

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

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON APR 3 **				
	<p>10:00–11:00 Tai Chi 24 & 42</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:00–12:00 Cantonese Opera</p> <p>9:30–10:30 (Hybrid) <u>Low Impact Exercise L3</u></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>9:30–12:30 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) <u>Low Impact Exercise L1/L2</u></p> <p>11:00–12:00 (Hybrid) Zumba Gold</p> <p>1:00–1:45 Low Impact Exercise L3 **FULL**</p> <p>2:30–3:30 Line Dance Beginner</p> <p>3:30–5:00 Line Dance: Performing Art</p>	<p>10:00–11:00 Latin BOMM: Bring on Mindful Movement Group</p> <ul style="list-style-type: none"> • Community-Led Class • Contact Jen to Register
Bi-Weekly & One Time Event	<p>April 13, 20 & 27 12:00–2:00 Timeless Travels VR: Europe</p> <ul style="list-style-type: none"> • Lunch Provided • Contact Jen to Register <p>April 13 & 27 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • Apr 13: Cognitive Skills Game • Apr 27: Membership Clinic • Contact Christina at 416-616-8191 to Register <p>April 20 1:00–3:00 Speaker Series Distraction Theft Presentation</p> <ul style="list-style-type: none"> • Lunch Provided • Contact Jen to Register 		<p>April 8 10:00–3:00 Foot Care Clinic</p> <ul style="list-style-type: none"> • Appointment ONLY • Contact Christina to Register 	<p>April 2 & 9 12:30–2:30 Knitting & Crocheting Hour</p> <ul style="list-style-type: none"> • Materials Provided • Light Refreshment • Contact Jen to Register 	

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT JENNIFER 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 – Apr In-Person Program Calendar

(500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON APR 3 **				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	April 13 & 27 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • April 13: Cognitive Skills Game • April 27: Membership Clinic • Contact Christina at 416-616-8191 to Register • Rescheduled to 721 Broadview 				

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT CHRISTINA AT 416-616-8191 OR CLSAAC@WOODGREEN.ORG
PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON APR 3 ** **NO PROGRAM ON APR 15 IN REC ROOM DUE TO TAX CLINIC**				
	9:30–10:30 Low Impact Exercise 2:30–3:30 Dancing with Parkinson's	10:00–11:00 Tea Time • No Program on Apr 7	1:00–1:45 Low Impact Exercise • No Class on Apr 15 2:00–5:00 BINGO • Apr 15 moved to Apr 16	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	Apr 6 11:00–1:00 Silverbirch Jammers Practice	Apr 14 1:30–3:00 Karaoke Apr 21 1:30–4:00 Membership Clinic	Apr 1 10:00–12:00 Tech Help Workshop	Apr 9 & 23 1:30–3:00 Painting Workshop Apr 30 2:00–3:00 Chair Yoga	
Residents Only	Apr 13 11:00–1:00 Lunch Outing • Duckworths Fish & Chips • 2638 Danforth Ave Apr 27 10:45–1:30 Grocery Bus • C&C Supermarket • 888 Don Mills Rd	Apr 7 10:00–2:00 Food Market Volunteer Training • Contact Angie to Register Apr 14 10:00–11:00 Birthday Tea	Apr 15 Tax Clinic Day 2 • By Appointment Only		12:30–2:30 Food Market (Arrive at Given Time) • No Program on on Apr 3

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 CENTRES PRESENT



Tech Help Workshop

DATE:

THURSDAY, APRIL 1, 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

LEARN, TROUBLESHOOT,
AND GET TIPS TO USE
YOUR DEVICES WITH
CONFIDENCE!

