



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON AUGUST 3**				
Bi-Weekly & One Time Event	Aug 10, 17 & 241:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Aug 10: Entertainment • Aug 17: Bingo • Aug 24: Movie: The Greatest Showman • Contact Christina 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 – August In-Person Program Calendar (444 Logan Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSED ON AUGUST 3**				
	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	Aug 10 11:30–12:30 Smoothie Workshop	Aug 11 12:00–2:00 Carribean Festival Celebration • Contact Angie to Register Aug 18 10:00–3:30 Harbourfront Cruise (FULL) Aug 25 1:30–3:00 Karaoke		Aug 6 & 13 1:30–3:00 Painting Workshop Aug 20 1:30–2:30 Gardening Workshop Aug 27 2:00–3:00 Chair Yoga	
Residents Only	Aug 17 11:30–1:30 Lunch Outing • Astoria Shish Kebob House • 390 Danforth Ave.	Aug 4 10:00–11:00 Birthday Tea Party	Weekly 1:00–4:00 Social Worker Drop-In (Unit 302)		12:30–2:00 Food Market (Arrive at assigned 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 – August In-Person Program Calendar

(1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON AUGUST 3**				
	11:00–12:00 Low Impact Exercise L2 3:30–5:00 Tai Chi Class L1		9:45–11:45 Line Dance Arts and Crafts **No Class in August 19 & 26**	1:00–3:00 Bingo 3:30–5:00 Tai Chi Class L2	9:45–11:45 Line Dance
Bi-Weekly & One Time Event	Paint with Reza **No Class in August** Aug 17 1:00–3:00 Tasty Club Group 1 (Chinese)		Aug 19 12:00-2:00 Line Dance quaterly party Aug 19 3:15–4:15 English Conversation Circle Aug 26 1:00–3:00 Tasty Club Group 2 (Chinese)	Aug 6 & 20 10:00–12:00 Bible Study (Chinese)	Aug 21 1:30–3:30 Taste Hub (English) Aug 28 2:30–4:00 Presto and Basil Party with Valerie
Residents Only	10:00–10:30 Indoor Pole Walking Aug 10 12:30–1:30 Summer BBQ		3:00–3:45 Indoor/Outdoor Pole Walking		Aug 7 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 – August In-Person Program Calendar

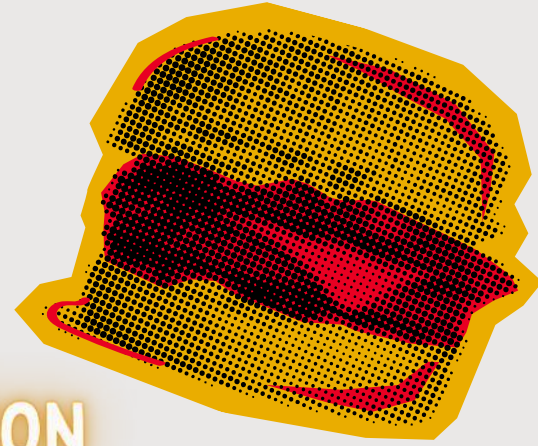
(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON AUGUST 3**				
	11:00–12:00 Music in the Air & Sing Along • No Class on Aug 17 & 31	11:00–12:00 Low Impact Exercise L2		11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	Aug 10 10:45–1:30 Grocery Shopping & Lunch Outing • Cost: \$14.50 • Walmart Superstore + Jollibee • Contact Shirman to Register Aug 17 & 31 1:00–3:00 Who’s the Bingo King/Queen? Aug 24 1:00–3:00 Movie: The Greatest Showman	Aug 4 & 18 1:00–2:00 Music Therapy (Chinese) Aug 25 1:00–3:00 My Painting Studio	Aug 5 & 19 1:00–3:00 Bingo with Friends Aug 12 & 26 1:00–2:00 Play & Stretch		
Residents Only		Aug 11 1:00–3:00 Let’s Do Lunch • Registration Before Aug 6 • Contact Shirman to Register • Program: Restoring Sleep Finding a Calm in a Busy Mind			
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					

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, AUG 4- SWISS CHALET
TUE, AUG 11- EGGSMARTS
TUE, AUG 18- HARVEY'S
TUE, AUG 25- BOSTON PIZZA

THU, AUG 6- HALIBUT HOUSE
THU, AUG 13- ASTORIA GREEK
THU, AUG 20- HAKKA GARDEN
THU, AUG 27- AFGHAN CUISINE

TIME:

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

COST:

