

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

(721 Broadview Ave., Lower Level)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** CENTRE CLOSURE ON FEB 16 **					
Weekly Program	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) <u>Low Impact Exercise L3</u> 10:45–11:50 Dance from the Heart 12:00–1:00 French: Intermediate 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) <u>Low Impact Exercise L1/L2</u> 11:00–12:00 (Hybrid) Zumba Gold • Register HERE 1:00–1:45 Low Impact Exercise L3 **FULL** 2:30–3:30 Line Dance Beginner 3:30–5:00 Line Dance: Performing Art	
Bi-Weekly & One Time Event	Feb 2 Speaker Series DEPRESSION: Chasing the Blues Away <ul style="list-style-type: none"> • Lunch Provided • Contact Christina at 416-616-8191 to Register Feb 9 & 23 Timeless Travels VR <ul style="list-style-type: none"> • Lunch Provided • Contact Jen to Register Feb 9 & 23 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • Feb 9: Valentine's Jazz Music • Feb 23: Black History Month Presentation • Contact Christina at 416-616-8191 to Register 	1:00–3:00 12:00–2:00 1:00–3:00		Feb 5 & 19 12:30–2:30 Knitting & Crocheting Hour <ul style="list-style-type: none"> • Materials Provided • Light Refreshment • Contact Jen to Register 	Feb 6 & 20 10:00–11:00 Latin BOMM: Bring on Mindful Movement Group <ul style="list-style-type: none"> • Community-Led Class • Contact Jen to Register Feb 13 1:00–3:00 Valentine's Bingo <ul style="list-style-type: none"> • Lunch Provided • Contact Jen to Register Feb 20 1:00–3:00 Lunar New Year Celebration <ul style="list-style-type: none"> • TBD

WoodGreen Seniors' Active Living Centre – February In-Person Program Calendar (500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON FEB 16 **				
Bi-Weekly & One Time Event	Feb 9 & 23 Monday Lunch Bunch 1:00–3:00 • \$5 for Lunch • Feb 9: Valentine's Jazz Music • Feb 23: Black History Month Presentation • Contact Jen to Register • Reschedule to 721 Broadview		2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		

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 – February In-Person Program Calendar

(444 Logan Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** CENTRE CLOSURE ON FEB 16 **					
Weekly Program	9:30–10:30 Low Impact Exercise 2:30–3:30 Dancing with Parkinson's	10:00–11:00 Tea Time	1:00–1:45 Low Impact Exercise <ul style="list-style-type: none"> • No Class on Feb 18 2:00–5:00 BINGO <ul style="list-style-type: none"> • No Program on Feb 18 	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	Feb 2 Silverbirch Jammers Practice 11:00–1:00	Feb 10 Karaoke 1:30–3:00	Feb 11 & 25 Tech & Support Services Session 10:00–12:00	Feb 5 Painting Workshop 1:30–3:00	
		Feb 17 Painting Workshop 1:30–3:00	Feb 18 Lunar New Year Celebration 12:00–2:00	Feb 12 Valentine's Day Lunch 12:00–2:00	
				Feb 19 BINGO 2:00–5:00	
				Feb 26 Chair Yoga 2:00–3:00	
Residents Only	Feb 9 Lunch Outing <ul style="list-style-type: none"> • Sunset Grill (1602 Danforth Ave) 11:00–2:00	Feb 24 Community Meal 11:00–2:30			12:30–2:30 Food Market (Arrive at Given Time)
	Feb 23 Black History Month Celebration 12:00–2:00				

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 – February In-Person Program Calendar

(1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** CENTRE CLOSURE ON FEB 16 **					
Weekly Program	11:00–12:00 Low Impact Exercise L2		9:45–11:45 Line Dance	8:30–10:00 Tai Chi Class Level 2	9:45–11:45 Line Dance
	3:30–5:00 Tai Chi Class Level 1		1:00–3:00 Arts and Crafts	1:00–3:00 Bingo	
Bi-Weekly & One Time Event	Feb 2 1:00–3:00 Tasty Club 1 (Chinese)			Feb 5 & 19 10:00–12:00 Bible Study (Chinese)	Feb 6 1:00–3:00 Tasty Club 2 (Chinese)
	Feb 9 1:30–3:30 Oil/Watercolor Painting **NEW**				Feb 13 11:45–1:30 Line Dance Q1 Party
					Feb 20 1:30–3:30 Oil/Watercolor Painting *NEW*
Residents Only	9:45–10:30 Indoor Pole Walking • Contact Aimin to Register		Feb 11 12:00–2:00 Lunar New Year Celebration		Feb 6 10:30–1:00 Costco Shopping Bus
					Feb 13 1:30–3:30 Taste Hub

