

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON SEP 7**				
		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) <u>Zumba Gold</u>	2:00–3:00 (Virtual) <u>Stay Active at Home L1 /L2</u>
Bi-Weekly & One Time Event				Sep 10 Chinese Calligraphy (Chinese) 10:00–11:00 Sep 17 Watercolour (Chinese) 10:00–11:00 Advanced Session 11:15–12:15 Beginner Session Sep 24 10:00–11:00 Acrylic Painting (Chinese) 11:30–12:30 Brush Painting (Chinese) Above Programs, Contact Aimin to Register at 416-405-5010 Sep 24 3:00–4:30 - Let's Talk Movies: Breaking News in Yuba County - Contact Jen at 647-285-7954 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					

Zumba Gold



Date:
Every Thursday



Time:
11:00 – 12:00



Location:
[MS Team 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:

BREAKING NEWS ★ IN YUBA COUNTY ★

After her husband goes missing, an unappreciated wife gets a taste of being a local celebrity when she begins her search to find him. A comedy-drama with a great ensemble cast led by Allison Janney.

JOIN US FOR
A GREAT FILM
AND CONVERSATION!



Stream for free on Kanopy (no ads) and free on [YouTube](#) - with ads link [HERE](#).



DATE:
SEP 24, 2026



TIME:
3:00 - 4:30PM



LOCATION:
[MICROSOFT TEAMS](#)



REGISTER:
CALL 647-285-7954



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