WoodGreen Seniors' Active Living Centre – June In-Person Program Calendar (721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:00-11:00 Tai Chi 24 & 42	9:00-12:00 Cantonese Opera	9:30-10:30 Pole Walking	9:30–10:30 (Hybrid) Low Impact Exercise L1/L2	10:00–12:00 Virtual Reality Workshop
	11:00-12:00 Mandarin Choir	9:30–10:30 (Hybrid) Low Impact Exercise L3	9:30-12:30 Cantonese Opera	11:00–12:00 (Hybrid) Zumba Gold Register HERE	By Appointment ONLYContact Jen to Register
Program		10:45–11:45 Dance from the Heart	10:30-11:30 Tai Chi Beginner	1:00–1:45 Low Impact Exercise L3	
		12:00-1:00 French 101	11:45–12:45 Mindfulness Stretching and Self–Massage	•	
Weekly		12:00-1:00 Tai Chi in 20 Steps	1:00-3:30 Ballroom Dance Club	3:30-5:00 Line Dance Intermediate	
>		2:30-3:30 Low Impact Exercise L1/L2	4:00–5:00 Ping Pong Hour		
Bi-Weekly & One Time Event	Jun 2, 16 & 30 1:00-3:00 Monday Lunch Bunch • \$5 for Lunch • June 2: Seniors' Month! • June 16: Celebrating PRIDE • June 30: BINGO! • Contact Jen or Raff to Register			Jun 5 & 12 12:30–2:30 Knitting & Crocheting Hour • Contact Jen to Register	Jun 6 & 20 10:00 –11:00 Broadview Cafe

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 – June In-Person Program Calendar (500 Kingston Rd., Lower Level)



_	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program			2:00-3:00 (Hybrid) Low Impact Exercise L1/L2		
Bi-Weekly & One Time Event	Jun 2, 16 & 30 1:00–3:00 Monday Lunch Bunch • \$5 for Lunch • June 2: Seniors' Month! • June 16: Celebrating PRIDE • June 30: BINGO! • Contact Jen or Raff to Register				Jun 6 & 20 Broadview Cafe Contact Raff to Register 12:00–3:00 Rainbow Club Contact Raff to Register Held at 721 Broadview Ave Jun 20 Bone Fitness Contact Raff or Jen to Register Held at 721 Broadview Ave

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG
PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

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



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly	Program	9:30–10:30 Low Impact Exercise	10:00-11:00 Tea Time • Entertainment every 2 nd Tue	1:30-4:00 BINGO • Time moved to 2:00- 4:30pm Starting on Jun 18	9:30–10:30 TOPs Weight Loss Group 11:30–12:30 Dancing with Parkinson's	
Biweekly &	One Time Event	Jun 2 2:00-4:00 Silverbirch Jammers Practice Session Jun 30 1:30-2:30 Gardening Workshop	Crochet Corner Jun 17 12:00–2:00 Seniors Month Special: BBO	Low Impact Exercise	Jun 5 & 19 1:30–3:00 Painting Workshop Jun 26 1:30–2:30 Tech Help Workshop	Jun 13 1:30-3:00 Low Impact Exercise • No Class on June 6
Residents	Only	Jun 16 11:00–1:00 Lunch Outing	Jun 24 10:00-11:00 Birthday Tea Jun 24 1:30-3:00 Karaoke			Jun 20 & 27 12:00–2:00 Food Market • Contact Angie to Register

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 – June In-Person Program Calendar (1070 Queen St. E)



	MONDAY	TUE	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	11:00-12:00 Low Impact Exercise L2 2:00-4:30 **FULL** Karaoke • Jun 16 No Class		9:45-11:45 Line Dance 1:00-3:00 Arts and Crafts	1:00-3:00 Bingo • Free Cards & Snacks! Win Prizes!	9:45-11:45 **FULL** Line Dance
Bi-Weekly & One Time Event	Jun 16 12:30–2:30 Tasty Club 1 (Chinese) **FULL** Jun 23 12:00–2:00 Senior Month Celebration BBQ			Jun 3 & 17 9:00-12:00 Bible Study (Chinese)	Jun 6 12:30–2:30 Tasty Club 2 (Chinese) **FULL** Jun 6 2:00–3:00 Devices Lab Jun 13 10:30–1:00 TIFF Free Movie Outing • 350 King St W, Toronto, ON M5V 3X5
Residents Only	9:30–10:30 Game Fun & Walking Club				Jun 6 10:30–1:00 Costco Shopping Bus Jun 20 1:00–3:00 Taste Hub (English) Jun 27 10:00–4:30 Seniors Month Special: Laugh, Bake, and Treasure Take"

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		Seniors Month Special: Floral Arrangement Class • 12 Spots Only • Sign- Up Dates: • New Participants: May 14 • Returning Participants: May 21	Jun 4 3:30–5:00 Audiobook Cafe		
Residents Only		Jun 17 1:00-3:00 Let's Do Lunch Registration Period May 14 - Jun 12 Contact Shirman to Register Program: Entertainment			

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

WHO IS THE BINGO QUEEN/KING?

