

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

(721 Broadview Ave., Lower Level)



|                | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|----------------|---|---|---|--|---|
| Weekly Program | **CENTRE WILL BE CLOSED ON JULY 1**   |   |   |  |   |
|                | 10:00–11:00<br>Tai Chi 24 & 42<br><br>11:00–12:00<br>Mandarin Choir   | 9:00–12:00<br>Cantonese Opera<br><br>9:30–10:30 (Hybrid)<br><u>Low Impact Exercise L3</u><br><br>10:45–11:50<br>Dance from the Heart<br><br>12:00–1:00<br>French 101<br><br>12:00–1:00<br>Tai Chi in 20 Steps<br><br>2:30–3:30<br>Low Impact Exercise L1/L2 | 9:30–10:30<br>Pole Walking<br><br>9:30–12:30<br>Cantonese Opera<br><br>10:30–11:30<br>Tai Chi Beginner<br><br>11:45–12:45<br>Mindfulness Stretching and Self-Massage<br><br>1:00–3:30<br>Ballroom Dance Club<br><br>4:00–5:00<br>Ping Pong Hour | 9:30–10:30 (Hybrid)<br><u>Low Impact Exercise L1/L2</u><br><br>11:00–12:00 (Hybrid)<br>Zumba Gold<br>• <u>Register HERE</u><br><br>1:00–1:45<br>Low Impact Exercise L3<br><br>2:30–3:30<br>Line Dance Beginner<br><br>3:30–5:00<br>Line Dance Intermediate |   |
|                | Jul 14 & 28<br>Monday Lunch Bunch<br>• \$5 for Lunch<br>• July 14: Entertainment<br>• July 28: Entertainment<br>• Contact Jen or Raff to Register |   |   | TBD 12:30–2:30<br>Knitting & Crocheting Hour<br>• Contact Jen to Register<br><br>10:00–12:00<br>Virtual Reality Workshop<br>• By Appointment ONLY<br>• Contact Jen to Register   | TBD 10:00–11:00<br>Broadview Cafe<br>• Contact Raff 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 WILL BE CLOSED ON JULY 1**   |         |  |          |   |
|  |   |         | 2:00–3:00 (Hybrid)<br><u>Low Impact Exercise L1/L2</u> |          |   |
| Bi-Weekly & One Time Event   | Jul 14 & 28 1:00–3:00<br>Monday Lunch Bunch <ul style="list-style-type: none"><li>• \$5 for Lunch</li><li>• July 14: Entertainment</li><li>• July 28: Entertainment</li><li>• Contact Jen or Raff to Register</li><li>• Held at 721 Broadview Ave</li></ul> |         |  |          | TBD 10:00 –11:00<br>Broadview Cafe <ul style="list-style-type: none"><li>• Contact Raff to Register</li><li>• Held at 721 Broadview Ave</li></ul> |
| FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG<br>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   | <b>**CENTRE WILL BE CLOSED ON JULY 1** (ANGIE AWAY JULY 21-25)</b>  |  |  |  |   |
|  | 9:30–10:30<br>Low Impact Exercise   | 10:00–11:00<br>Tea Time<br>• Entertainment every 2 <sup>nd</sup> Tue               | 1:00–1:45<br>Low Impact Exercise<br><br>2:00–4:30<br>BINGO<br><b>**Time Change**</b> | 9:30–10:30<br>TOPs Weight Loss Group<br><br>11:30–12:30<br>Dancing with Parkinson's<br><b>**No Class on July 3 &amp; 24**</b>                                |   |
| Biweekly & One Time Event  | Jul 7 2:00–4:00<br>Silverbirch Jammers Practice Session<br><br>Jul 14 2:30–3:30<br>Dancing with Parkinson's make up class<br><br>Jul 28 2:00–3:00<br>Chair Yoga | Jul 8 1:30–3:00<br>Painting Workshop<br><br>Jul 29 1:30–2:30<br>Gardening Workshop |  | Jul 3 12:00–2:00<br>Summer BBQ<br><br>Jul 10 1:30–3:30<br>Karaoke<br><br>Jul 17 1:30–2:30<br>Tech Help Workshop<br><br>Jul 31 1:30–3:00<br>Painting Workshop |   |
| Residents Only   | Jul 21 11:00–1:00<br>Lunch Outing<br>• Sunset Grill<br>• 1602 Danforth Ave  | Jul 15 TBD<br>Friendship Hour Outing   |  |  | 12:30–2:30<br>Food Market<br>(Arrive at Given Time) |
| <b>FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT ANGIE AT 416–543–6512 OR ANLAM@WOODGREEN.ORG</b><br><b>PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING</b> |   |  |  |  |   |

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

(1070 Queen St. E)



|                            | MONDAY  | TUESDAY | WEDNESDAY  | THURSDAY  | FRIDAY  |
|----------------------------|---|---------|--|---|---|
| Weekly Program             | **CENTRE WILL BE CLOSED ON JULY 1**   |         |  |   |   |
|                            | 11:00–12:00<br>Low Impact Exercise L2   |         | 9:45–11:45<br>Line Dance<br><br>1:00–3:00<br>Arts and Crafts<br>• Contact Aimin to Register<br><br>3:15–4:15<br>English Conversation Circle<br>• Contact Aimin to Register | 1:00–3:00<br>Bingo<br>• Free Cards & Snacks!<br>Win Prizes!                             | 9:45–11:45 **FULL**<br>Line Dance   |
|                            |   |         |  |   |   |
| Bi-Weekly & One Time Event | Jul 14 8:30–6:00<br>Line Dance Get-Together Party<br>Outing<br><br>Jul 28 12:30–2:30<br>Tasty Club 1 (Chinese) **FULL** |         |  | Jul 3 & 17 9:00–12:00<br>Bible Study (Chinese)<br><br>Jul 24 8:30–6:30<br>Summer Outing | Jul 11 1:00–3:00<br>Tasty Club 2 (Chinese) **FULL**                                     |
| Residents Only             | 9:30–10:30<br>Game Fun & Walking Club<br><br>3:00-4:00<br>Gardening Committee Meetup<br>(As Needed)                     |         |  |   | Jul 11 10:30–1:00<br>Costco Shopping Bus<br><br>Jul 25 1:00–3:00<br>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 – July In-Person Program Calendar

