

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

(721 Broadview Ave., Lower Level)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON SEP 7**				
	10:00–11:00 Tai Chi 24 & 42 11:00–12:00 Mandarin Choir	9:00–12:00 Cantonese Opera 9:30–10:30 (Hybrid) <u>Low Impact Exercise L3</u> *FULL* 10:45–11:50 Dance from the Heart 12:00–1:00 French: Intermediate 12:00 – 1:00 Tai Chi in 20 Steps 1:10–2:10 Zumba Gold 2 *NEW* 2:30–3:30 Low Impact Exercise L1/L2	9:30–10:30 Pole Walking 9:30–12:30 Cantonese Opera 10:30–11:30 Tai Chi Beginner 11:45–12:45 Mindfulness Stretching and Self-Massage 1:00–3:30 Ballroom Dance Club 4:00–5:00 Ping Pong Hour	9:30–10:30 (Hybrid) <u>Low Impact Exercise L1/L2</u> *FULL* 11:00–12:00 (Hybrid) Zumba Gold *FULL* 1:00–1:45 Low Impact Exercise L3 *FULL* 2:30–3:30 Line Dance Beginner 3:30–5:00 Line Dance: Performing Art	
Bi-Weekly & One Time Event	Sep 14 1:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Sep 14: Know When to Call 911 and How to Stay Safe • Contact Christina to Register Sep 21 1:00–3:00 Speaker Series with Lunch • Sep 21: Fall Prevention • Contact Christina at 416-616-8191 to Register Sep 28 1:00–3:00 Lunch and Games • Limited Spots • Contact Christina to Register		Sep 9 & 23 10:00–3:00 Foot Care Clinic • Appointment ONLY • Contact Christina to Register Gel Painting Workshop • No Class in Sep	Sep 3 & 10 12:30–2:30 Knitting & Crocheting Hour • Materials Provided • Light Refreshment • Contact Jen to Register	Sep 4 & 18 10:00–11:00 Latin BOMM: Bring on Mindful Movement • Community-Led Class • Contact Jen 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 – September In-Person Program Calendar

(500 Kingston Rd., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON SEP 7**				
Bi-Weekly & One Time Event	Sep 141:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Sep 14: Know When to Call 911 and How to Stay Safe • Contact Christina to Register • Rescheduled to 721 Broadview				
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT CHRISTINA AT 416-616-8191 OR CISAAC@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
Weekly Program	** STAFF AWAY: ANGIE AUG 31–SEP 4 & CENTRE CLOSED ON SEP 7**				
	9:30–10:30 Low Impact Exercise 2:30–3:30 Dancing with Parkinson’s	10:00–11:00 Tea Time	1:00–1:45 Low Impact Exercise 2:00–5:00 BINGO	9:30–10:30 TOPs Weight Loss Group	
Biweekly & One Time Event	Sep 14 11:00–1:00 Jammers Music Practice	Sep 8 1:30–3:00 Karaoke		Sep 10 & 24 1:30–3:00 Painting Workshop Sep 17 1:30–2:30 Gardening Workshop	
Residents Only	Sep 14 11:00–1:00 Lunch Outing • Duckworths Fish & Chips • 2638 Danforth Ave. Sep 21 10:45–1:30 Grocery Outing • Asia Food Mart • 2150 McNicoll Ave.	TBD Housing Fall BBQ	1:00–4:00 Social Worker Drop-In • Unit 302		12:30–2:00 Food Market • Arrive at assigned 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 – September In–Person Program Calendar

(1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON SEP 7**				
	11:00–12:00 Low Impact Exercise L2 3:30–5:00 Tai Chi Class L1		9:45–11:45 Line Dance 12:00–01:00 Line Dance Beginner 1:00–3:00 Arts and Crafts 3:15–4:15 English Conversation Circle	1:00–3:00 Bingo 3:30–5:00 Tai Chi Class L2	9:45–11:45 Line Dance
Bi–Weekly & One Time Event	Sep 14 1:00–3:00 Tasty Club Group 1 (Chinese)		Sep 16 1:00–3:00 Tasty Club Group 2 (Chinese)	Sep 3 & 17 10:00–12:00 Bible Study (Chinese)	Sep 11 1:30–3:30 Taste Hub (English) Sep 18 11:30–2:30 TIFF Outing: Happily Ever After (Mandarin) • Scotiabank Theatre, 259 Richmond St W • Register HERE Sep 25 2:30–4:00 Garden to Table: Presto and Basil Party
Residents Only	10:00–10:30 Indoor Pole Walking Sep 21 12:30–1:30 Fall BBQ				Sep 4 10:30–1:00 Shopping Bus to Costco
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 – September In-Person Program Calendar