Date: Monday, June 2 & 23, 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



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS



SENIORS MONTH SPECIAL

DATE: TUESDAY, JUNE 3, 2025

TIME: 1:00 - 3:00 PM

LOCATION: 266 DONLANDS AVE., RECREATION ROOM

REGISTRATION: • 12 SPOTS ONLY

• SIGN- UP DATES:

• NEW PARTICIPANTS: MAY 14

• RETURNING PARTICIPANTS: MAY 21

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



WoodGreen Seniors' Active Living Centres Present

AUDIOBOOK CARS

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, JUNE 4, 2025

TIME: 3:30 - 5:00 PM

LOCATION: 266 DONLANDS AVE.

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



WoodGreen Seniors' Active Living Centres Present





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, JUNE 5 & 12, 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



WoodGreen Seniors' Active Living Centre Presents: Painting Morkshop

Date: Thursday, June 5 & 19, 2025

> Time: 1:30 - 3:00 PM

Location: 444 Logan Ave.

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



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, JUNE 6 & 20

• TIME: 10:00 - 11:00AM

• LOCATION: 721 BROADVIEW AVE, LOWER LEVEL

• FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG

Devices Lab

The Devices Lab offers friendly, hands-on help with phones, tablets, and other tech. We make technology easier and build digital confidence, one question at a time.

Date: Friday, June 6, 2025

Time: 2:00 - 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



Crochet Corner

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

Date: Tuesday, June 10, 2025

Time: 2:00 - 3:30 PM

Location: 444 Logan Ave.

Ster, Please Contact Angie at 416–543–6512 or AnLam@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIFF Silver Screening is back!

Pre-register your tickets for Pride Month <u>HERE</u>

Date: Friday June 13, 2025

Location: 350 King St W, Toronto, ON M5V 3X5

More details to come

For inquiries, contact Aimin at 416-405-5010 or axu@woodgreen.org





Rainbow Club Pride Party

FOR OUR 2SLGBTQIA+ SENIORS AND THEIR FRIENDS AND ALLIES

DATE: FRIDAY, JUNE 13

TIME: 12:00PM - 3:00PM

LOCATION: 721 BROADVIEW AVE. LOWER LEVEL

Come Celebrate Pride Month with Friends! Featuring Darryl Palmer the Singing Dj

Light refreshments will be served

Registration is required, please contact Raff at 416-705-1530 / rislam@woodgreen.org





SENIORS MONTH SPECIAL

336

DATE: TUESDAY, JUNE 17, 2025

TIME: 12:00 - 2:00 PM

LOCATION: 444 LOGAN AVE.

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





WoodGreen Seniors' Active Living Centre Presents



Afternoon Laughson

Screen

DATE: TUESDAY, JUNE 24, 2025

TIME: 1:00 - 3:00 PM

LOCATION: 266 DONLANDS AVE

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





Tech Help Workshop

DATE:

THURSDAY, JUNE 26

TIME:

1:30 - 2:30 PM

LOCATION:

444 LOGAN AVE.

For information, Please Contact Angie at 416–543–6512 or AnLam@woodgreen.org







WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

Laugh, Bake & Treasure Take

Join us for a full-filled day of food, crafts and community spirit!

Dim-Sum, bakery selling, hand made blankets, free donations and more!



DATE: FRIDAY JUNE 27, 2025

TIME: 12:00 - 4:30 PM



LOCATION: 1070 QUEEN ST, COMMUNITY ROOM

TO REGISTER: CONTACT AIMIN AT 416-405-5010 OR AXU@WOODGREEN.ORG

WoodGreen Seniors' Active Living Centres Present



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: Monday, June 30

TIME: 1:30 - 2:30 PM

LOCATION: 444 Logan Ave.

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

Freheh 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 Activity Room

To Register, please contact Jen at 647-285-7954 or Ilyang@woodgreen.org



DOIN 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 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





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

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







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





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





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT





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

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