMar 18: St. Patrick Day CelebrationContact Raff at 416-705-1530 to Register		Mar 20 9:30–2:00 Foot Care Clinic <ul style="list-style-type: none">Located at 721 BroadviewAppointment ONLYContact Raff to Register	Programs ON HOLD: <ul style="list-style-type: none">Knitting BeesCarpet BowlingEuchre	Mar 1 10:00–12:00 Broadview Café: Coffee Culture <ul style="list-style-type: none">Located at 721 Broadview Mar 1 1:30–2:30 Smile Theatre–Serenades <ul style="list-style-type: none">Located at 721 Broadview Mar 8 1:00–3:00 Rainbow Club <ul style="list-style-type: none">Located at 721 Broadview Mar 22 Seniors Wellness Fair <ul style="list-style-type: none">Session 1: 10:00–12:00Session 2: 1:00–3:00
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG PHYSICAL ACTIVITY WORKSHOP, SKILL DEVELOPMENT GROUP AND CLUB, SOCIAL ACTIVITY CONGREGATE DINING, PARTY, OUTING					

WoodGreen Seniors’ Active Living Centre – Mar In Person Program Calendar

(444 Logan Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON MAR 25–29**				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time	1:30–4:00 BINGO	11:30–12:30 Dancing with Parkinson’s	1:30–2:30 Low Impact Exercise
Biweekly & One Time Event		<div>Mar 512:00–2:00 Eye Exam Awareness Workshop</div> <div>Mar 121:30–3:00 Painting Workshop</div> <div>Mar 1912:00–2:00 Eye Exam Awareness Workshop (Chinese)</div>	Mar 71:30–3:00 Painting Workshop		
Residents Only	<div>Mar 412:30–3:30 Bowling Trip</div> <div>Mar 1111:00–1:00 Lunch Outing (TBC)</div> <div>Mar 1811:00–2:00 St. Patrick’s Day Lunch</div>				
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT ANGIE AT 416–543–6512 OR ANLAM@WOODGREEN.ORG PHYSICAL ACTIVITY WORKSHOP, SKILL DEVELOPMENT GROUP AND CLUB, SOCIAL ACTIVITY CONGREGATE DINING, PARTY, OUTING					

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON MAR 25–29**				
	11:00–12:00 Low Impact Exercise L2 1:00–3:00 Bingo with Free Cards & Snacks! Win Prizes!		9:45–11:45 Line Dance 1:30–3:00 Arts and Crafts (Chinese) <ul style="list-style-type: none"> • Contact Aimin to Register • No Class on Mar 20 3:00–4:00 Pole Walking 3:15–4:15 English Conversation Circle <ul style="list-style-type: none"> • Contact Aimin to Register 		9:45–11:45 Line Dance 3:00–4:00 Pole walking 1:00–3:00 Karaoke <ul style="list-style-type: none"> • Contact Aimin to Register • No Class on Mar 8
Bi-Weekly & One Time Event			Mar 20 12:30–2:30 Tasty Club (Chinese)	Mar 7 & 21 9:00–12:00 Bible Study (Chinese)	
Residents Only	9:00–10:30 Game Fun <ul style="list-style-type: none"> • Ping-Pong, Table Soccer Etc 				Resident Space <ul style="list-style-type: none"> • Activity schedule will be post on each floor
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 – Mar In Person Program Calendar

(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON MAR 25–29**				
	11:00–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2	10:30–11:30 TIGP Bingo	11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	Mar 4 1:00–3:00 My Painting Studio	Mar 5 1:00–2:00 Safari in 266 Donlands			
	Mar 11 1:00–3:00 Who is the Bingo Queen or King?				
Residents Only	Mar 18 1:00–3:00 Aromatherapy Candles Workshop Class B **FULL**	Mar 12 1:00–3:00 Aromatherapy Candles Workshop Class A **FULL**			Every Friday 6:30–9:30 Game Night
		Mar 19 1:00–3:00 Let’s Do Lunch <ul style="list-style-type: none"> Registration Period Mar 1– 14 Contact Shirman to Register Program: Smile Theatre– Detective Disappears 			

