

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

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE FROM DEC 25 - DEC 26 **				
	10:00–11:00 Tai Chi 24 & 42 11:00–12:00 Mandarin Choir	9:00–12:00 Cantonese Opera 9:30–10:30 (Hybrid) Low Impact Exercise L3 10:45–11:50 Dance from the Heart 12:00–1:00 French: Intermediate **No Class on Dec 23 & 30** 12:00–1:00 Tai Chi in 20 Steps 2:30–3:30 Low Impact Exercise L1/L2	9:30–12:30 Cantonese Opera 10:30–11:30 Tai Chi Beginner 11:45–12:45 Mindfulness Stretching and Self-Massage 1:00–3:30 Ballroom Dance Club 4:00–5:00 Ping Pong Hour	9:30–10:30 (Hybrid) Low Impact Exercise L1/L2 11:00–12:00 (Hybrid) Zumba Gold • Register HERE 1:00–1:45 Low Impact Exercise L3 2:30–3:30 Line Dance Beginner 3:30–5:00 Line Dance: Performing Art	
Bi-Weekly & One Time Event	Dec 1 1:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Dec 1: Entertainment • Contact Jen to Register Dec 8 1:00–3:00 Christmas Lunch at Mandarin • \$15 for Lunch (all included) • Register Here start on Nov 26 Dec 22 & 29 1:00–3:00 Timeless Travels VR • Lunch Provided • Limited Spots • Contact Jen to Register		Dec 3 & 17 9:30–10:30 Latin BOMIM: Bring on Mindful Movement Group • Community-Led Class • Contact Jen to Register	Dec 18 2:00–3:30 Christmas Story Stick Workshop • Craft Materials Provided • Limited Spots • Contact Jen to Register	

Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE FROM DEC 25 - DEC 26 **				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	Dec 11:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Dec 1: Entertainment • Contact Jen to Register • Reschedule to 721 Broadview Dec 81:00–3:00 • Christmas Lunch at Mandarin • \$15 for Lunch (all included) • <u>Register Here</u> on Nov 26				
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT JEN 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 – December In-Person Program Calendar

(444 Logan Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE FROM DEC 25 - DEC 26 ** (ANGIE AWAY DEC 1, 11, 15, 23-31)				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time	1:00–1:45 Low Impact Exercise 2:00–5:00 BINGO (*No Bingo Dec 24 & 31*)	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	Dec 1 Silverbirch Jammers Practice Dec 1, 8 & 15 Dancing with Parkinson's Dec 22 Chair Yoga	11:00–1:00 2:30–3:30 2:00–3:00	Dec 9 Christmas Lunch at Mandarin • \$15 for Lunch (all included) • <u>Register Here</u> start on Nov 26 Dec 16 Karaoke	1:00–3:00 1:30–3:00	
Residents Only	Dec 15 Lunch Outing • Astoria • 390 Danforth Ave	11:45–1:30	Dec 2 Friendship Hour: Holiday Party	12:00–2:00	Dec 25 TBD Meals on Wheels Christmas Lunch • Registration details pending
					12:30–2:30 Food Market (Arrive at Given Time) • December times to be posted
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 – December In-Person Program Calendar (1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE FROM DEC 25 - DEC 26 **				
	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! • Dec 18: Holiday Bingo	9:45–11:45 Line Dance
Bi-Weekly & One Time Event	Dec 1 1:00–3:00 Tasty Club 1 (Chinese) Dec 8 1:00–3:00 Christmas Lunch at Mandarin • \$15 for Lunch (all included) • Register Here start on Nov 26 Dec 15 1:30–3:30 Oil/Watercolor Painting (English) **NEW**		Dec 3 3:00–6:00 Volunteer Holiday Event	Dec 4 & 18 9:00–12:00 Bible Study (Chinese)	Dec 5 1:30–3:30 Oil/Watercolor Painting(English) **New** Dec 12 1:00–3:00 Tasty Club 2 Chinese) Dec 19 12:00–2:00 Line Dance Holiday Party Dec 19 2:00–4:00 Taste Hub (English)
Residents Only	9:45-10:30 Indoor Pole Walking Contact Aimin to Register				Dec 5 10:30–1:00 Costco Shopping Bus

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 – December In-Person Program Calendar

