

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

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 4**				
	<p>10:00–11:00 Tai Chi 24 & 42</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:00–12:00 Cantonese Opera</p> <p>9:30–10:30 (Hybrid) <u>Low Impact Exercise L3</u></p> <p>10:45–11:50 Dance from the Heart</p> <p>12:00–1:00 French 101 **No Class Month of Aug**</p> <p>12:00–1:00 Tai Chi in 20 Steps **No Class on Aug 19 & Aug 26**</p> <p>2:30–3:30 <u>Low Impact Exercise L1/L2</u></p>	<p>9:30–10:30 Pole Walking</p> <p>9:30–12:30 Cantonese Opera</p> <p>10:30–11:30 Tai Chi Beginner</p> <p>11:45–12:45 Mindfulness Stretching and Self-Massage</p> <p>1:00–3:30 Ballroom Dance Club</p> <p>4:00–5:00 Ping Pong Hour</p>	<p>9:30–10:30 (Hybrid) <u>Low Impact Exercise L1/L2</u></p> <p>11:00–12:00 (Hybrid) Zumba Gold • <u>Register HERE</u></p> <p>1:00–1:45 Low Impact Exercise L3</p> <p>2:30–3:30 Line Dance Beginner</p> <p>3:30–5:00 Line Dance Intermediate</p>	
	<p>Aug 11 & 25 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • Aug 11: Entertainment • Aug 25: Entertainment • Contact Jen or Raff to Register <p>Aug 11 & 25 1:00–3:00 Timeless Travels VR: France</p> <ul style="list-style-type: none"> • By Appointment ONLY • Limited Spots • Lunch Provided • Contact Jen to Register 				<p>TBD 10:00–11:00 Broadview Cafe</p> <ul style="list-style-type: none"> • Contact Raff to Register <p>Aug 22 1:00–3:30 Game On: Summer Play Fest!</p> <ul style="list-style-type: none"> • Limited Spots • Contact Jen to Register

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 4**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	Aug 11 & 25 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • Aug 11: Entertainment • Aug 25: Entertainment • Contact Jen or Raff to Register • Reschedule to 721 Broadview Ave 				TBD 10:00 –11:00 Broadview Cafe <ul style="list-style-type: none"> • Contact Raff to Register • Reschedule to 721 Broadview Ave
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR R@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 WILL BE CLOSED ON AUGUST 4** (ANGIE AWAY AUG 11–15)				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time • Entertainment Aug 19	1:00–1:45 Low Impact Exercise 2:00–4:30 BINGO **Time Change**	9:30–10:30 TOPs Weight Loss Group 11:30–12:30 Dancing with Parkinson's **No Class Month of Aug**	
Biweekly & One Time Event	Aug 11 2:00–4:00 Silverbirch Jammers Practice Session Aug 25 2:00–3:00 Chair Yoga	Aug 5 12:00–2:00 Caribbean Festival Aug 19 1:30–2:30 Summer movie (Contact Angie to vote)		Aug 7 & 21 1:30–3:00 Painting Workshop Aug 28 1:30–2:30 Tech Help Workshop	
Residents Only	Aug 18 10:45–1:15 Lunch Outing • Swiss Chalet • 3400 Danforth Ave	Aug 26 1:30–3:00 Friendship Hour Karaoke and Ice Cream			12:30–2:30 Food Market (Arrive at Given 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 WILL BE CLOSED ON AUGUST 4**				
	11:00–12:00 Low Impact Exercise L2		9:45–11:45 Line Dance 1:00–3:00 Arts and Crafts 3:15–4:15 English Conversation Circle	1:00–3:00 Bingo • Free Cards & Snacks! Win Prizes!	9:45–11:45 **FULL** Line Dance
Bi-Weekly & One Time Event	Aug 18 12:30–2:30 Tasty Club 1 (Chinese) **FULL**			Aug 7 & 21 9:00–12:00 Bible Study (Chinese)	Aug 15 1:00–3:00 Tasty Club 2 (Chinese) **FULL**
Residents Only	Aug 25 12:30–2:30 Taste Hub (Halal)* New* 3:00–4:00 Gardening Committee Meetup (As Needed)	Aug 19 12:30–2:00 Summer BBQ			Aug 15 10:30–1:00 Costco Shopping Bus Aug 22 1:00–3:00 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 – August In-Person Program Calendar

(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 4**				
	11:00–12:00 Music in the Air & Sing Along **No Class on Aug 11**	11:00–12:00 Low Impact Exercise L2		11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	Aug 11 1:00–3:00 Who is the Bingo Queen or King? Aug 26 1:00–3:00 Documentaries: Titanic 20 Years Later with James Cameron	Aug 5 & 19 2:00–3:00 Music Therapy (Chinese) Aug 25 1:00–3:00 My Painting Studio	Aug 6 3:30–5:00 Tea & Storytelling		
Residents Only		Aug 12 1:00–3:00 Let’s Do Lunch <ul style="list-style-type: none"> Registration before Aug 7 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

