

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

(721 Broadview Ave., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON JULY 1 **				
	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 *FULL* 10:45–11:50 Dance from the Heart 12:00–1:00 French: Intermediate 12:00–1:00 Tai Chi in 20 Steps 1:10–2:10 Zumba Gold 2 *NEW* 2:30–3:30 Low Impact Exercise L1/L2	9:30–10:30 Pole Walking 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 *FULL* 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	Jul 6 & 13 12:00–2:00 Timeless Travels VR: Anywhere - Lunch Provided - Appointment ONLY - Contact Jen to Register Jul 6 & 13 1:00–3:00 Speaker Series with Lunch - Jul 6: Healthy Eating for Diabetes & Prediabetes - Jul 13: Maintaining Mobility, Balance, and Strength as You Age - Contact Christina at 416-616-8191 to Register Jul 20 1:00–3:00 Monday Lunch Bunch \$5 for Lunch - Jul 20: Summer Bingo - Contact Christina to Register		Jul 8 & 22 10:00–3:00 Foot Care Clinic - Appointment ONLY - Contact Christina to Register Jul 15 & 29 1:00–2:30 Gel Painting Workshop - Material Provided - 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 – July In-Person Program Calendar

(500 Kingston Rd., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON JULY 1**				
Bi-Weekly & One Time Event	Jul 201:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Jul 20: Summer Bingo • Contact Christina 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 – July In-Person Program Calendar (444 Logan Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON JULY 1**				
	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 2:00–5:00 BINGO	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	Jul 6 11:00–1:00 Silverbirch Jammers Practice	Jul 14 1:30–3:00 Karaoke Jul 21 12:00–2:00 Summer BBQ • Contact Angie to Register		Jul 2 & 9 1:30–3:00 Painting Workshop Jul 16 1:30–2:30 Gardening Workshop Jul 23 2:00–3:00 Chair Yoga	
Residents Only	Jul 13 10:45–1:15 Lunch Outing • Garden Gate • 2379 Queen St E Jul 27 11:00–1:15 Lunch Outing • Boston Pizza • 890 Warden Avenue				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 – July In-Person Program Calendar (1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON JULY 1**				
	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	1:00–3:00 Bingo 3:30–5:00 Tai Chi Class L2	9:45–11:45 Line Dance
Bi-Weekly & One Time Event	Jul 13 2:00–3:30 Paint with Reza Jul 27 12:30–3:00 Tea Ceremony Practice & Sharing		Jul 8 12:00–3:00 Tasty Club Group 2 (Chinese) Jul 15 3:15–4:15 English Conversation Circle	Jul 2 & 16 10:00–12:00 Bible Study (Chinese)	Jul 3 2:00–3:30 Paint with Reza Jul 10 2:00–4:00 Garden Bread with Valerie Jul 17 12:00–3:00 Tasty Club Group 1 (Chinese) Jul 24 1:30–4:00 Taste Hub (English)
Residents Only	9:45–10:30 Indoor Pole Walking		2:15–3:00 Indoor/Outdoor Pole Walking		Jul 10 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 – July In-Person Program Calendar

