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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	**CENTRE WILL BE CLOSED ON SEPTEMBER 1**					
Weekly Program	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		
	11:00-12:00	9:30–10:30 (Hybrid) Low Impact Exercise L3	9:30-12:30 Cantonese Opera	11:00–12:00 (Hybrid) Zumba Gold Register HERE		
	Mandarin Choir	10:45–11:50 Dance from the Heart	10:30-11:30 Tai Chi Beginner	1:00-1:45		
		12:00-1:00 French 101	11:45–12:45 Mindfulness Stretching and Self–Massage	2:30–3:30 Line Dance Beginner		
		12:00-1:00 Tai Chi in 20 Steps 2:30-3:30 Low Impact Exercise L1/L2	1:00-3:30 Ballroom Dance Club	3:30–5:00 Line Dance Intermediate		
			4:00–5:00 Ping Pong Hour			
Bi–Weekly & One Time Event	Sep 15 & 29 1:00-3:00 Monday Lunch Bunch • \$5 for Lunch • Sep 15: World Jeopardy • Sep 29: Entertainment • Contact Jen or Raff to Register			Sep 4 & 11 12:30–2:30 Knitting & Crocheting Hour • Contact Jen to Register  Sep 18 1:00–3:00		
	Sep 15 & 29 1:00-3:00 Timeless Travels VR: France • By Appointment ONLY • Limited Spots • Lunch Provided • Contact Jen to Register			<ul><li>Story Stick Workshop</li><li>Limited Spots</li><li>Contact Jen to Register</li></ul>		
	F M					

### WoodGreen Seniors' Active Living Centre – September In-Person Program Calendar (500 Kingston Rd., Lower Level)



٦	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
rogran	**CENTRE WILL BE CLOSED ON SEPTEMBER 1**					
Weekly Program			2:00–3:00 (Hybrid)  Low Impact Exercise L1/L2			
Bi–Weekly & One Time Event	Sep 15 & 29 1:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Sep 8: Entertainment • Sep 22: Entertainment • Contact Jen or Raff to Register  Sep 15 & 29 1:00–3:00 Timeless Travels VR: France • By Appointment ONLY • Limited Spots • Lunch Provided • Contact Jen to Register					
For Mary Investment and Decree and Decree Courses Decree 446 and 450 and 500 a						

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 – September In-Person Program Calendar (444 Logan Ave.)**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	**CENTRE WILL BE CLOSED ON SEPTEMBER 1**					
Weekly Program	9:30–10:30 Low Impact Exercise	10:00-11:00 Tea Time • Entertainment Sep 9	1:00-1:45 Low Impact Exercise 2:00-4:30 BINGO **Time Change**	9:30–10:30 TOPs Weight Loss Group		
Biweekly & One Time Event	Silverbirch Jammers practice	Sep 16 Karaoke  Sep 23 Gardening Workshop		Sep 4 & 18 1:30–3:00 Painting Workshop  Sep 25 1:30–2:30 Tech Help Workshop		
Residents Only	Sep 15 11:30–2:00 Lunch Outing  • Mandarin Buffet (FULL)  • 2206 Eglinton Avenue East	Sep 16 10:00-11:00 Birthday Tea		Sep 11 12:00-2:00 Door to Door Meal Delivery	12:30–2:30 Food Market (Arrive at Given Time)	

### WoodGreen Seniors' Active Living Centre – September In-Person Program Calendar (1070 Queen St. E)



11:00–12:00 Low Impact Exercise L2		9:45–11:45 Line Dance 1:00–3:00	1:00-3:00 Bingo • Free Cards &	9:45-11:45 **FULL** Line Dance
		Line Dance 1:00-3:00	Bingo • Free Cards &	
		Arts and Crafts	Snacks! Win Prizes!	
		3:15-4:15 English Conversation Circle		
Sep 15 12:30-2:30 Tasty Club 1 (Chinese) **FULL**			Sep 4 & 18 9:00-12:00 Bible Study (Chinese)	Sep 12 1:00-3:00 Tasty Club 2 (Chinese) **FULL**
Sep 29 12:30–2:30 Oil Painting (English) **NEW**				
Sep 22 12:30–2:30 Taste Hub (Halal)(English)			Sep 18 12:30-2:00 Fall BBQ	Sep 5 10:30-1:00 Costco Shopping Bus
3:00-4:00 Gardening Committee Meetup (As Needed)				Sep 19 1:00-3:00 Taste Hub (English)
	Tasty Club 1 (Chinese) **FULL**  Sep 29 12:30–2:30 Oil Painting (English) **NEW**  Sep 22 12:30–2:30 Taste Hub (Halal)(English)  3:00–4:00 Gardening Committee Meetup	Tasty Club 1 (Chinese) **FULL**  Sep 29	Tasty Club 1 (Chinese) **FULL**  Sep 29	Tasty Club 1 (Chinese) **FULL**  Sep 29

