

WoodGreen Seniors' Active Living Centre – August Program Calendar (VIRTUAL)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON AUGUST 3 **				
		9:30–10:30 (Hybrid) <u>Stay Active at Home L3</u>		9:30–10:30 (Hybrid) <u>Stay Active at Home L1 /L2</u> 11:00–12:00 (Hybrid) Zumba Gold • <u>Register HERE</u>	2:00–3:00 (Virtual) <u>Stay Active at Home L1 /L2</u>
Bi-Weekly & One Time Event				Aug 06 10:00–11:00 Chinese Calligraphy (Chinese) Aug 13 10:00–12:15 Watercolour (Chinese) • 10:00–11:00 Advanced Session • 11:15–12:15 Beginner Session Aug 20 10:00–12:30 10:00–11:00 Acrylic Painting (Chinese) 11:30–12:30 Brush Painting (Chinese) Above Programs, Contact Aimin to Register at 416-405-5010	
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

Zumba Gold

Date:

Every Thursday

Time:

11:00 -12:00

Location:

Zoom

Register: [CLICK HERE](#)

For More Information and Registration,
Please Contact Jen at 647-285-7954 or jiyang@woodgreen.org