(266 Donlands Ave.)



|   | MONDAY  | TUESDAY   | WEDNESDAY                             | THURSDAY                              | FRIDAY |
|---|---|---|---------------------------------------|---------------------------------------|--------|
| Weekly Program  | **CENTRE WILL BE CLOSED ON JULY 1**   |   |                                       |                                       |        |
|   | 11:00–12:00<br>Music in the Air & Sing Along<br>• No Class on July 7 & 14   | 11:00–12:00<br>Low Impact Exercise L2   |                                       | 11:00–12:00<br>Low Impact Exercise L2 |        |
| Bi-Weekly & One Time Event  | Jul 7 10:30–1:00<br>Grocery Shopping Bus- Gerrard Square<br>• \$7.70 for Round Trip<br>• Registration Period Jul 18–Jul 3<br><br>Jul 14 & 28 1:00–3:00<br>Who is the Bingo Queen or King?<br><br>Jul 21 1:00–3:00<br>My Painting Studio | Jul 8 & 22 1:00–2:00<br>Music Therapy (Chinese)<br><br>Jul 15 1:00–3:00<br>Afternoon Laughs on Screen: The Pacifier                               | Jul 9 3:30–5:00<br>Tea & Storytelling |                                       |        |
| Residents Only  |   | Jul 29 1:00–3:00<br>Let’s Do Lunch<br>• Registration Period Jun 18–Jul 24<br>• Contact Shirman to Register<br>• Program: Mindfulness for Wellness |                                       |                                       |        |
| FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416–728–7865 OR <a href="mailto:SMMAK@WOODGREEN.ORG">SMMAK@WOODGREEN.ORG</a><br>PHYSICAL ACTIVITY   WORKSHOP, SKILL DEVELOPMENT   GROUP AND CLUB, SOCIAL ACTIVITY   CONGREGATE DINING, PARTY, OUTING |   |   |                                       |                                       |        |





woodgreen seniors' active living centres present

# SUMMER BBQ

DATE: THURSDAY, JULY 3, 2025

TIME: 12:00 - 2:00 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 Centres Present

# TEA & STORYTELLING

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 9, 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 Centre Presents:

# Painting Workshop

**Date:**  
**Tuesday, July 8, 2025 & Thursday July 31, 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

# KARAOKE

*Date:*

*Thursday, July 10, 2025*

*Time:*

*1:30 – 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

# WHO IS THE BINGO QUEEN / KING?

**Date: Monday, July 14 & 28, 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)**



A man in a white t-shirt and camouflage pants is the central figure, carrying a young boy in a blue stroller on his back, a baby in a blue patterned carrier on his chest, and a grey bag in his right hand. He is also holding a blue bag with colorful stickers. To his left stands a woman in a pink cardigan and denim skirt with her arms crossed. To his right are a boy in a grey beanie and a girl in a purple cardigan and blue skirt. A small brown duck is on the ground near the man's feet.

IN ASSOCIATION WITH SPYGLASS ENTERTAINMENT  
**PREPARE FOR BOTTLE.**

[illegible]

WOODGREEN

OPPORTUNITY MADE REAL

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



# My Painting Studio

**DATE:**

**MONDAY, JULY 21, 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 Centres Present

# Chair Yoga

**DATE: MONDAY, JULY 28, 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 CENTRES PRESENT

# 1-DAY TRIP: ELORA & FERGUS

**DATE:** TUESDAY, JULY 29, 2025

**TIME:** 8:00 AM - 6:00 PM

**FEES:** \$ 15 (INCLUDING BUS & SNACKS)  
**(MEMBER ONLY)**

**REGISTRATION: MORE INFORMATION SEE NEXT WEEK'S NEWSLETTER.**

- 54 SPOTS
- SIGN-UP DATES:
  - MEMBERS WEREN'T ON THE TRIPS LAST YEAR ON JULY 2
  - ALL MEMBERS ON JULY 9



**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: Tuesday, July 29, 2025**

**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

# 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: TBD
- 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







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: TBD

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 CENTRES PRESENT



# Tech Help Workshop

DATE:

THURSDAY, JULY 17, 2025

TIME:

1:30 - 2:30 PM

LOCATION:

444 LOGAN AVE.

For information, Please Contact Angie at  
416-543-6512 or [AnLam@woodgreen.org](mailto:AnLam@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**

**\*\*NO CLASS ON JULY 7 & 14\*\***

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 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**

# **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 Thursday**

**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**

***DANCE WITH THE HEART OFFERS A LIVELY  
CARDIO DANCE PROGRAM FILLED WITH MUSIC  
AND MOVEMENT, PERFECT FOR THOSE SEEKING  
AN ENERGETIC AND UPLIFTING EXPERIENCE.***

***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)**



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](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.

**\*\*No Class On July 3 & 24\*\***

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.

DATE: EVERY FRIDAY

TIME: 2:00– 4:30 PM

LOCATION: 1070 QUEEN ST. E

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