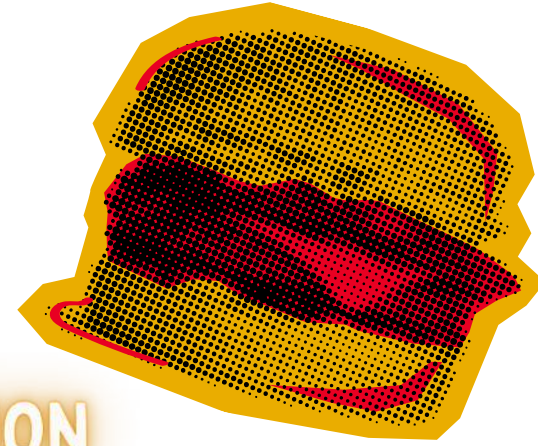
(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON JULY 1**				
	11:00–12:00 Music in the Air & Sing Along • No Class on Jul 6 & 13	11:00–12:00 Low Impact Exercise L2		11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	Jul 6 10:45–1:30 Grocery Shopping & Lunch Outing • Cost: \$14.50 + \$3 Tips • Eglinton Square & Watts Restaurant • Contact Shirman to Register Jul 13 & 27 1:00–3:00 Who’s the Bingo King/Queen? Jul 20 1:00–3:00 Movie with Popcorn: Michael	Jul 7 & 21 1:00–2:00 Music Therapy (Chinese) Jul 28 1:00–3:00 My Painting Studio	Jul 8 11:00–12:30 Audio Reading Book Club Jul 8 & 22 1:00–3:00 Bingo with Friends Jul 15 & 29 1:00–2:00 Play & Stretch *NEW*		
Residents Only		Jul 14 1:00–3:00 Let’s Do Lunch • Registration Before Jul 9 • Contact Shirman to Register • Program: TSH Tenants Meeting			
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

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.

DATE:

TUE, JUN 30- BOSTON PIZZA
TUE, JUL 7- SWISS CHALET
TUE, JUL 14- AFGHAN CUISINE
TUE, JUL 21- HARVEY'S
TUE, JUL 28- BOSTON PIZZA

THU, JUL 2- HAILBUT HOUSE
THU, JUL 9- ASTORIA GREEK
THU, JUL 16- DOUBLE SUSHI
THU, JUL 23- EGGMARTS
THU, JUL 30- COMMON GROUND

Revised

TIME:

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

COST:

\$14.50 + \$3 TIP

REGISTRATION:

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

NOTE:

REGISTRATION CLOSING 2 BUSINESS DAYS BEFORE EACH TRIP



WoodGreen Seniors' Active Living Centre Presents:

Painting Workshop

Date:
Thursday, July 2 & 9, 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 PRESENTS

PAIN'T WITH MR. REZA

Date:

*Friday, July 3, 2026 &
Monday, July 13, 2026*

Time:

2:00-3:30 PM

Location:

1070 Community Room

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





WoodGreen Seniors' Active Living Centres Present



Grocery Shopping & Lunch Outing

Join us for a comfortable and enjoyable grocery shopping & lunch outing!
Relax, connect, and get your shopping done with ease.

DATE: MONDAY, JULY 6, 2026

TIME: PICK UP TIME: 10:45AM
RETURN TIME: 1:30PM

COST: \$14.50 (INCLUDES MEAL AND TRANSPORTATION) + \$3 TIP

LOCATION:

- ALL DAY BREAKFAST AT WATTS RESTAURANT
- EGLINTON SQUARE SHOPPING CENTRE

NOTE:

- REGISTRATION CLOSES **2 BUSINESS DAYS** BEFORE EACH TRIP
- WHEELCHAIRS & WALKER ARE WELCOME

To Register, please contact Shirman at 416-728-7865 or smmak@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIMELESS TRAVEL VR: ANYWHERE

Date: Monday, July 6 & 13, 2026

Time: 12:00 – 2:00 PM

Location: 721 Broadview Ave., Small Activity Room

REGISTRATION REQUIRED

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



WoodGreen Seniors' Active Living Centres Present
Brought to us by the Senior Advisory Council



SPEAKER SERIES

Episode #8:

Healthy Eating for Diabetes & Prediabetes

Presented by: Flemingdon Health Centre

Date: Monday, July 6, 2026

Time: 1:00 - 3:00 pm

Locations: 721 Broadview Ave., lower level

REGISTRATION REQUIRED

To Register: contact Christina at 416-616-8191 or
Clsaac@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, JULY 8 & 22, 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 Centres Present

