

# WoodGreen Seniors' Active Living Centre – October In-Person Program Calendar

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON OCTOBER 13**				
	<p>10:00–11:00 Tai Chi 24 &amp; 42</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:00–12:00 Cantonese Opera</p> <p>9:30–10:30 (Hybrid) <a href="#">Low Impact Exercise L3</a></p> <p>10:45–11:50 Dance from the Heart</p> <p>12:00–1:00 French: Intermediate</p> <p>12:00–1:00 Tai Chi in 20 Steps</p> <p>2:30–3:30 Low Impact Exercise L1/L2</p>	<p>9:30–10:30 Pole Walking</p> <p>9:30–12:30 Cantonese Opera</p> <p>10:30–11:30 Tai Chi Beginner</p> <p>11:45–12:45 Mindfulness Stretching and Self-Massage</p> <p>1:00–3:30 Ballroom Dance Club</p> <p>4:00–5:00 Ping Pong Hour</p>	<p>9:30–10:30 (Hybrid) <a href="#">Low Impact Exercise L1/L2</a></p> <p>11:00–12:00 (Hybrid) Zumba Gold • <a href="#">Register HERE</a></p> <p>1:00–1:45 Low Impact Exercise L3</p> <p>2:30–3:30 Line Dance Beginner</p> <p>3:30–5:00 Line Dance Intermediate</p>	
Bi-Weekly & One Time Event	<p>Oct 20 &amp; 27 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> <li>• \$5 for Lunch</li> <li>• Oct 20: Musical Movie: Hamilton</li> <li>• Oct 27: Meet &amp; Pet: Therapy Dog Visit</li> <li>• Contact Jen or Raff to Register</li> </ul> <p>Oct 20 &amp; 27 1:00–3:00 Timeless Travels VR: France</p> <ul style="list-style-type: none"> <li>• Lunch Provided</li> <li>• Limited Spots</li> <li>• Contact Jen to Register</li> </ul>			<p>Oct 2 &amp; 9 12:30–2:30 Knitting &amp; Crocheting Hour</p> <ul style="list-style-type: none"> <li>• Contact Jen to Register</li> </ul> <p>Oct 16 2:00–3:30 Story Stick Workshop</p> <ul style="list-style-type: none"> <li>• Limited Spots</li> <li>• Contact Jen to Register</li> </ul>	<p>Oct 3 1:00–3:00 Mooncake Festival Celebration</p> <ul style="list-style-type: none"> <li>• 421 Dundas St W, 3<sup>rd</sup> floor</li> <li>• \$15 for Members</li> <li>• First Come First Serve</li> </ul> <p>Oct 3, 10, 24 &amp; 31 10:00–12:00 Creative Writing Workshop: Aging in Place</p> <ul style="list-style-type: none"> <li>• Limited Spots</li> <li>• Contact Jen to Register</li> </ul>
<p>FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT JENNIFER AT 647-285-7954 OR <a href="mailto:JIYANG@WOODGREEN.ORG">JIYANG@WOODGREEN.ORG</a></p> <p>PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING</p>					



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**CENTRE WILL BE CLOSED ON OCTOBER 13**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	Oct 20 & 27 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"><li>• \$5 for Lunch</li><li>• Oct 20: Musical Movie: Hamilton</li><li>• Oct 27: Meet &amp; Pet: Therapy Dog Visit</li><li>• Contact Jen or Raff to Register</li><li>• Reschedule to 721 Broadview</li></ul>				Oct 3 1:00–3:00 Mooncake Festival Celebration <ul style="list-style-type: none"><li>• 421 Dundas St W, 3<sup>rd</sup> floor</li><li>• \$15 for Members</li><li>• First Come First Serve</li></ul>
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR R <sup>I</sup> SLAM@WOODGREEN.ORG PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING					