(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE FROM DEC 25 - DEC 26 **				
	11:00–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2	1:00–3:00 Tenants Led Bingo	11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event		Dec 9 1:00–3:00 Christmas Lunch at Mandarin • \$15 for Lunch (all included) • 2206 Eglinton Avenue East Scarborough ON M1L 4S7 • Contact Jennifer at 647-285-7954 after Nov 26 Dec 16 1:00–2:00 Music Therapy (Chinese)	Dec 3 3:30–5:00 Tea & Storytelling		
Residents Only					
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416-728-7865 OR SMMAK@WOODGREEN.ORG PHYSICAL ACTIVITY WORKSHOP, SKILL DEVELOPMENT GROUP AND CLUB, SOCIAL ACTIVITY CONGREGATE DINING, PARTY, OUTING					

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

OIL/WATERCOLOUR PAINTING

Mr. Raza's Class

Friday Dec 5
Monday Dec 15

1:30-3:30pm

1070 Community Room

Register with Aimin

axu@woodgreen.org





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

266 Donlands WhatsApp News Channel



Get important updates instantly, including:

- Last-minute program changes
- Extreme weather alerts
- Other important center news

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



*Click the link or scan
the QR code below*



*Open WhatsApp and
tap "Join".*

[CLICK HERE](#)



**Easy, fast, and
inclusive —
everyone is
welcome to
join!**



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

DECEMBER 1, 2025

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **December 1: Entertainment**

For registration, please contact Jen at 647-285-7954 or jiyang@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

DANCING WITH PARKINSON'S

Date:

Monday, December 1, 8 & 15, 2025

Time:

2:30 - 3:30 PM

Location:

444 Logan Ave.

To Register:

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



WoodGreen Seniors' Active Living Centre & Writers Collective of Canada Present:



WRITING TOGETHER

Write in community. Share your story.
Receive supportive feedback.

WRITE WITH US!

Our Stories: Writing Workshop

Tuesdays, 1:30 - 3:30 pm

December 2 & 9

721 Broadview Ave., Lower Level

Tap into your story and explore your voice in an environment of dignity, courage, and respect.

No experience required!
Every workshop is unique.

**Come once, often,
or every week!**

To Register:

Please contact Jen at 647-285-7954 or Jiyang@woodgreen.org



WoodGreen Seniors' Active
Living Centres Present

TEA & STORYTELLING

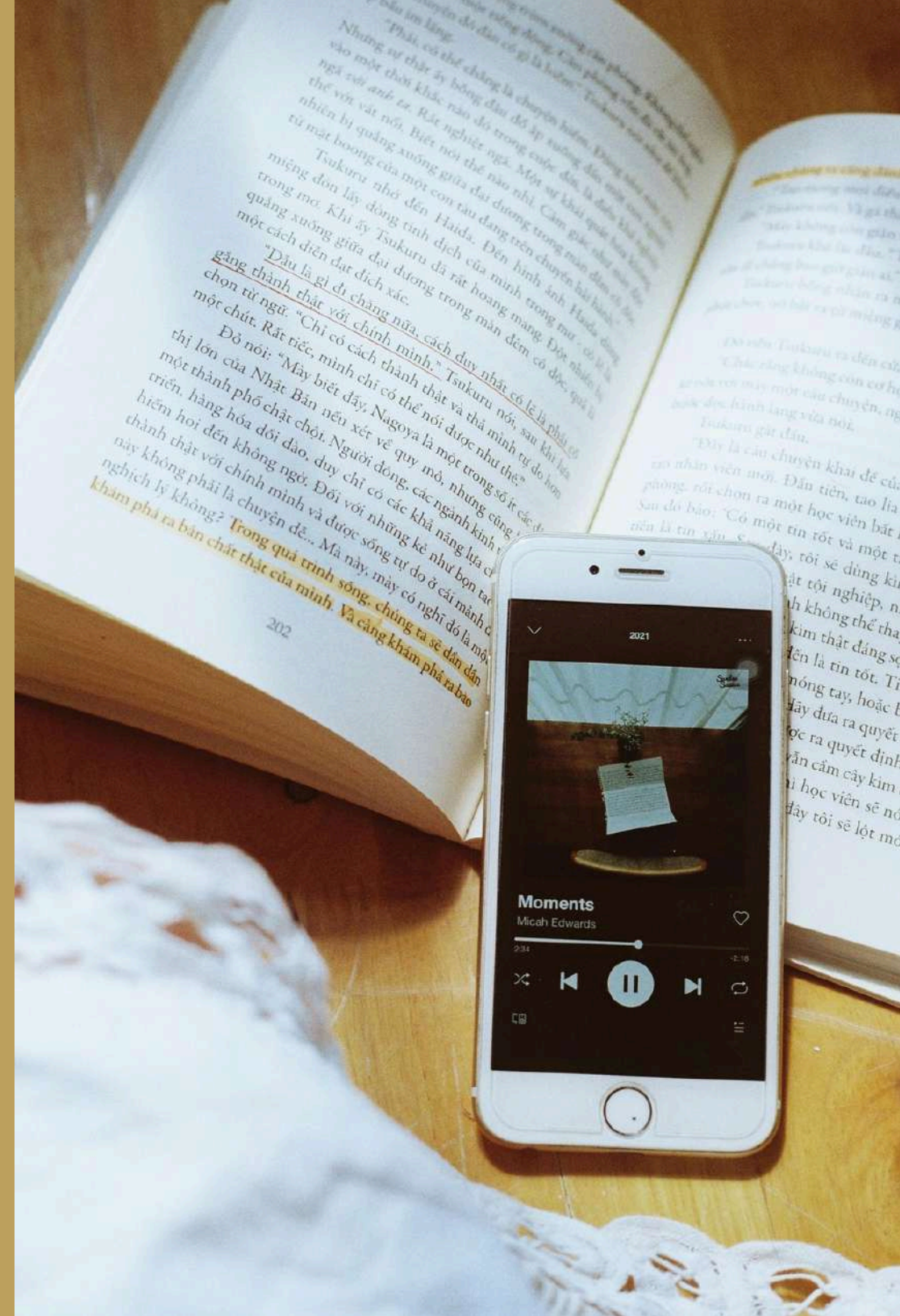
Relax and enjoy an audio reading session followed by light refreshments and casual group discussion. It's a great way to experience stories together, spark conversation, and build connections in a friendly setting.