AUDIO READING BOOK CLUB

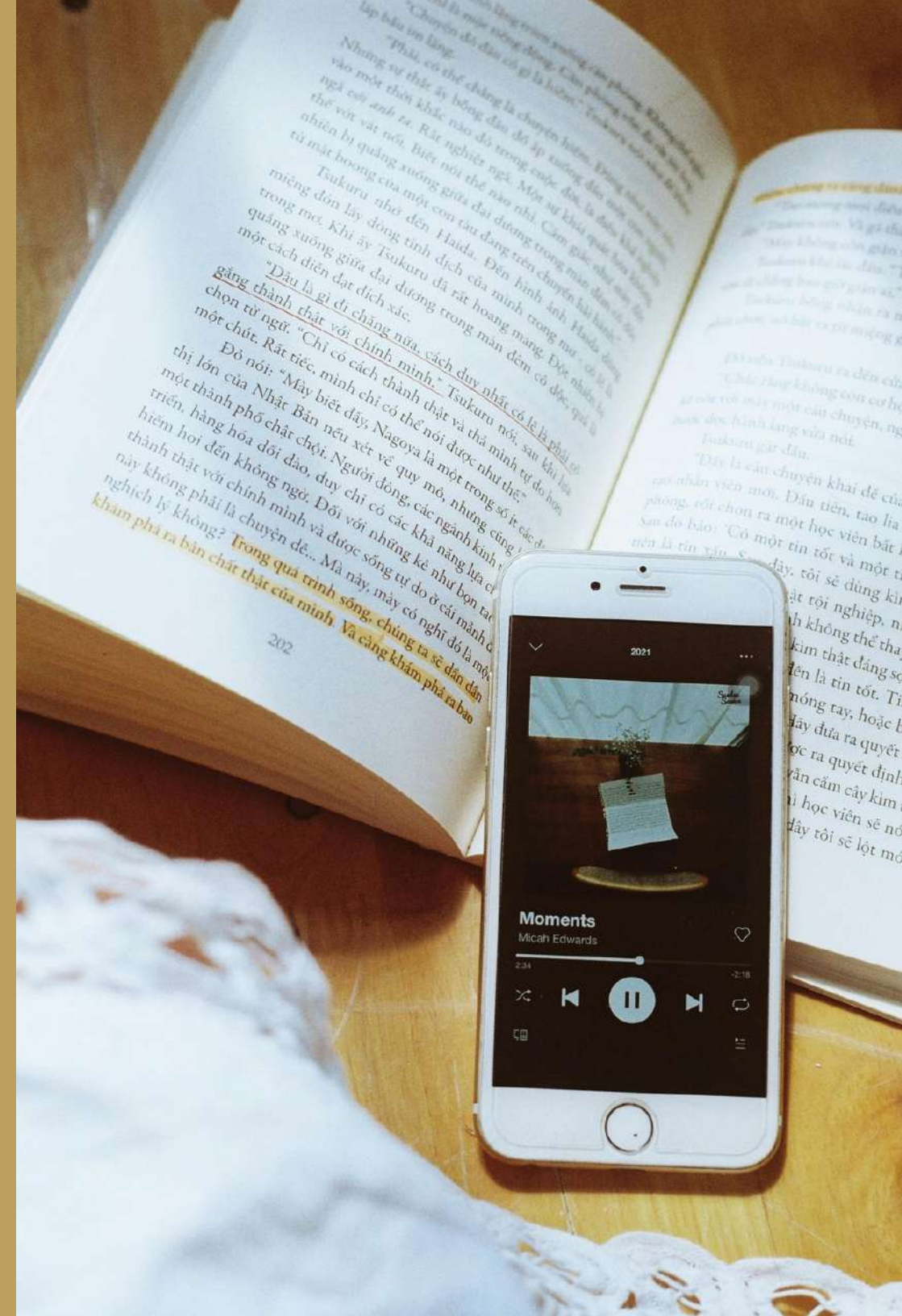
Relax and enjoy an audio reading session followed by light refreshments and casual group discussion. It's a great way to experience stories together, spark conversation, and build connections in a friendly setting.

DATE: WEDNESDAY, JULY 8, 2026

TIME: 11:00 AM - 12:30 PM

LOCATION: 266 DONLANDS AVE.

