

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

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON MAY 18**				
Weekly Program	<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>9:30–10:30 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) <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>TBD 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>May 4 & 25 1:00–3:00 Speaker Series</p> <ul style="list-style-type: none"> • Lunch Provided • May 4: Scams and Frauds • May 25: Estate & Funeral Planning • Contact Christina at 416-616-8191 to Register <p>May 4, 11 & 25 12:00–2:00 Timeless Travels VR: Europe</p> <ul style="list-style-type: none"> • Lunch Provided • Appointment ONLY • Contact Jen to Register <p>May 11 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • May 11: Mother's Day Bingo • Contact Christina to Register 		<p>May 6 & 20 10:00–3:00 Foot Care Clinic</p> <ul style="list-style-type: none"> • Appointment ONLY • Contact Christina to Register <p>May 13 & 27 1:00–2:30 Gel Painting Workshop</p> <ul style="list-style-type: none"> • Material Provided • Contact Jen to Register 	<p>May 7 & 14 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 – May In-Person Program Calendar (500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON MAY 18**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	May 11 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> \$5 for Lunch May 11: Mother's Day Bingo 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 CISAAC@WOODGREEN.ORG
PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON MAY 18, TUESDAY & THURSDAY PROGRAMS PAUSED THIS MONTH FOR CONSTRUCTION**				
	9:30–10:30 Low Impact Exercise 2:30–3:30 Dancing with Parkinson's		1:00–1:45 Low Impact Exercise 2:00–5:00 BINGO	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	May 4 11:00–1:00 Silverbirch Jammers Practice				
Residents Only	May 11 11:30–2:00 Lunch Outing • Mandarin Buffet • 2206 Eglinton Ave East May 25 10:45–1:15 Grocery Bus • Gerrard Square		May 4, 5, 6, 7 Membership Clinic (lobby) Contact Angie May 27 10:30–11:30 Counsellor Fletcher Meet & Greet		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

PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON MAY 18**				
	11:00–12:00 Low Impact Exercise L2 3:30–5:00 Tai Chi Class L1		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 3:30–5:00 Tai Chi Class L2	9:45–11:45 Line Dance
Bi-Weekly & One Time Event	May 11 1:00–3:00 Tasty Club G1 (Chinese) May 25 1:30–3:30 Paint with Reza			May 7 & 21 10:00–12:00 Bible Study (Chinese)	May 8 11:45–1:15 Line Dance Group Party May 8 1:30–3:30 Paint with Reza May 15 1:00–3:00 Tasty Club group 2 (Chinese) May 22 1:30–3:30 Taste Hub May 29 12:00–3:00 Laugh, Bake & Treasure Take
Residents Only	9:45–10:30 Indoor Pole Walking May 4 1:00-2:00 Pancake Day				May 1 10:30-1:00 Shopping Bus to Costco

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON MAY 18**				
Weekly Program	11:00–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2	1:00–3:00 Bingo with Friends	11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	May 4 1:00–2:00 Play & Stretch *NEW*	May 5 & 19 1:00–2:00 Music Therapy (Chinese)			
	May 11 & 25 1:00–3:00 Who's the Bingo King/Queen?	May 26 1:00–3:00 My Painting Studio			
Residents Only		May 12 1:00–3:00 Let's Do Lunch <ul style="list-style-type: none"> • Registration before May 7 • Contact Shirman to Register • Program: Entertainment 			

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



444 Logan Ave.

CONSTRUCTION

Tuesday & Thursday programs will be paused in May.

THANK YOU FOR YOUR UNDERSTANDING AND PATIENCE.

FURTHER NOTICE WILL BE COMMUNICATED.

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Laugh, Bake

TREASURE TAKE

Date:
Friday May 29, 2026

Time:
12 - 2:30 pm

Location:
1070 Community Room

To Register: Aimin at 416 405-5010 or axu@woodgreen.org



WoodGreen Seniors' Active Living Centres Present

DINER'S CLUB

GOOD FOOD • GREAT COMPANY • EASY TRANSPORTATION

Step out, relax, and enjoy a warm social lunch with friends. Transportation & lunch are fully included.

TUE, APR 28- BOSTON PIZZA

TUE, MAY 5- SWISS CHALET

DATE: TUE, MAY 12- COMMON GROUND CAFE

TUE, MAY 19- AFGHAN CUISINE

TUE, MAY 26- BOSTON PIZZA

THU, APR 30- COMMON GROUND CAFE

THU, MAY 7- HALIBUT HOUSE

THU, MAY 14- ASTORIA GREEK

THU, MAY 21- DOUBLE SHUSHI

THU, MAY 28- EGGSMART

**TIME: PICK UP TIME: 10:45- 11:30AM
RETURN TIME: 1:30PM**

COST: \$14.50 + \$3 TIP

REGISTRATION: CALL FARAH AT 437-217-0190 OR EMAIL AT FALIM@WOODGREEN.ORG

NOTE: REGISTRATION CLOSSES 2 BUSINESS DAYS BEFORE EACH TRIP





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 MAY 4
	1:00 PM

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



**WOODGREEN SENIORS' ACTIVE LIVING CENTRE AND
SENIORS ADVISORY COUNCIL PRESENT**



SPEAKER SERIES

EPISODE #5: SCAMS AND FRAUDS

Scams often target seniors by pretending to be trusted people and creating urgency or fear. They try to steal money or personal information through calls, emails, or messages. Recognizing these warning signs helps you stay safe and protect your finances.



DATE: MONDAY, MAY 4, 2026

TIME: 1:00 – 3:00 PM

LOCATION: 721 BROADVIEW AVE., LOWER LEVEL

**55 Division
Toronto Police Service
Guest Speaker**

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIMELESS TRAVEL VR: EUROPE

Date: Monday, May 4, 11 & 25, 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



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, MAY 7 & 14, 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

GEL PAINTING

DATE:

WEDNESDAY, MAY 13 & 27, 2026

TIME:

1:00 - 2:30PM

LOCATION:

721 BROADVIEW AVE., LOWER LEVEL

! LIMITED SPOTS !

TO REGISTER, 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, MAY 6 & 20, 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

PAINT WITH MR. REZA

Date: *Fri, May 8 & Mon, May 25*

Time: *1:30-3:00 PM*

Location: *1070 Community Room*

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

MAY 11, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **May 11: Mother's Day Bingo**

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





**WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT**

WHO IS THE BINGO QUEEN / KING?

Date: Monday, May 11 & 25, 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:



My Painting Studio

DATE:

TUESDAY, MAY 26, 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
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