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT AIMIN AT 416–405–5010 OR AXU@WOODGREEN.ORG

### WoodGreen Seniors' Active Living Centre – September In-Person Program Calendar (266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	**CENTRE WILL BE CLOSED ON SEPTEMBER 1**						
<b>&gt;</b> E	11:00-12:00	11:00-12:00		11:00-12:00			
Weekly Program	Music in the Air & Sing Along	Low Impact Exercise L2		Low Impact Exercise L2			
≥ P							
± .	Sep 8 10:45–1:30	•	O Sep 3 3:30–5:00				
ver	Grocery Shopping Trip	My Painting Studio	Tea & Storytelling				
One Time Event	Sep 15 1:00-3:00	Sep 16 & 30 2:00–3:0	0				
e Tii	Who is the Bingo Queen or King?	Music Therapy (Chinese)					
on 3							
	Sep 22 1:00-3:00						
/eek	Movie with Popcorn: Sister Act						
Bi-Weekly &							
<u>"</u>							
Only		Sep 9 1:00–3:0	0				
ts 0		<ul><li>Let's Do Lunch</li><li>Registration before Sep 4</li></ul>					
den		Contact Shirman to Register					
Residents		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

# TIBA & STORYTHING

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, SEPTEMBER 3, 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, SEPTEMBER 4 & 11, 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, September 4 & 18, 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







### STORY STICK WORKSHOP

Wrap sticks using colourful yarns to tell stories of your life. A simple and enjoyable process.



Pamela Schuller, Community Artist

Thursday,
SEPEMBER 18th
721 Broadview Ave

TIME: 1:00 - 3:00 PM



#### FOR MORE INFORMATION:

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



## 2025 TORONTO INTERNATIONAL FILM FESTIVAL (TIFF) REGISTRATION

REGISTER BY AUG 26 FOR A CHANCE TO WIN TICKETS TO SEE GIRL AT THE 2025 TORONTO INTERNATIONAL FILM FESTIVAL. WINNERS WILL BE DRAWN ON AUG 27

MOVIE: GIRL

TIME & DATE: TUESDAY, SEPTEMBER 9, 2025 — 2:00 PM

**I** LOCATION: ROYAL ALEXANDRA THEATRE

FOR INQUIRIES, PLEASE CONTACT AIMIN AT 416-405-5010 OR AXU@WOODGREEN.ORG

REGISTER HERE: CLICK HERE



# Oil Painting

DATE: MONDAY, SEPTEMBER 29, 2025

TIME: 12:30 - 2:30PM

LOCATION: 1070 QUEEN ST. E

FOR INQUIRIES, PLEASE CONTACT AIMIN AT 416-405-5010 OR AXU@WOODGREEN.ORG



WoodGreen Seniors' Active Living Centres Present

# WHO IS THE BINGO QUEEN/KING?

Date: Monday, September 15, 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



# MONDAY LUNCH BUNCH

SEPTEMBER 15 & 29, 2025

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- \$5 for Lunch
- September 15: World Jeopardy
- September 29: Musical Entertainment

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



## TIMELESS TRAVEL VR: FRANCE

Date: Monday, September 15 & 29, 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

Date:

Tuesday, September 16,

Time:

1:30 - 3:00 PM

Lacation:

444 Lagan Ave.

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







### DANCING WITH PARKINSON'S

Date:
Thursday, September 8 & 22, 2025
\*\*Schedule Change\*\*

Time: 2:30 - 3:30 PM

Location: 444 Logan Ave.

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





#### WoodGreen Seniors' Active Living Centre Presents



### Movie with Popcorn: Sister Act

DATE: MONDAY, SEPTEMBER 22, 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



# 

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, September 23

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



## Tech Help Workshop

DATE:

THURSDAY, SEPTEMBER 25, 2025

TIME:

1:30 - 2:30 PM

LOCATION:

444 LOGAN AVE.

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





# Chair Yoga

DATE: MONDAY, SEPTEMBER 29, 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



### 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** 





# 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 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





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

## **WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT OUR PROJECTS:** 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 9

# 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









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