

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON OCTOBER 1**				
		9:30–10:30 (Hybrid) <u>Stay Active at Home L3</u>		9:30–10:30 (Hybrid) <u>Stay Active at Home L1 /L2</u> 11:00–12:00 (Hybrid) Zumba Gold • <u>Register HERE</u>	2:00–3:00 (Hybrid) <u>Stay Active at Home L1 /L2</u>
Bi-Weekly & One Time Event				Oct 2 10:00–11:00 Chinese Calligraphy (Chinese) Oct 9 10:00–12:15 Watercolor (Chinese) • 10:00–11:00 Advanced Session • 11:15-12:15 Beginner Session Oct 16 10:00–11:00 Acrylic Painting (Chinese) Above Programs, Contact Aimin to Register at 416-405-5010 TBD 3:00–4:30 Let's Talk Movies • Click <u>HERE</u> to Register	
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