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





DATE: WEDNESDAY, JULY 8 & 22, 2026

TIME: 1:00 - 3:00 PM

LOCATION: 266 DONLANDS AVE

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

GARDEN TO TABLE

A SEASONAL WORKSHOP SERIES

By Valerie

Master the art of incorporation fresh
herbs and veggies into delicious bread

Date: Friday, July 10, 2026

Time: 1:00-3:00 PM

Location: 1070 Community Room

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



WoodGreen Seniors' Active Living Centres Present
Brought to us by the Senior Advisory Council



SPEAKER SERIES

Episode #9:

Maintaining Mobility, Balance, and Strength as You Age

Learn how to age gracefully by understanding and mastering the fundamentals of independence. Join us for a 60-minute workshop discussing how to maintain and optimise your mobility, your balance, and your strength. Bring your energy and your questions to this interactive workshop which will include practical exercises as well as useful tips, followed by a Q and A session.

Date: Monday, July 13, 2026

Time: 1:00 - 3:00 PM

Location: 721 Broadview Ave., lower level

**REGISTRATION
REQUIRED**

Guest Bio

Daniel Krasner is a registered physiotherapist who completed his Master's of Physical Therapy at the University of Toronto. He has spent his career focused on working with older adults at leading rehabilitation hospitals in Toronto as well as helping people in the community improve their function and regain their independence. He continues to act as an Adjunct Lecturer and mentor at the University of Toronto assisting future physiotherapists with their education, clinical skills, and career. His focus now is on ensuring older adults have the tools they need to age in place through educational workshops and in-home one-on-one physiotherapy sessions.

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, July 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 CENTRE PRESENTS



KARAOKE

Date:

Tuesday, July 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 Centres Present

GEL PAINTING

DATE:

WEDNESDAY, JULY 15 & 29, 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

Play & Stretch

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

**266
Donlands**
RECREATION ROOM

WEDNESDAY
JULY 15 & 29, 2026
1:00 PM

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

**WoodGreen Seniors' Active
Living Centres Present**



GARDENING

Join us for a hands-on gardening workshop to learn planting, nurturing, and harvesting techniques. Our experts will guide you through cultivating vegetables and flowers for a thriving garden. Perfect for all skill levels, get practical tips and personalized advice.

DATE: Thursday, July 16, 2026

TIME: 1:30 – 2:30 PM

LOCATION: 444 Logan Ave.

For More Information and Registration,
Please Contact Angie at 416-543-6512 OR AnLam @ woodgreen.org

FROM THE PRODUCER OF
BOHEMIAN RHAPSODY
AND THE DIRECTOR OF
TRAINING DAY

J A A F A R J A C K S O N

Michael

HIS STORY BEGINS
IN THEATERS AND IMAX
APRIL 24

LIONSGATE

WoodGreen Seniors' Active Living Centre Presents



Movie with Popcorn: **Michael**

DATE: MONDAY, JULY 20, 2026

TIME: 1:00 - 3:00 PM

LOCATION: 266 DONLANDS AVE

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

JULY 20, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **July 20: Summer Bingo**

**REGISTRATION
REQUIRED**

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS



SUMMER BBQ

GRILLED • MUSIC • FUN

DATE:

TUESDAY, JULY 21, 2026

TIME:

12:00 – 2:00 PM

LOCATION:

444 LOGAN AVE.

To Register:

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





WoodGreen Seniors' Active Living Centres Present

Chair Yoga

DATE: THURSDAY, JULY 23, 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



Tea Ceremony Practice & Sharing

A relaxing workshop exploring tea blending, tasting,
and simple mindfulness with **Premium Loose Leaf Tea.**

DATE:

MONDAY, JULY 27, 2026

TIME:

12:30 - 3:00 PM

LOCATION:

1070 QUEEN ST. E

PLEASE CONTACT AIMIN AT 416-405-5010 OR AXU@WOODGREEN.ORG

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE:

TUESDAY, JULY 28, 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