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	<b>**CENTRE WILL BE CLOSED ON OCTOBER 13**</b>				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time	1:00–1:45 Low Impact Exercise  2:00–4:30 BINGO	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	Oct 6 11:00–1:00 Silverbirch Jammers Practice  Oct 6 & 20 2:30–3:30 Dancing with Parkinson's **Schedule Change**  Oct 27 2:00–3:00 Chair Yoga	Oct 21 1:30–3:00 Karaoke  Oct 28 2:30–3:30 Dancing with Parkinson's **Schedule Change**		Oct 2 & 16 1:30–3:00 Painting Workshop  Oct 9 12:00–2:30 Midautumn Festival Celebration **Schedule Change**  Oct 30 1:30–2:30 Gardening Workshop	Oct 3 1:00–3:00 Mooncake Festival Celebration • 421 Dundas St W, 3 <sup>rd</sup> floor • \$15 for Members • First Come First Serve
Residents Only	Oct 20 10:45–1:15 Lunch Outing • Swiss Chalet • 3400 Danforth Ave	Oct 7 12:00–2:00 Housing Thanksgiving Lunch  Oct 14 12:00–2:00 Friendship Hour: Thanksgiving Lunch		Oct 23 1:30–3:00 Halloween Movie	12:30–2:30 Food Market (Arrive at Given Time)

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT ANGIE AT 416–543–6512 OR [ANLAM@WOODGREEN.ORG](mailto:ANLAM@WOODGREEN.ORG)  
**PHYSICAL ACTIVITY** | **WORKSHOP, SKILL DEVELOPMENT** | **GROUP AND CLUB, SOCIAL ACTIVITY** | **CONGREGATE DINING, PARTY, OUTING**



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	<b>**CENTRE WILL BE CLOSED ON OCTOBER 13**</b>				
	11:00–12:00 Low Impact Exercise L2		9:45–11:45 Line Dance  1:00–3:00 Arts and Crafts  3:15–4:15 English Conversation Circle	1:00–3:00 Bingo • Free Cards & Snacks! Win Prizes! <b>**No Class on Oct 2**</b>	9:45–11:45 <b>**FULL**</b> Line Dance
Bi-Weekly & One Time Event	Oct 6 12:30–3:00 Tasty Club 1 (Chinese) <b>**FULL**</b>			Oct 16 9:00–12:00 Bible Study (Chinese)	Oct 10 12:30–3:00 Tasty Club 2 (Chinese) <b>**FULL**</b>
	Oct 20 12:30–2:30 Oil Painting (English) <b>**NEW**</b>				Oct 3 1:00–3:00 Mooncake Festival Celebration • 421 Dundas St W, 3 <sup>rd</sup> floor • \$15 for Members • First Come First Serve
Residents Only	3:00–4:00 Gardening Committee Meetup (As Needed)			Oct 9 12:30–2:00 Thanksgiving Celebration Lunch	Oct 10 10:30–1:00 Costco Shopping Bus  Oct 17 1:00–3:30 Taste Hub (English)
<b>FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT AIMIN AT 416-405-5010 OR AXU@WOODGREEN.ORG</b> <b>PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING</b>					



# WoodGreen Seniors’ Active Living Centre – October In-Person Program Calendar

(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON OCTOBER 13**				
	11:00–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2		11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	Oct 6 & 20      1:00–3:00 Who is the Bingo Queen or King?	Oct 7 & 21      2:00–3:00 Music Therapy (Chinese)  Oct 28      1:00–3:00 My Painting Studio	Oct 1      3:30–5:00 Tea & Storytelling		Oct 3      1:00–3:00 Mooncake Festival Celebration <ul style="list-style-type: none"> <li>• 421 Dundas St W, 3<sup>rd</sup> floor</li> <li>• \$15 for Members</li> <li>• First Come First Serve</li> </ul>
Residents Only		Oct 14      1:00–3:00 Let’s Do Lunch <ul style="list-style-type: none"> <li>• Registration before Oct 9</li> <li>• Contact Shirman to Register</li> <li>• Program: Entertainment</li> </ul>			
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416–728–7865 OR <a href="mailto:SMMAK@WOODGREEN.ORG">SMMAK@WOODGREEN.ORG</a> PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING					





WoodGreen Seniors' Active Living Centres Present



# KNITTING & CROCHETING HOUR

Join us for a relaxing Knitting and Crocheting Hour, where we provide all the materials—yarn, needles, and hooks—to help you create at your own pace. Enjoy a peaceful time with friends while sipping tea, munching on cookies, and chatting. We support each other in making beautiful pieces together

DATE: THURSDAY, OCTOBER 2 & 9, 2025

TIME: 12:30 - 2:30 PM

LOCATION: 721 BROADVIEW AVE., LOWER LEVEL

For More Information and Registration,  
Please Contact Jen at 647-285-7954 or [jiyang@woodgreen.org](mailto:jiyang@woodgreen.org)



WoodGreen Seniors' Active Living Centre Presents:

# Painting Workshop

Date:  
Thursday, October 2 & 16, 2025

Time:  
1:30 - 3:00 PM

Location:  
444 Logan Ave.

