

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

(721 Broadview Ave., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**CENTRE WILL BE CLOSED ON MAY 19**				
	<div>10:00–11:00 Tai Chi 24 &amp; 42</div> <div>11:00–12:00 Mandarin Choir</div>	<div>9:00–12:00 Cantonese Opera</div> <div>9:30–10:30 (Hybrid) Low Impact Exercise L3</div> <div>10:45–11:50 *Time Changes* Dance from the Heart</div> <div>12:00–1:00 French 101</div> <div>12:00–1:00 Tai Chi in 20 Steps *No Class on May 22 &amp; 29*</div> <div>2:30–3:30 Low Impact Exercise L1/L2</div>	<div>9:30–12:30 Cantonese Opera</div> <div>10:30–11:30 Tai Chi Beginner</div> <div>11:45–12:45 Mindfulness Stretching and Self-Massage</div> <div>1:00–3:30 Ballroom Dance Club</div> <div>4:00–5:00 Ping Pong Hour</div> <div>1:00–3:00 Virtual Reality Workshop • By Appointment ONLY • Contact Jen to Register</div>	<div>9:30–10:30 (Hybrid) Low Impact Exercise L1/L2</div> <div>11:00–12:00 (Hybrid) Zumba Gold • Register HERE</div> <div>1:00–1:45 Low Impact Exercise L3</div> <div>2:30–3:30 Line Dance Beginner</div> <div>3:30–5:00 Line Dance Intermediate</div>	<div>10:00–12:00 Virtual Reality Workshop • By Appointment ONLY • Contact Jen to Register</div>
Bi-Weekly & One Time Event	<div>May 5, 12 &amp; 261:00–3:00 Monday Lunch Bunch</div> <div>• \$5 for Lunch • May 5: TBD • May 12: TBD • May 26: TBD • Contact Jen or Raff to Register</div>			<div>May 1 &amp; 812:30–2:30 Knitting &amp; Crocheting Hour</div> <div>• Contact Jen to Register</div>	<div>May 9 &amp; 2310:00–11:30 Broadview Cafe</div> <div>• Contact Raff to Register at 416-705-1530</div>
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 WILL BE CLOSED ON MAY 19**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	May 5, 12 & 26      1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"><li>• \$5 for Lunch</li><li>• May 5: TBD</li><li>• May 12: TBD</li><li>• May 26: TBD</li><li>• Contact Jen or Raff to Register</li><li>• Relocated to 721 Broadview</li></ul>				May 9 & 23      10:00–11:30 Broadview Cafe <ul style="list-style-type: none"><li>• Contact Raff to Register at 416-705-1530</li><li>• Relocated to 721 Broadview</li></ul>

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR [RISLAM@WOODGREEN.ORG](mailto:RISLAM@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	<b>**CENTRE WILL BE CLOSED ON MAY 19**</b>				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time • May 13: Karaoke Entertainment	1:30–4:00 BINGO	9:30–10:30 TOPs Weight Loss Group  11:30–12:30 Dancing with Parkinson's	1:30–2:30 Low Impact Exercise
Biweekly & One Time Event	May 5 2:00–4:00 Silverbirch Jammers Practice Session  May 12 2:00–3:00 Chair Yoga (Trial Class)	May 6 & 20 2:00–3:30 Crochet Corner  May 6 3:40–4:40 Music Therapy		May 8 & 22 1:30–3:00 Painting Workshop  May 29 1:30–3:00 Gardening Workshop	
Residents Only	May 12 10:45–1:15 Lunch Outing • Garden Gate Restaurant • 2379 Queen St East  May 26 10:45–1:30 Grocery Bus • C & C Supermarket	May 13 1:30–3:00 Friendship Hour: Spring Afternoon Tea  May 27 10:00–12:00 Gardening with Corporate Volunteers			
<b>FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT ANGIE AT 416–543–6512 OR ANLAM@WOODGREEN.ORG</b> <b>PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING</b>					