DATE: WED, DECEMBER 3, 2025

TIME: 3:30 - 5:00 PM

LOCATION: 266 DONLANDS AVE.

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



WoodGreen Seniors' Active Living Centre Presents



CHRISTMAS PARTY

DATE AND TIME:

Monday, December 8, 2025, 1:00 - 3:00 pm

****Priority is given to 721 Broadview, 1070 Queen, and 500 Kingston members****

Tuesday, December 9, 2025, 1:00 - 3:00 pm

****Priority is given to 266 Donlands, and 444 Logan members****

LOCATION:

2206 Eglinton Avenue East Scarborough ON M1L 4S7

MENU AND COST:

Dine-in Buffet Lunch: \$15.00 (all included)

REGISTRATION:

Registration opens on Wednesday, November 26, 2025

[CLICK HERE](#)

to register online OR In-person at the center





WoodGreen Seniors' Active Living Centres Present

KARAOKE

Date:

Tuesday, December 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**



WoodGreen Seniors' Active Living Centres present



CHRISTMAS STORY STICK WORKSHOP

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



Pamela Schuller,
Community Artist

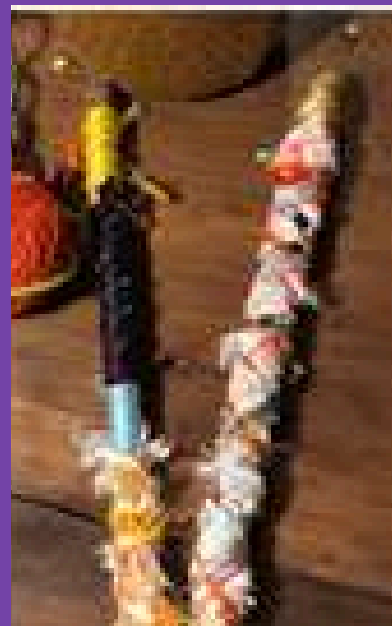


**Thursday,
December 18, 2025
721 Broadview Ave**

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

TIMELESS TRAVEL VR: FRANCE

Date: Monday, December 22 & 29, 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



WoodGreen Seniors' Active Living Centres Present

Chair Yoga

DATE: TUESDAY, DECEMBER 22, 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



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



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**

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

French:

Intermediate

Date: Every Tuesday ****No Class on Dec 23 & 30****

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



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

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

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



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**

**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



WoodGreen Seniors' Active Living Centre Presents:

Bingo

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

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