To Register:  
Please Contact Angie at 416-543-6512 or [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)





*WoodGreen Seniors' Active Living Centre Presents*

# Mooncake Festival Celebration

**Date: Friday, October 3, 2025**

**Time: 1:00 - 3:00 pm**

**Location: 421 Dundas St W, 3rd Floor**

**Fee: \$15 for Members**

**Registration Period: Sep 22 - Sep 26**

**\*\*Date Changed\*\***

**To register, please contact your site's staff. For your safety, check with staff for allergen information before consuming any food.**







*WoodGreen Seniors' Active Living Centre Presents*



# CREATIVE WRITING WORKSHOP: AGING IN PLACE

Date:

Friday, Oct 3, 10, 24 & 31

TIME:

10:00–12:00 PM

Location:

721 Broadview Ave., Lower Level

To Register, please contact Jen at 647-  
285-7954 or [Jlyang@woodgreen.org](mailto:Jlyang@woodgreen.org)



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

# DANCING WITH PARKINSON'S

Date:

Monday, October 6 & 20, 2025

Tuesday, October 28, 2025

**\*\*Schedule Change\*\***

Time:

2:30 - 3:30 PM

Location:

444 Logan Ave.

To Register:

Please Contact Angie at 416-543-6512  
or [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)







WoodGreen Seniors' Active Living Centres Present

# Mid Autumn Festival Celebration

Date:

Thursday, October 9, 2025

Time:

12:00 - 2:30 pm

Location:

444 Logan Ave., Recreation Room

To Register:

Please Contact Angie at 416-543-6512 or [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)





**WOODGREEN SENIORS' ACTIVE  
LIVING CENTRES PRESENT**

# **WHO IS THE BINGO QUEEN / KING?**

**Date: Monday, October 6 & 20, 2025**

**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](mailto:smmak@woodgreen.org)**



**WoodGreen Seniors' Active Living Centres present**



# STORY STICK WORKSHOP

Wrap sticks using  
colourful yarns to  
tell stories of your  
life. A simple and  
enjoyable process.



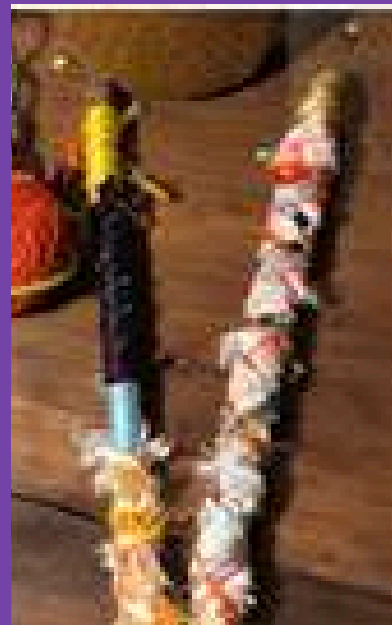
Pamela Schuller,  
Community Artist

**Thursday,  
October 16, 2025  
721 Broadview Ave**

**TIME: 2:00 - 3:30 PM**

**FOR MORE INFORMATION:**

**To Register, please contact Jen at 647-285-7954 or  
Jlyang@woodgreen.org**







**WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT**

# **MONDAY LUNCH BUNCH**

**OCTOBER 20 & 27, 2025**

**1:00 - 3:00 PM**

**721 BROADVIEW AVE., LOWER LEVEL**

- **\$5 for Lunch**
- **October 20: Musical Movie: Hamilton**
- **October 27: Meet & Pet: Therapy Dog Visit**