(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON SEP 7**				
	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	Sep 21 1:00–3:00 Who’s the Bingo King/Queen?	Sep 1 & 15 1:00–2:00 Music Therapy (Chinese)	Sep 2, 16 & 30 1:00–3:00 Bingo with Friends		
	Sep 28 1:00–2:00 Sound Bath Meditation * NEW*	Sep 22 1:00–3:00 My Painting Studio	Sep 9 & 23 1:00–2:00 Play & Stretch		
Residents Only		Sep 8 1:00–3:00 Let’s Do Lunch • Registration Before Sep 3 • Contact Shirman to Register • Program: Entertainment			
FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416–728–7865 OR SMAK@WOODGREEN.ORG PHYSICAL ACTIVITY WORKSHOP, SKILL DEVELOPMENT GROUP AND CLUB, SOCIAL ACTIVITY CONGREGATE DINING, PARTY, OUTING					

WoodGreen Seniors' Active Living Centres Present

DINER'S CLUB

GOOD FOOD • MAKING FRIENDS •
EASY TRANSPORTATION

Step out, relax, and enjoy
a warm social lunch with friends.



Good Food



Making Friends



Easy Transportation



YOUR TABLE
IS WAITING!

Restaurant

Tuesdays

Sep 1– Swiss chalet
Sep 8– Eggsmarkets
Sep 15– Afghan Cuisine
Sep 22– Hakka Garden
Sep 29– Common Ground

Thursdays

Sep 3– Halibut House
Sep 10– Double Sushi
Sep 17– Harvey's
Sep 24– Boston Pizza



Time:

Pick up Time: 10:45– 11:30am
Return time: 1:30pm



Note:

Registration closes 2 business days
before each trip

Cost:

\$14.50 + \$3 Tip

Registration:

Call Farah at 437-217-0190
or email at
FAlim@woodgreen.org

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: THURSDAY, SEPTEMBER 3 & 10, 2026

TIME: 12:30 — 2:30 PM

LOCATION: 721 BROADVIEW AVE.

For More Information and Registration:

Please contact Jen at 647-285-7954 or jiyang@woodgreen.org

WoodGreen Seniors' Active Living Centres Present



LATIN BOMM: BRING ON MINDFUL MOVEMENT GROUP

The community-led class combines **Qi Gong**,
low impact dance moves and **mindfulness**
for a complete body mind work out.

Date:

September 4 & 18

Time:

10:00 – 11:00 AM

Location:

721 Broadview Ave., lower level



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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



KARAOKE

DATE:
TUE, SEP 8

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



FOOTCARE CLINIC

Nursing FootCare is a specializing service that focuses on foot health. It involves providing professional care and treatment for a variety of foot conditions such as corns, calluses, ingrown toenails and fungal infections.



Date: Wednesday, September 9 & 23, 2026



Time: 10:00 AM – 3:00 PM



Location: 721 Broadview Ave, Lower Level



NO WALK-INS — APPOINTMENT ONLY



To Register: 

Please contact Christina at 416-616-8191 or CIsaac@woodgreen.org





WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT

Play & Stretch

Stretch, play, and move together for a fun and gentle way to stay active!

**266
Donlands
RECREATION ROOM**

**WEDNESDAY
SEP 9, 23; OCT 14, 28,
NOV 11, 25; DEC 9, 23
1:00 PM**

FOR INQUIRIES,

**PLEASE CONTACT SHIRMAN AT
416-728-7865 OR SMMAK@WOODGREEN.ORG**

WoodGreen Seniors' Active Living Centre Presents



PAINTING WORKSHOP

Date: Thursday, Sep 10 & 24, 2026

Time: 1:30 PM – 3:00 PM

Location: 444 Logan Ave.

NO RESIGRATION REQUIRED!

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

SEPTEMBER 14, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **September 14: Know When to Call 911 and How to Stay Safe**

To Register: contact Christina at 416-616-8191 or CIsaac@woodgreen.org

**REGISTRATION
REQUIRED**

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: Thursday, Sep 17, 2026

TIME: 1:30–2:30 PM

LOCATION: 444 Logan Ave.