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

(1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON MAY 19**				
	11:00–12:00 Low Impact Exercise L2  2:00–4:30 <b>**FULL**</b> Karaoke <ul style="list-style-type: none"><li>May 26 No Class</li></ul>		9:45–11:45 Line Dance  1:00–3:00 Arts and Crafts <ul style="list-style-type: none"><li>Contact Aimin to Register</li></ul> 3:15–4:15 English Conversation Circle <ul style="list-style-type: none"><li>Contact Aimin to Register</li></ul>	1:00–3:00 Bingo <ul style="list-style-type: none"><li>Free Cards &amp; Snacks! Win Prizes!</li><li>Contact Aimin to Register</li></ul>	9:45–11:45 <b>**FULL**</b> Line Dance
	May 26 Hearing Workshop	TBA		May 1 & 15 Bible Study (Chinese)	May 9 Tasty Club 2 (Chinese) <b>**FULL**</b>  May 16 Line Dance Group Q2 Party  May 23 Tasty Club 1 (Chinese)
Bi-Weekly & One Time Event					
Residents Only	9:30–10:30 Game Fun /Walking Club				May 2 Costco Shopping Bus  May 9 Devices Lab  May 16 Taste Hub (English)
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 WILL BE CLOSED ON MAY 19**				
Weekly Program	11:00–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2		11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	<p>May 5 10:30–1:00 Grocery Shopping Bus to Parkway Mall</p> <ul style="list-style-type: none"> <li>• \$7.70 for Round Trip</li> <li>• Registration Period Apr 16–30</li> </ul> <p>May 12 1:00–3:00 Who is the Bingo Queen or King?</p> <p>May 26 1:00–3:00 My Painting Studio</p>	<p>May 6 &amp; 20 1:00–2:00 Music Therapy (Chinese)</p> <p>May 27 1:00–3:00 Movie: Enchanted</p>	<p>May 7 3:30–5:00 Audio Book Club</p>	<p>May 1, 15 &amp; 29 1:00–1:45 Bell Choir</p> <p>May 8 &amp; 22 1:00–1:45 Drumming Circle</p>	
Residents Only		<p>May 13 1:00–3:00 Let’s Do Lunch</p> <ul style="list-style-type: none"> <li>• Registration Period Apr 16 –May 8</li> <li>• Contact Shirman to Register</li> <li>• Program: Entertainment</li> </ul>			1:00–3:00 The Game Lounge
<p>FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416–728–7865 OR <a href="mailto:SMMAK@WOODGREEN.ORG">SMMAK@WOODGREEN.ORG</a></p> <p>PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING</p>					





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 1 & 8, 2025

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](mailto:jiyang@woodgreen.org)





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

# Bell Choir

Discover the joy of making music together in our vibrant Bell Choir program! Whether you're a seasoned musician or trying something new, this group offers a welcoming space to create beautiful harmonies, meet new friends, and have fun. No prior experience is needed – just bring your enthusiasm!

DATE: THURSDAY, MAY 1, 15 & 29, 2025

TIME: 1:00 - 1:45 PM

LOCATION: 266 DONLANDS AVE.

For inquiries, please contact Shirman at  
416-728-7865 or [smmak@woodgreen.org](mailto:smmak@woodgreen.org)



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



# Crochet Corner

We'll provide the materials and guidance for mastering the basics. Bring your enthusiasm and lets get crocheting together

Date:  
Tuesday, May 6 & 20, 2025

Time:  
2:00 – 3:30 PM

Location:  
444 Logan Ave.

To Register, Please Contact Angie at 416-543-6512 or  
[AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)