CARIBBEAN FESTIVAL

DATE: TUESDAY, AUGUST 5, 2025

TIME: 12:00 - 2:00PM

LOCATION: 444 LOGAN AVE, RECREATION ROOM

**TO REGISTER, PLEASE CONTACT ANGIE AT
416-543-6512 OR ANLAM@WOODGREEN.ORG**



WoodGreen Seniors' Active
Living Centres Present

TEA & STORYTELLING

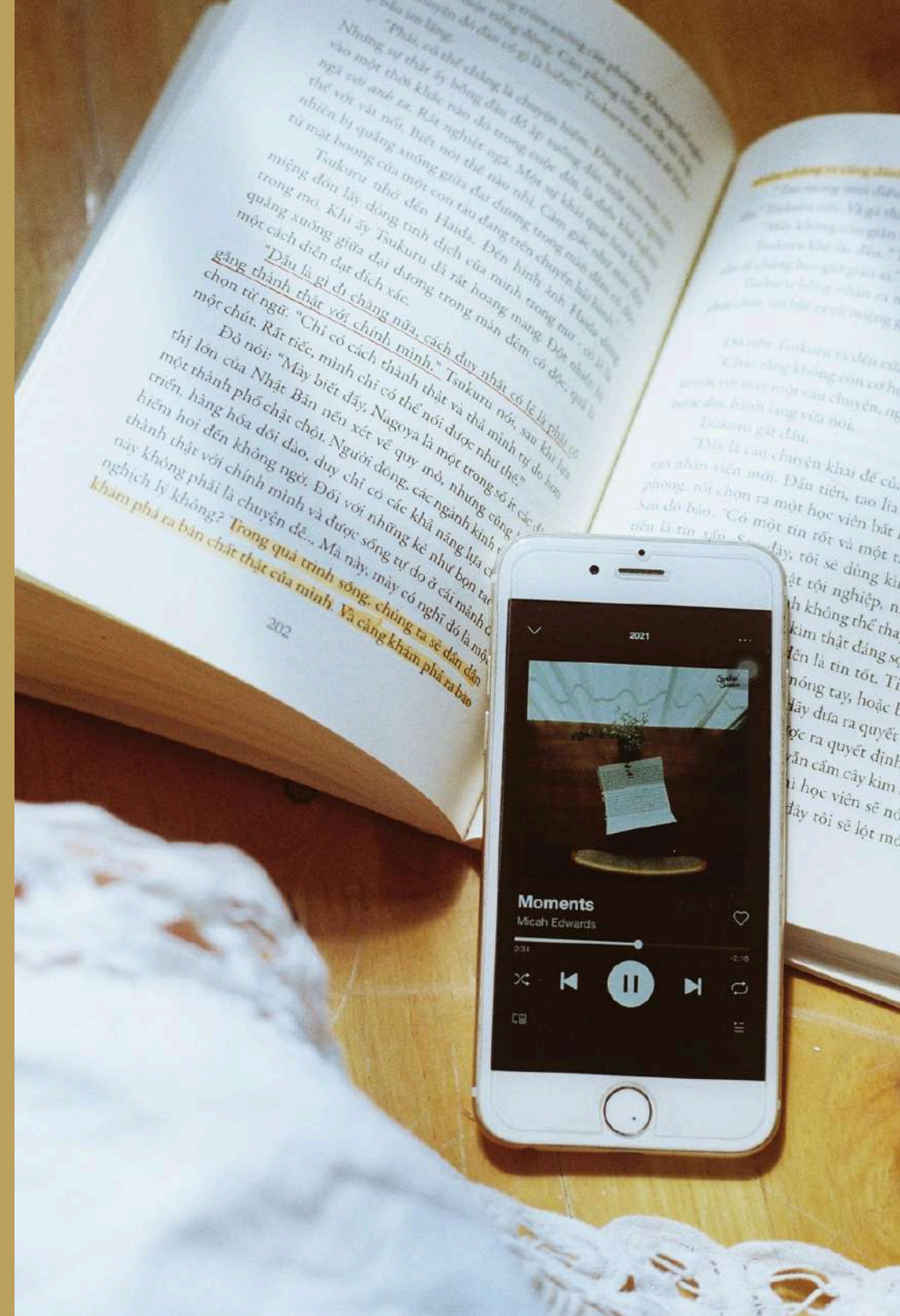
Relax and enjoy an audio reading session followed by light refreshments and casual group discussion. It's a great way to experience stories together, spark conversation, and build connections in a friendly setting.

DATE: WEDNESDAY, AUGUST 6, 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 Centre Presents:

Painting Workshop

Date:
Thursday August 7 & 21, 2025

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 CENTRES PRESENT

WHO IS THE BINGO QUEEN / KING?

Date: Monday, August 11, 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 CENTRES PRESENT

MONDAY LUNCH BUNCH

AUGUST 11 & 25, 2025

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **August 11: Entertainment**
- **August 25: Entertainment**

For registration, please contact Raff at 416-705-1530 or rislam@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIMELESS TRAVEL VR: FRANCE

Date: Monday, August 11 & 25, 2025

Time: 1:00 – 3:00 PM

Location: 721 Broadview Ave., Small Activity Room

Lunch Provided, Limited Spots, By Appointment ONLY

TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR JIYANG@WOODGREEN.ORG

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



SUMMER MOVIE

Date:

Tuesday, August 19, 2025

Time:

1:30 - 2:30 PM

Location:

444 Logan Ave.

For inquiries, please contact Angie at 416-543-6512
or AnLam@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE: TUESDAY, AUGUST 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





WoodGreen Seniors' Active Living Centres Present

Chair Yoga

DATE: MONDAY, AUGUST 25, 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



TITANIC | 20 YEARS LATER

WITH JAMES CAMERON



WoodGreen Seniors' Active Living Centre Presents



Documentaries: Titanic 20 Years Later with James Cameron

DATE: MONDAY, AUGUST 25, 2025

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



Tech Help Workshop

DATE:

THURSDAY, AUGUST 28, 2025

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 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 AUG 11****

For inquiries, please contact Shirman at 416-728-7865 or 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 ****No Class Month of Aug****

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

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 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**



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

****No Class on Aug 19 & Aug 26****

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 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



**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



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 Month of Aug****

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

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