****Final Session****

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, APRIL 2 & 9, 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 CENTRES PRESENT

**NO WALK-INS
APPOINTMENT ONLY**



FOOTCARE CLINIC

NURSING FOOTCARE IS A SPECIALIZING SERVICE THAT FOCUSES ON FOOT HEALTH. IT INVOLVES PROVIDING PROFESSIONAL CARE AND TREATMENT FOR A VARIETY OF FOOT CONDITIONS SUCH AS CORNS, CALLUSES, INGROWN TOENAILS AND FUNGAL INFECTIONS

DATE: WEDNESDAY, APRIL 8, 2026

TIME: 10:00 AM - 3:00 PM

LOCATION: 721 BROADVIEW AVE, LOWER LEVEL

TO REGISTER: CONTACT CHRISTINA AT 416-616-8191 OR CISAAC@WOODGREEN.ORG TO REGISTER



WoodGreen Seniors' Active Living Centre Presents:

Painting Workshop

Date:
Thursday, April 9 & 23, 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

MONDAY LUNCH BUNCH

APRIL 13 & 27, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **April 13: Cognitive Skills Game present by Jovia Life**
- **April 27: Membership Clinic**

To Register: contact Christina at 416-616-8191 or CIsaac@woodgreen.org





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIMELESS TRAVEL VR: EUROPE

Date: Monday, April 13, 20 & 27, 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

WHO IS THE BINGO QUEEN / KING?

Date: Monday, Apr 13 & 27, 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 Centres Present

KARAOKE

Date:

Tue, April 14, 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 CENTRE AND
SENIORS ADVISORY COUNCIL PRESENT**



SPEAKER SERIES

EPISODE #4: DISTRACTION THEFT

Join us for a presentation by the 55 Division Police Community on distraction theft. Learn how thieves use clever tricks to divert attention and steal personal belongings, and discover practical tips to stay alert and protect yourself.

DATE:

MONDAY, APRIL 20, 2026

TIME:

1:00 – 3:00 PM

LOCATION:

721 BROADVIEW AVE., LOWER LEVEL

TO REGISTER, CONTACT CHRISTINA AT 416-616-8191 OR CISAAC@WOODGREEN.ORG

Guest Speaker
55 Division
Toronto Police Service





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

OIL/WATERCOLOUR PAINTING

Mr. Raza's Class

Date: Monday, April 20, 2026

Time: 1:30-3:30 PM

Location: 1070 Community Room

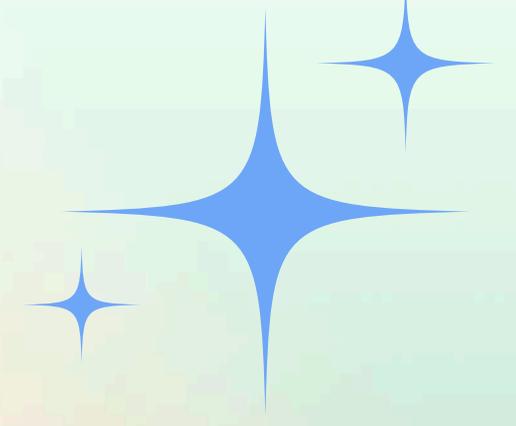
To Register, Please Contact with
Aimin at axu@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS



MEMBERSHIP CLINIC



Join us at our Membership Renewal Clinic at 444 Logan to renew or update your membership for the new fiscal year. Our team will assist you with all the steps, answer any questions, and ensure your benefits continue seamlessly.

DATE: TUESDAY, APRIL 21, 2026

TIME: 1:30 - 4:00 PM

LOCATION: 444 LOGAN AVE.,

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

Play & Stretch

Stretch, play, and move together for a fun and gentle way to stay active!



266 Donlands
RECREATION ROOM

MONDAY
MAR 31, APR 20, MAY 4, JUN 1
1:00 PM

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

MEMBERSHIP CLINIC

JOIN US AT THE 266 DONLANDS PROGRAM MEMBERSHIP CLINIC FOR SEAMLESS REGISTRATION, WHERE VOLUNTEERS ASSIST SENIORS WITH FORMS AND CARD ISSUANCE, WHILE MEMBERS REVEL IN MONTHLY FREE LUNCHES AND ENGAGING RECREATIONAL PROGRAMS

Date: Tuesday, April 28, 2026

Time: 1:00 - 3:00pm

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, APRIL 30, 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 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 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 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

F **r** **e** **n** **c** **h**:
French:

Intermediate

Date: Every Tuesday

Time: 12:00 - 1:00 PM

Location: 721 Broadview Ave., Small Activitiy 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

CRAFTS & 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**

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



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:
Every Friday

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