WoodGreen Seniors' Active  
Living Centres Present

# AUDIO BOOK CLUB

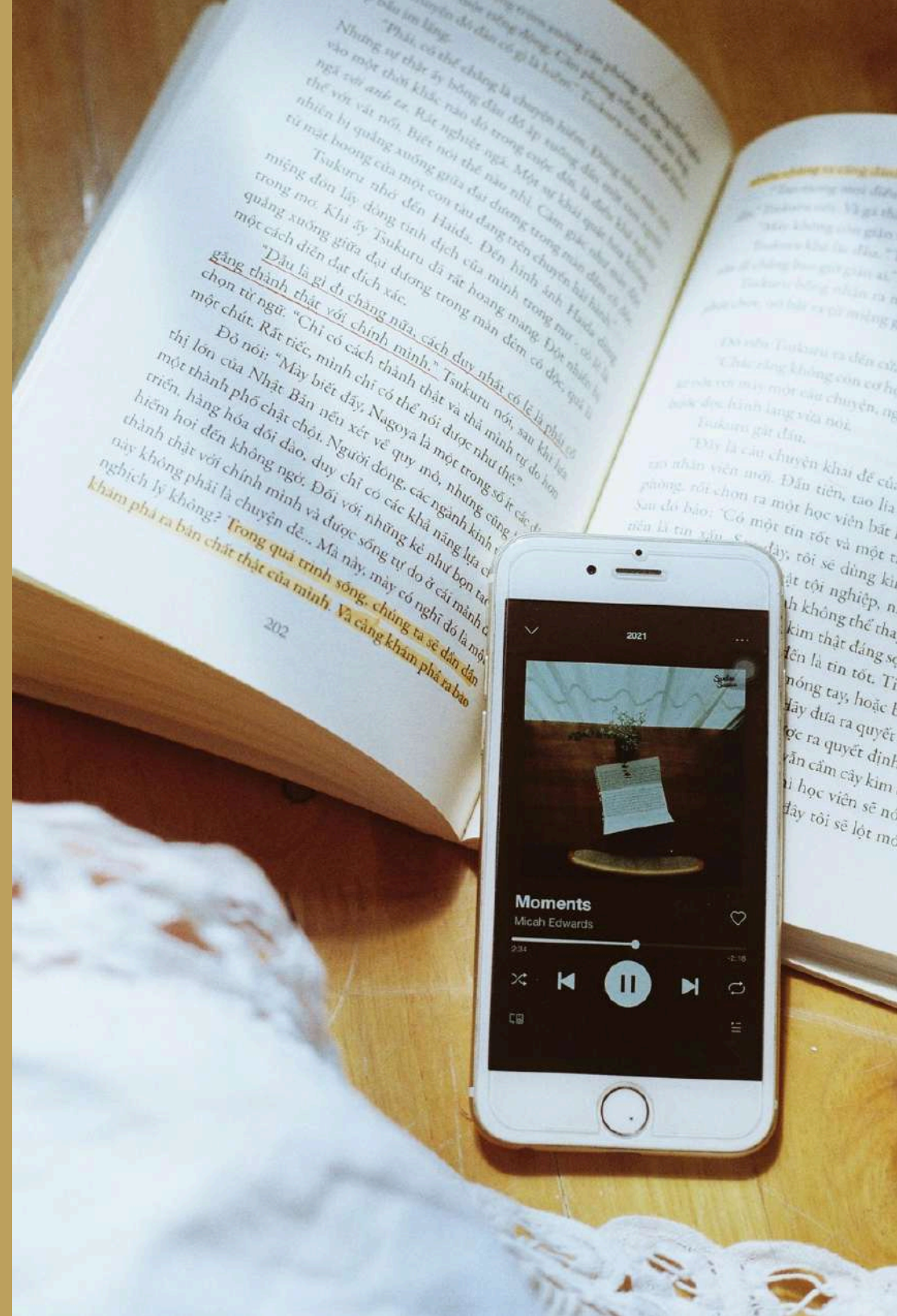
Whether you're a seasoned listener or just curious about audiobooks, this club is your perfect opportunity to dive into engaging tales while sharing thoughts and laughter with friends.

DATE: WEDNESDAY, MAY 7, 2025

TIME: 3:30 - 5:00 PM

LOCATION: 266 DONLANDS AVE.

For inquiries, please contact Shirman at  
416-728-7865 or [smmak@woodgreen.org](mailto:smmak@woodgreen.org)





WoodGreen Seniors' Active Living Centres Present



# Drumming Circle

Join our lively drumming circle for an uplifting experience. All are welcome!