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 – February In-Person Program Calendar (266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
** CENTRE CLOSURE ON FEB 16 **					
Weekly Program	11:00–12:00 Music in the Air & Sing Along • No Class on Feb 23	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	Feb 2 10:45–1:30 Grocery Shopping Trip	Feb 3 1:00–2:00 Music Therapy (Chinese)	Feb 4 3:30–5:00 Tea & Storytelling		
	Feb 9 & 23 1:00–3:00 Who's the Bingo King/ Queen?	Feb 24 1:00–3:00 My Painting Studio			
Residents Only		Feb 10 1:00–3:00 Let's Do Lunch • Registration before Feb 5 • Contact Shirman to Register • Program: Black History Culture Lunch			

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 Centres Present
Brought to us by the Senior Advisory Council

SPEAKER SERIES



EPS 1: DEPRESSION - CHASING THE BLUES AWAY

Our Speaker Series brings together voices that inform, inspire, and challenge perspectives. Through engaging talks and interactive discussions, participants gain fresh insights, practical ideas, and new ways of thinking that support continuous learning and growth. Speaker Series is brought to us by the Senior Advisory Council.

DATE:
MONDAY, FEBRUARY 2, 2026

TIME:
1:00 - 3:00 PM

LOCATION:
721 BROADVIEW AVE., LOWER LEVEL

GUEST

Ellie Munn, MSW

Ellie is a retired social worker who worked at CAMH (Centre for Addiction and mental health) for 25 years. Her experience includes both inpatient and outpatient treatment, problem gambling, and community development.

To Register, please contact Christina at 416-616-8191 or Clisaac@woodgreen.org



WoodGreen Seniors' Active
Living Centres Present

TEA & STORYTELLING

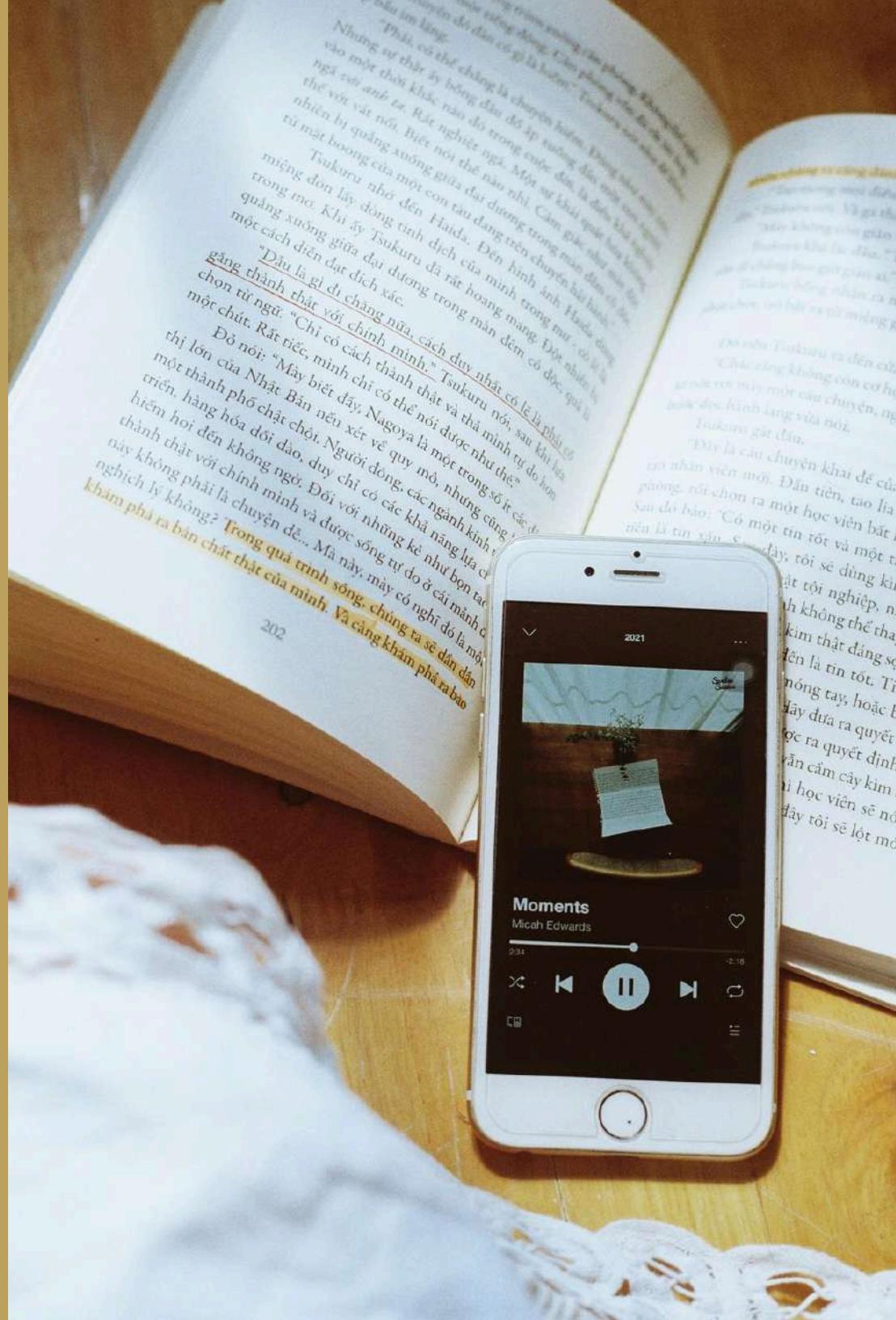
Relax and enjoy an audio reading session followed by light refreshments and casual group discussion. It's a great way to experience stories together, spark conversation, and build connections in a friendly setting.