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416–728–7865 OR SMAK@WOODGREEN.ORG

PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

Broadview Cafe: Coffee Culture

Come and enjoy a nice cup of coffee! Through this program, we will explore the various methods of brewing coffee (and tea) and go around the world as we taste coffees (and tea) from various parts and cultures of the world

- DATE: FRI, MAR 1
- TIME: 10:00- 12:00
- LOCATION: 721 BROADVIEW AVE, LOWER LEVEL
- FOR MORE INFORMATION AND REGISTRATION,
PLEASE CONTACT JENNIFER AT 647-285-7954
OR JIYANG@WOODGREEN.ORG



WoodGreen Seniors Active Living Centre Presents:

Smile Theatre

DATE:
FRIDAY, MARCH 1

TIME:
1: 30PM - 2:30PM

LOCATION:
721 BROADVIEW AVE.

REGISTRATION:
PLEASE CONTACT JENNIFER
AT 647-285-7954 OR
JIYANG@WOODGREEN.ORG





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

MAR 4, 11 & 18 | 1PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **Mar 4: Supportive Communication for Alzheimer's**
- **Mar 11: Entertainment**
- **Mar 18: St. Patrick Day Celebration**

For registration, please contact Raff at 416-705-1530/ rislam@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE:

MONDAY, MAR 4

TIME

1:00- 3:00

LOCATION:

**266 DONLANDS AVE.
RECREATION RM**

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

DANCE FROM THE HEART

***DANCE WITH THE HEART OFFERS A LIVELY
CARDIO DANCE PROGRAM FILLED WITH MUSIC
AND MOVEMENT, PERFECT FOR THOSE SEEKING
AN ENERGETIC AND UPLIFTING EXPERIENCE.***

Date: Tue, Mar 5, 12, 19 & 26

Time: 10:30- 11:30

Location: 721 Broadview Ave, Lower Level

**For More Information and Registration, Please Contact
Jennifer at 647-285-7954 or jiyang@woodgreen.org**

EYE EXAM AWARENESS WORKSHOP

ENG: TUE, MAR5

CHINESE: TUE, MAR19

TIME: 12:00- 2:00

LOCATION: 444 LOGAN AVE.

**FOR MORE INFO & REGISTRATION,
CONTACT ANGIE AT 416-543-6512 OR
ANLAM@WOODGREEN.ORG**





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

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, MAR 5

TIME: 1:00 – 2:00 PM

LOCATION: 266 DONLANDS AVE. RECREATION ROOM

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



Stories of Our Lives: Creative Writing Workshops

Discover the joy of storytelling and unleash your creativity in our inspiring Creative Writing Workshops

- **Date:** Tue, Mar 6, 13, 20
- **Time:** 12:00 – 2:00 PM
- **Location:** 721 Broadview Ave., Lower Level
- **Register:** [Click HERE](#) or Contact Raff at 416-705-1530/ rislam@woodgreen.org org

WoodGreen Seniors' Active Living Centre Presents:

Painting Workshop

Date:

Wed, Mar 7 & Tue, Mar 12

Time:

1:30 – 3:00 PM

Location:

444 Logan Ave.

To Register:

Please Contact Angie at 416-543-6512 or AnLam@woodgreen.org



Rainbow Club

RAINBOW COMMUNITY IN LONG TERM CARE

JOIN US FOR AN INSIGHTFUL DISCUSSION LED BY DANIELLE HERRINGTON, MANAGER OF PROGRAMS & VOLUNTEER SERVICES AT THE REKAI CENTRES, EXPLORING THE EXPERIENCES OF THE 2SLGBTQAI+ COMMUNITY IN LONG TERM CARE AT THE RAKAI CENTRE'S RAINBOW WING. OPEN TO MEMBERS 55+ AND ALLIES. LIGHT REFRESHMENTS PROVIDED

- DATE: FRI, MAR 8
- TIME: 1:00- 3:00
- LOCATION: 721 BROADVIEW AVE, LOWER LEVEL
- FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG





**WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT**

WHO IS THE BINGO QUEEN / KING?

