

WoodGreen Seniors' Active Living Centre – July Program Calendar (VIRTUAL)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program		9:30–10:30 (Hybrid) Stay Active at Home L3	2:00–3:00 (Hybrid) Stay Active at Home L1 /L2	9:30–10:30 (Hybrid) Stay Active at Home L1 /L2 11:00–12:00 (Hybrid) Zumba Gold • Register HERE	
Bi-Weekly & One Time Event				Jul 3 10:00–11:00 Chinese Calligraphy (Chinese) Jul 10 10:00–12:15 Watercolor (Chinese) • 10:00–11:00 Advanced Session • 11:15-12:15 Beginner Session Jul 17 10:00–11:00 Acrylic Painting (Chinese) Above Programs, Contact Aimin to Register at 416-405-5010	
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

Zumba Gold

Date:

Every Thursday

Time:

11:00 -12:00

Location:

Zoom

Register: [CLICK HERE](#)

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