**DATE:**

**Thursday, May 8 & 22, 2025**

**TIME:**

**1:00 – 1:45 PM**

**LOCATION:**

**266 Donlands Ave.**

For inquiries, please contact Shirman at  
416-728-7865 or [smmak@woodgreen.org](mailto:smmak@woodgreen.org)



# WoodGreen Seniors' Active Living Centre Presents:

# Painting Workshop

Date:  
Thursday, May 8 & 22, 2025

Time:  
1:30 - 3:00 PM

Location:  
444 Logan Ave.

To Register:  
Please Contact Angie at 416-543-6512 or [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)





**WOODGREEN SENIORS' ACTIVE  
LIVING CENTRES PRESENT**

# **WHO IS THE BINGO QUEEN / KING?**

**Date: Monday, May 12, 2025**

**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](mailto:smmak@woodgreen.org)**





WoodGreen Seniors' Active Living Centres Present

# Chair Yoga

**DATE: MONDAY, MAY 12, 2025**

**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](mailto:AnLam@woodgreen.org)

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



# My Painting Studio

**DATE:**

**MONDAY, MAY 26, 2025**

**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](mailto:smmak@woodgreen.org)







WoodGreen Seniors' Active Living Centre Presents



# Movie with Popcorn



**DATE: TUESDAY, MAY 27, 2025**

**TIME: 1:00 - 3:00 PM**

**LOCATION: 266 DONLANDS AVE**

For inquiries, please contact Shirman at 416-728-7865 or  
[smmak@woodgreen.org](mailto: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, May 29, 2025**

**TIME: 1:30 – 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

# Broadview Café

Come and enjoy a nice cup of coffee! Through this program, we will explore the various methods of brewing coffee (and tea) and go around the world as we taste coffees (and tea) from various parts and cultures of the world

- DATE: FRIDAY, MAY 9 & 23, 2025
- TIME: 10:00 - 11:30 AM
- LOCATION: 721 BROADVIEW AVE, LOWER LEVEL
- FOR MORE INFORMATION AND REGISTRATION,  
PLEASE CONTACT RAFF AT 416-705-1530 OR  
RISLAM@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](mailto:smmak@woodgreen.org)



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

# French 101

This beginner French class is designed for those with little to no prior knowledge of the language. You'll learn basic vocabulary, grammar, pronunciation, and essential conversational skills, providing a strong foundation for further learning. This course is not aimed for advanced learners.

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](mailto:Jiyang@woodgreen.org)



# 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](mailto:jiyang@woodgreen.org)**



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

# VIRTUAL REALITY CAFE

Experience the world like never before at our Virtual Reality Café! Enjoy light refreshments while immersing yourself in stunning virtual adventures—no need to step outside. Join us for a unique blend of relaxation and exploration!

**Date: Every Wednesday, Friday**

**Time: By Appointment ONLY**

**Location: 721 Broadview Ave., Small Activity Room**

TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR [JIYANG@WOODGREEN.ORG](mailto:JIYANG@WOODGREEN.ORG)





**WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT**

# **DANCE FROM THE HEART**

**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](mailto:jiyang@woodgreen.org)**



# 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.

**\*No Class on May 22 & 29\***

**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](mailto:JIYANG@WOODGREEN.ORG)**



# WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

## OUR PROJECTS:

ARTS &  
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](mailto:axu@woodgreen.org)





**WoodGreen Seniors' Active Living Centre  
Presents**

# 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](mailto:AnLam@woodgreen.org)





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

# DANCING WITH PARKINSON'S

**Date:**  
**Every Thursday**

**Time:**  
**11:30 AM - 12:30 PM**

**Location:**  
**444 Logan Ave.**

**To Register:**  
**Please Contact Angie at 416-543-6512**  
**or [AnLam@woodgreen.org](mailto: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](mailto:axu@woodgreen.org)





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

# Karaoke

JOIN US FOR A KARAOKE SESSION THAT WILL  
BRIGHTEN YOUR DAY WITH MUSIC AND LAUGHTER.

W I O O Y O

I O R I P P O T I S P O

I O Q P D P O O F O X

O I O O V O T O O T C C T P A A P O P O

S F