To Register, please contact Angie at 416–543–6512 or
AnLam@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



TIFF OUTING

Happily Ever After 幸福快樂的日子(Mandarin)

Date: Fri, Sep 18, 2026

Time: 11:30 am - 2:30 pm

Location: Scotiabank Theatre (259 Richmond St W)

Feng-I Fiona Roan made history in 2021 as the first woman to win Best New Director at the Golden Horse Awards. Her sophomore film, Happily Ever After, explores family, generational expectations, and happiness with a warm balance of humour and emotion. Feng-I Fiona Roan 於2021年成為金馬獎首位獲得最佳新導演獎的女性導演。第二部作品《Happily Ever After》探討家庭關係、世代期望與幸福，以幽默與情感交織，呈現溫暖而引人入勝的故事。

2026-2027 SALC MEMBERS ONLY REGISTER HERE

- Registration Deadline: September 8, 2026 at 5:00 PM
- Draw: September 9, 2026 at 1:00 PM
- All registered participants will be entered into the ticket draw.
- Priority will be given to members who did not get a chance to attend last year.
- Selected participants will be contacted on September 10, 9:00 AM-5:00 PM.
- If you are not selected, you will be placed on the waiting list.
- Please make sure your contact information is correct so we can reach you.
- 報名截止日期為 9月8日下午5時。所有成功報名者將參加抽籤，去年未有機會參加的會員將獲優先考慮。抽籤將於 9月9日下午1時 進行，中選者將於 9月10日上午9時至下午5時 致電通知；未中選者將列入候補名單。請確保聯絡資料正確，以便我們聯絡您。

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



WoodGreen Seniors' Active Living Centres Present
Brought to us by the Senior Advisory Council

Speaker Series

Fall Prevention

Date: Monday, Sep 21, 2026

Time: 1:00 - 3:00 PM

Location: 721 Broadview Ave., lower level

REGISTRATION REQUIRED

TO REGISTER: CONTACT CHRISTINA AT
416-616-8191 OR CLSAAC@WOODGREEN.ORG



**WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT**

WHO IS THE BINGO QUEEN / KING?

Date: Mon, SEP 21, 2026

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:



My Painting Studio

DATE:

TUESDAY, SEPTEMBER 22, 2026

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 CENTRE PRESENTS

GARDEN TO TABLE

A SEASONAL WORKSHOP SERIES

By Valerie

Presto and Basil Party



Date: Friday, September 25, 2026



Time: 2:30-4:00 PM



Location: 1070 Community Room

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



WoodGreen Seniors' Active Living Centres Present

LUNCH AND GAMES

Join us for a fun afternoon of food, connection and friendly games!



WHEN:
Mon Sep 28



TIME:
1pm - 3pm



WHERE:
721 Broadview Ave.



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

Sound Bath Meditation



Explore the calming power of sound through gentle listening, soothing vibrations, and a relaxing sound bath meditation.



DATE:
Monday, Sep 28 & Nov 30

TIME:
1:00 - 2:00

LOCATION:
266 Donlands Ave



Guided Deep
Listening



Relax & Reconnect



Sound Bath
Meditation



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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

French: Intermediate

Bonjour!

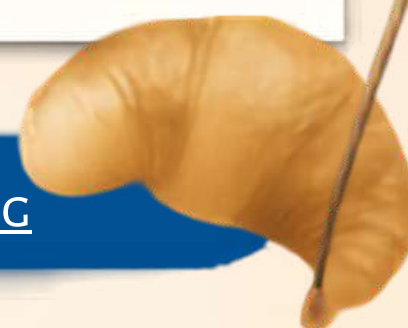
Parlez-vous
français?

Date: Every Tuesday

Time: 12:00 - 1:00 PM

Location: 721 Broadview Ave., Small Activtiy Room

Apprenons
ensemble!



TO REGISTER, PLEASE CONTACT JEN AT 647-885-7954 OR IYANG@WOODGREEN.ORG

Zumba Gold



In Person:

- Every Tue, 1:10–2:10

Hybrid:

- Every Thu, 11:00–12:00



Location:

721 Broadview Ave.



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



OPPORTUNITY MADE HERE.

Woodgreen Seniors' Active Living Centre Presents

Line Dance *Beginner*



DATE:
Every Wed until Oct 7



TIME:
11:30 AM – 12:30 PM



LOCATION:
1070 Queen St. E



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

WoodGreen Seniors' Active Living Centres Present

ARTS AND CRAFTS

A MODERN WORKSHOP FOR CREATIVITY & CONNECTION.



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 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 Centre Presents:

Bingo

Free Snacks, Win Prizes, Free/Paid cards of your choice

- **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

GEL PAINTING

***No Class in
September***

! LIMITED SPOTS !

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