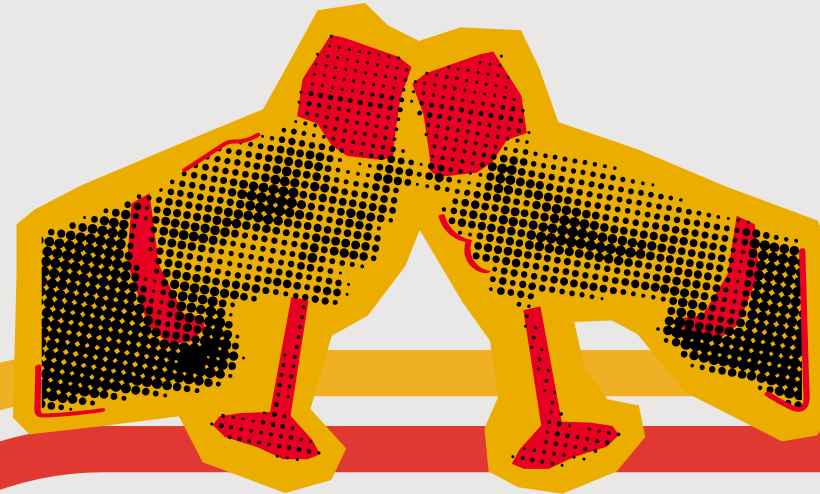
\$14.50 + \$3 TIP

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

PAIN'T WITH MR. REZA

Date:

No Class in August

Time:

2:00-3:30 PM

Location:

1070 Community Room



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

Woodgreen Seniors' Active Living Centre presents...

BIRTHDAY TEA PARTY

Celebrating May–August birthdays.
Enjoy tea, coffee, snacks, and birthday cake!

August 4, 2026
10:00–11:00 AM
444 Logan Ave.

Contact Angie more information:
416-543-6512 or
Angie@woodgreen.org





DATE: WEDNESDAY, AUGUST 5 & 19, 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

GEL PAINTING

DATE:

WEDNESDAY, AUGUST 5 & 19, 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 Centre Presents

PAINTING WORKSHOP

Date: Thursday, August 6 & 13, 2026

Time: 1:30 PM – 3:00 PM

Location: 444 Logan Ave.

NO RESIGRATION REQUIRED!

Contact Angie more information:

416-543-6512 or AnLam@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, AUGUST 10, 2026

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

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

LOCATION:

- WALMART SUPERSTORE
- JOLLIBEE

NOTE:

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

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



WOODGREEN SENIOR'S ACTIVE LIVING CENTRE PRESENTS



SMOOTHIE WORKSHOP

LEARN HOW TO MAKE HEALTHY AND DELICIOUS SMOOTHIES!



Date:

August 10, 2026

Time:

11:30 AM–12:30 PM

Location:

444 Logan Ave.

Contact Angie more information:

416–543–6512 or AnLam@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

CARIBBEAN FESTIVAL

Date:

August 11, 2026

Time:

12:00–2:00 pm

Location:

444 Logan Ave.

Contact Angie more information:
416-543-6512 or AnLam@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, AUGUST 12 & 26, 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

Play & Stretch

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



266
Donlands
RECREATION ROOM

WEDNESDAY
AUGUST 12 & 26, 2026
1:00 PM

FOR INQUIRIES,

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIMELESS TRAVEL VR: ANYWHERE

Date: Monday, August 17 & 24, 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

MONDAY LUNCH BUNCH

AUGUST 17 & 24, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **August 10: Entertainment**
- **August 17 : Bingo**
- **August 24: Movie: The Greatest Showman**

**REGISTRATION
REQUIRED**

To Register: contact Christina at 416-616-8191 or CIsaac@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, August 20, 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



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

Speaker Series

*Episode # 10: Weight Management
present by Flemingdon Health Centre*

Date:

Monday, August 31, 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

REGISTRATION REQUIRED



**WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT**

WHO IS THE BINGO QUEEN / KING?

Date: Mon, AUG 17 & 31, 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



MOVIE WITH POPCORN: THE GREATEST SHOWMAN

DATE: MONDAY, AUGUST 24, 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



KARAOKE

Date:

Tuesday, AUGUST 25, 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:



My Painting Studio

DATE:

TUESDAY, AUGUST 25, 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, AUGUST 27, 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

Zumba Gold

Date & Time:

Cohort 1: Every Tuesday, 1:10 pm - 2:10 pm

Cohort 2: Every Thursday, 11:00 am - 12:00 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 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 CENTRE PRESENTS

French: Intermediate

****No Class on July & August****

Date: Every Tuesday

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

ARTS & CRAFTS

- **Date:** Every Wednesday ****No Class in August 19 & 26****
- **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:

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