Date: Mon, Mar 11

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**

WoodGreen Seniors' Active Living Centres Present

PAINTING

WORKSHOP

UNLEASH YOUR CREATIVITY AND JOIN US FOR A VIBRANT PAINTING WORKSHOP FILLED WITH FUN AND INSPIRATION

DATE: THU, MAR 14

TIME: 2:30 - 3:30

LOCATION: 721 BROADVIEW AVE, LOWER LEVEL

**FOR REGISTRATION,
PLEASE CONTACT JENNIFER AT
647-285-7954 OR JIYANG@WOODGREEN.ORG**



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

**NO WALK-INS
APPOINTMENT ONLY**



NURSING FOOTCARE

**NURSING FOOTCARE IS A SPECIALIZING SERVICE THAT FOCUSES ON FOOT HEALTH.
IT INVOLVES PROVIDING PROFESSIONAL CARE AND TREATMENT FOR A VARIETY OF FOOT
CONDITIONS SUCH AS CORNS, CALLUSES, INGROWN TOENAILS AND FUNGAL INFECTIONS**

DATE: WED, MAR 20

TIME: 9:30 - 2:00

LOCATION: 721 BROADVIEW AVE, LOWER LEVEL

TO REGISTER: CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG

SENIORS SANDBOX PROJECT BROUGHT TO YOU BY THE SENIOR ADVISORY COUNCIL

JOIN US for a day of holistic well-being tailored for seniors! Over 10 booths will be on site to offering valuable insights on caring for your wellness.



SENIORS WELLNESS FAIR

721 Broadview Ave. , Lower Level
FRIDAY, MARCH 22

SESSION 1:

10:00 AM - 12:00 PM

SESSION 2:

1:00 PM - 3:00 PM

Registration: [HERE](#) or

Contact Raff at 416-705-1530 or Jen at 647-285-7954



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

MUSIC IN THE AIR— WE SING SONGS— FAMILIAR AND NEW, MOVE OUR BODIES TO THE BEAT AND SHARE STORIES TOO. COME AND BE WITH US.

EVERY MONDAY

TIME: 11:00 AM – 12:00 PM

**LOCATION:
266 DONLANDS RECREATION ROOM**

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

WoodGreen Seniors' Active Living Centres Present

MINDFULNESS STRETCHING & SELF-MASSAGE

- **DATE: EVERY WEDNESDAY**
- **TIME: 11:45 AM - 12:45 PM**
- **LOCATION: 721 BROADVIEW AVE. LOWER LEVEL**
- **REGISTER: [CLICK HERE](#)**

FOR INQUIRIES, PLEASE CONTACT JENNIFER
AT 647-285-7954 OR JIYANG@WOODGREEN.ORG



ZUMBA GOLD

DANCE WITH KADRE TO GIVE YOU AN OVERALL
ENERGY BOOST!



Date: Every Thursday

Time: 11:00 am – 12:00 pm

Location: Microsoft Teams Virtual Program or
In-Person at 721 Broadview, Lower Level

To Register: [CLICK HERE](#)

For More Information and Registration, Please Contact Raff at 416-705-1530 or RIslam@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



LINE DANCE INTERMEDIATE

EVERY THURSDAY

TIME: 3:30 PM – 5:00 PM

**LOCATION:
721 BROADVIEW AVE., LOWER LEVEL**

For Registration, Please Contact Jennifer at 647-285-7954 or jiyang@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Karaoke

JOIN US FOR A KARAOKE SESSION THAT WILL
BRIGHTEN YOUR DAY WITH MUSIC AND LAUGHTER.

DATE: EVERY FRIDAY

TIME: 2:30– 4:30

LOCATION: 1070 QUEEN ST. E

TO REGISTER: PLEASE CONTACT AIMIN AT 416-405-5010 OR
AXU@WOODGREEN.ORG