**For registration, please contact Raff at 416-705-1530 or [rislam@woodgreen.org](mailto:rislam@woodgreen.org)**





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

# TIMELESS TRAVEL VR: FRANCE

**Date: Monday, October 20 & 27, 2025**

**Time: 1:00 – 3:00 PM**

**Location: 721 Broadview Ave., Small Activity Room**

**Lunch Provided, Limited Spots, By Appointment ONLY**

**TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR [JIYANG@WOODGREEN.ORG](mailto:JIYANG@WOODGREEN.ORG)**





WoodGreen Seniors' Active Living Centres Present

# KARAOKE

*Date:*

*Tuesday, October 21, 2025*

*Time:*

*1:30 – 3:00 PM*

*Location:*

*444 Logan Ave.*

**To Register, Please Contact Angie at 416–  
543–6512 or [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)**







WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

# Oil Painting

**DATE: MONDAY, OCTOBER 20, 2025**

**TIME: 12:30 - 2:30PM**

**LOCATION: 1070 QUEEN ST. E**

**FOR INQUIRIES, PLEASE CONTACT AIMIN AT 416-405-5010 OR  
AXU@WOODGREEN.ORG**



**WoodGreen Seniors' Active  
Living Centres Present**



# GARDENING

Join us for a hands-on gardening workshop to learn planting, nurturing, and harvesting techniques. Our experts will guide you through cultivating vegetables and flowers for a thriving garden. Perfect for all skill levels, get practical tips and personalized advice.

**DATE: Tuesday, October 30, 2025**

**TIME: 1:30 – 2:30 PM**

**LOCATION: 444 Logan Ave.**

For More Information and Registration,  
Please Contact Angie at 416-543-6512 OR AnLam @ woodgreen.org





WoodGreen Seniors' Active Living Centres Present

# Chair Yoga

**DATE: TUESDAY, OCTOBER 27, 2025**

**TIME: 2:00 - 3:00 PM**

**LOCATION: 444 LOGAN AVE.**

For More Information and Registration,  
Please Contact Angie at 416-543-6512 OR [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)





# 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.

**DATE:**

**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](mailto: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: Every Tuesday***

***Time: 10:45 - 11:45 AM***

***Location: 721 Broadview Ave., Lower Level***

**For More Information and Registration, Please Contact  
Jennifer at 647-285-7954 or [jiyang@woodgreen.org](mailto:jiyang@woodgreen.org)**



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

**French:**

**Intermediate**

Date: Every Tuesday

Time: 12:00 - 1:00 PM

Location: 721 Broadview Ave., Small Activtiy Room

To Register, please contact Jen at 647-285-7954 or [Jiyang@woodgreen.org](mailto:Jiyang@woodgreen.org)





WOODGREEN SENIORS' ACTIVE LIVING CENTRES  
PRESENT

# Tai Chi in 20 Steps

Easy to learn 20-step Tai Chi routine. Practicing regularly brings peaceful mind, healthy body, and longevity.

Instructed in English.

**Date: Every Tuesday**

**Time: 12:00 - 1:00 PM**

**Location: 721 Broadview Ave., Large Activity Room**

**TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR [JIYANG@WOODGREEN.ORG](mailto:JIYANG@WOODGREEN.ORG)**



# WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

## OUR PROJECTS:

ARTS &  
CRAFTS



- **Date:** Every Wednesday
- **Time:** 1:00– 3:00 PM
- **Location:** 1070 Queen St. E
- **To Register:** Please Contact Aimin at 416-405-5010 or [axu@woodgreen.org](mailto:axu@woodgreen.org)







**WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT**

# **ping pong hour**

**JOIN OUR PING PONG CLUB FOR LIVELY MATCHES AND  
FRIENDLY COMPETITION, WHERE EVERY SERVE IS A CHANCE  
TO STAY ACTIVE AND CONNECT WITH YOUR FRIENDS**

**DATE: EVERY WEDNESDAY**

**TIME: 4:00 - 5:00 PM**

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

**For More Information and Registration,  
Please Contact Jen at 647-285-7954 or [jiyang@woodgreen.org](mailto:jiyang@woodgreen.org)**



**WoodGreen Seniors' Active Living Centre  
Presents**

# TOPs Weight Loss Group

Date:  
Every Thursday  
Time:  
9:30 - 10:30 am  
Location:  
444 Logan Ave.

To Register, Please Contact Angie at 416-543-6512 or  
[AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)





WoodGreen Seniors' Active Living Centre Presents:

# Bingo

Free Snacks, Win Prizes, Free/Paid cards  
of your choice, Quarterly Special Event

- **Date:** Every Thursday **\*\*No Class on Oct 2\*\***
- **Time:** 1:00 – 3:00 PM
- **Location:** 1070 Queen St. E
- **To Register:** Please Contact Aimin at 416-405-5010 or [axu@woodgreen.org](mailto:axu@woodgreen.org)

