

WoodGreen Seniors' Active Living Centre – September Program Calendar (VIRTUAL)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON SEPTEMBER 1**				
		9:30–10:30 (Hybrid) <u>Stay Active at Home L3</u>		9:30–10:30 (Hybrid) <u>Stay Active at Home L1 /L2</u> 11:00–12:00 (Hybrid) Zumba Gold • <u>Register HERE</u>	2:00–3:00 (Hybrid) <u>Stay Active at Home L1 /L2</u>
Bi-Weekly & One Time Event				Sep 4 10:00–11:00 Chinese Calligraphy (Chinese) Sep 11 10:00–12:15 Watercolor (Chinese) • 10:00–11:00 Advanced Session • 11:15-12:15 Beginner Session Sep 18 10:00–11:00 Acrylic Painting (Chinese) Above Programs, Contact Aimin to Register at 416-405-5010 Sep 25 3:00–4:30 Let's Talk Movies: Four Good Days • Click <u>HERE</u> to Register	
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

水彩画 WATERCOLOR

Class is instructed in Chinese

日期：星期四, 2025年09月11日

Date: September 11, 2025

時間：上午10:00 - 12:15

Time: 10:00 - 12:15 Pm

地點：Zoom

Location: Zoom

登記：按此報名

Register: [Click Here](#)

For More Information and Registration,
Please Contact Aimin at 416-405-5010 or
axu@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

Zumba Gold

Date:

Every Thursday

Time:

11:00 -12:00

Location:

Zoom

Register: [CLICK HERE](#)

For More Information and Registration,
Please Contact Jen at 647-285-7954 or jiyang@woodgreen.org

WoodGreen Seniors' Active Living Centre Presents:



Let's Talk Movies: Four Good Days

Four Good Days is a 2020 American drama film, directed and produced by **Rodrigo García**, from a screenplay by García and Eli Saslow, based upon Saslow's 2016 Washington Post article "How's Amanda? A Story of Truth, Lies and an American Addiction". It stars **Glenn Close**, **Mila Kunis**, and **Stephen Root**.

Four Good Days is available to watch on Kanopy for free with a valid Toronto Public Library Account



Date:
Sep 25, 2025



Time:
3:00 - 4:30PM



Location:
Microsoft Teams



Register:
[Click HERE](#)

For More Info and Registration, Please Contact Raffatul (Raff) Islam at 416-705-1530 or RIslam@woodgreen.org