DATE: WEDNESDAY, FEBRUARY 4, 2026

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 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, FEBRUARY 5 & 19, 2026

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



WoodGreen Seniors' Active Living Centre Presents: Painting Workshop

Date:
Thursday, February 5 & Tuesday February 17, 2026

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



LATIN BOMM: BRING ON MINDFUL MOVEMENT GROUP

The community-led class combines **Qi Gong**,
low impact dance moves and **mindfulness**
for a complete body mind work out.

Date:

Friday, February 6 & 20, 2026

Time:

10:00 - 11:00 AM

Location:

721 Broadview Ave., Small Activity Room

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, February 9 & 23, 2026

Time: 12:00 – 2:00 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

MONDAY LUNCH BUNCH

FEBRUARY 9 & 23, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **February 9: Valentine's Jazz Music**
- **February 23: Black History Month Presentation**

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





WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT

WHO IS THE BINGO QUEEN/ KING?

Date: Monday, February 9 & 23, 2026

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 CENTRE PRESENTS:

OIL/WATERCOLOUR PAINTING

Mr. Raza's Class

Date: Monday, February 9, 2026 &

Friday, February 20

Time: 1:30-3:30 PM

Location: 1070 Community Room

To Register, Please Contact with
Aimin at axu@woodgreen.org





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Tech Help & Support Services: Virtual Meeting App

THIS SESSION OFFERS
PERSONALIZED, ONE-ON-ONE
SUPPORT TO HELP YOU
COMFORTABLY USE VIRTUAL
APPS AND ENJOY STAYING
CONNECTED WITH FAMILY,
FRIENDS, AND SERVICES.

DATE:
WEDNESDAY, FEBRUARY 11 & 25, 2026

TIME:
10:00 AM - 12:00 PM

LOCATION:
444 LOGAN AVE.

For information and to register, please contact Angie
at 416-543-6512 or AnLam@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

VALENTINE'S DAY LUNCH



DATE: THURSDAY, FEBRUARY 12, 2026
TIME: 12:00- 2:00
LOCATION: 444 LOGAN AVE.

TO REGISTER, PLEASE CONTACT ANGIE AT 416-543-6512 OR ANLAM@WOODGREEN.ORG



WoodGreen Seniors' Active Living Centres Present



Valentine's Bingo

FRIDAY

FEB 13

1:00 PM

LUNCH - BINGO - FUN

Location: 721 Broadview Ave., lower level

FOR MORE INFORMATION:

TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR JIYANG@WOODGREEN.ORG





WoodGreen Seniors' Active Living centre Presnets

Lunar New Year CELEBRATION

Celebrate the Lunar New Year with festive activities, traditional performances, and delicious food.

DATE: WED, FEB 18
TIME: 12:00 - 2:00
LOCATION: 444 LOGAN AVE.

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESNETS

Lunar New Year Celebration

JOIN US FOR A JOYFUL LUNAR NEW YEAR
CELEBRATION WITH TRADITIONAL MUSIC,
FESTIVE ACTIVITIES, & DELICIOUS TREATS!

Date: Friday, February 20, 2026

Time: 1:00 - 3:00

Location: 721 Broadview Ave., Lower Level



TO REGISTER, PLEASE CONTACT JENNIFER (647)-285-7954 OR JIYANG@WOODGREEN.ORG

A vertical image of a paintbrush holder filled with various sizes and colors of paintbrushes, positioned on the left side of the advertisement.

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE:

TUESDAY, FEBRUARY 24, 2026

TIME:

1:00 - 3:00 PM

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

Chair Yoga

DATE: THURSDAY, FEBRUARY 26, 2026

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 CENTRE PRESENTS:

DANCING WITH PARKINSON'S

Date:
Every Monday

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 Presents:

Bingo

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

- **Date: Every Thursday **Feb 18 Moved to Feb 19****
- **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

TAI CHI

- **Level 1: Teaches basic movements and balance**

- Date: Every Monday
- Time: 3:30-5:00

- **Level 2: Practices smooth, coordinated sequences.**

- Date: Every Thursday
- Time: 8:30- 10:00

LOCATION: 1070 QUEEN ST. E

TO REGISTER, PLEASE CONTACT WITH AIMIN AT AXU@WOODGREEN.ORG

