

(721 Broadview Ave., Lower Level)



Weekly Program	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** CENTRE CLOSURE ON OCT 12**				
	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	Oct 5 & 26 Speaker Series with Lunch • Oct 5: Understand Anxiety • Oct 26: Film Screening: Silver Screammers • Contact Christina at 416-616-8191 to Register Oct 19 Monday Lunch Bunch • \$5 for Lunch • Oct 19: Thanksgiving Bingo • Contact Christina to Register		Oct 7 & 21 Foot Care Clinic • Appointment ONLY • Contact Christina to Register Oct 14 & 28 Gel Painting Workshop • Appointment ONLY • Contact Christina to Register	Oct 1 & 8 Knitting & Crocheting Hour • Materials Provided • Light Refreshment • Contact Jen to Register	Oct 23 Latin BOMM: Bring on Mindful Movement Oct 23 Seniors’ Jazz Festival: Thanksgiving Season • Registration starts Oct 13 Oct 30 Seniors’ Health Fair
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, SPECIAL EVENT					

WoodGreen Seniors’ Active Living Centre – October In-Person Program Calendar

(500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON OCT 12**				
Bi-Weekly & One Time Event	Oct 19 1:00–3:00 Monday Lunch Bunch • \$5 for Lunch • Oct 19: Thanksgiving Bingo • 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, SPECIAL EVENT					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSED ON OCT 12 & 26**				
	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		Oct 6 Karaoke 1:30–3:00		Oct 15 Gardening Workshop 1:30–2:30 Oct 22 & 29 Painting Workshop 1:30–3:00	
Residents Only	Oct 5 Foot Care Outreach Day • Unit 901 • Registration REQUIRED Oct 19 Lunch Outing • Swiss Chalet • 3400 Danforth Ave. Oct 26 Municipal Election 12:00–5:00 10:45–1:15 10:00–8:00		1:00–4:00 Social Worker Drop-In • Unit 302		12:30–2:00 Food Market • Arrive at assigned time

WoodGreen Seniors' Active Living Centre – October In–Person Program Calendar

(1070 Queen St. E)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON OCT 12**				
	10:00–10:30 Indoor Pole Walking 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	Oct 19 1:00–3:00 Tasty Club Group 2 (Chinese)	Oct 13 & 27 10:00–11:00 Bible Study (English)		Oct 1 & 15 10:00–12:00 Bible Study (Chinese) Oct 8 & 22 9:30–12:00 Sing-a-Long Karaoke	Oct 2 & 23 12:30–3:00 Sing-a-Long Karaoke Oct 9 1:00–3:00 Tasty Club Group 1 (Chinese) Oct 16 1:30–3:30 Taste Hub (English) Oct 30 2:30–4:00 Garden to Table: All Things Apple
Residents Only					Oct 16 10:30–1:00 Shopping Bus to Costco

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

PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATED DINING, PARTY, OUTING

WoodGreen Seniors’ Active Living Centre – October In-Person Program Calendar

(266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON OCT 12**				
	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	Oct 5 10:45–1:30 Grocery Shopping Outing • Cost: \$7.70 • Contact Shirman to Register Oct 19 1:00–3:00 Who’s the Bingo King/Queen?	Oct 6 & 20 1:00–2:00 Music Therapy (Chinese) Oct 25 1:00–3:00 My Painting Studio	Oct 7 & 21 1:00–3:00 Bingo with Friends Oct 14 & 28 1:00–2:00 Play & Stretch		
Residents Only	Oct 26 10:00–8:00 Municipal Election	Oct 13 1:00–3:00 Let’s Do Lunch • Registration Before Oct 8 • Contact Shirman to Register • Program: Entertainment			Oct 2, 16 & 30 11:00–3:00 Paramedic Led Clinic

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, SPECIAL EVENT

WoodGreen Seniors' Active Living Centres Present

DINER'S CLUB

GOOD FOOD • MAKING FRIENDS •

EASY TRANSPORTATION

October



Good Food



Making Friends



Easy Transportation



YOUR TABLE
IS WAITING!

Restaurant

Tuesdays

Oct 6– Swiss chalet
Oct 13– Afghan Cuisine
Oct 20– Harvey's
Oct 27– Hakka Garden

Thursdays

Oct 1– Halibut House
Oct 8– Eggsmarkets
Oct 15– Double Sushi
Oct 22– Rise & Dine/ Common Ground
Oct 29– 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, OCTOBER 1 & 8, 2026

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 Centres Present



Grocery Shopping & Lunch Outing

Join us for a comfortable and enjoyable grocery shopping & lunch outing!
Relax, connect, and get your shopping done with ease.

DATE: MONDAY, OCTOBER 5, 2026

TIME: PICK UP TIME: 10:45AM
RETURN TIME: 1:30PM

COST: \$7.70

NOTE:

- REGISTRATION CLOSING 2 BUSINESS DAYS BEFORE EACH TRIP
- WHEELCHAIRS & WALKER ARE WELCOME

To Register, please contact Shirman at 416-728-7865 or smmak@woodgreen.org

SPEAKER SERIES

Understanding Anxiety



Guest Speaker:
ELLIE MUNN
RETIRED SOCIAL WORKER



**The Four Main
Types of Anxiety**



**Treatment
Options**



**Community
Resources**



**Monday,
October 5**



1:00 – 3:00 p.m.



**721 Broadview Ave
(Lower Level)**



Lunch is provided!

Everyone welcome!

Come with your questions
and join the conversation.

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



KARAOKE

DATE:
TUE, OCT 6

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, October 7 & 21, 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 Centre Presents

Bingo with Friends



DATE: WEDNESDAY, OCTOBER 7 & 21, 2026

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 CENTRE PRESENTS



Sing a Long **Karaoke**



Join us for a lively sing-along karaoke session featuring favourite songs, friendly company, and plenty of opportunities to take the microphone. All singing abilities are welcome.

DATES & TIMES

- Thursday, October 14 & 28, 9:00 AM–12:00 PM
- Friday, October 2 & 23, 1:00–4:00 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

Play & Stretch

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

**266
Donlands
RECREATION ROOM**

**WEDNESDAY
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 Centres Present

GEL PAINTING

DATE:

WEDNESDAY, OCTOBER 14 & 28, 2026

TIME:

1:00 - 2:30PM

LOCATION:

721 BROADVIEW AVE., LOWER LEVEL

! LIMITED SPOTS !

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



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, October 15, 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

MONDAY LUNCH BUNCH

OCTOBER 19, 2026

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **October 19: Thanksgiving Bingo**

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

**REGISTRATION
REQUIRED**



**WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT**

WHO IS THE BINGO QUEEN / KING?

Date: Mon, October 19, 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



PAINTING WORKSHOP

Date: Thursday, October 22 & 29, 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



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:
October 23, 2026

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



SENIORS' JAZZ FESTIVAL: Thanksgiving Season

Join us for a Thanksgiving-themed Friday of soulful jazz, delicious lunch, exceptional performances, and a memorable atmosphere.

1:00PM - 3:00PM

721 BROADVIEW AVE., LOWER LEVEL

Highlights:

- Enjoy a complimentary light refreshment while you relax and take in the music.
- Admission is free, but registration is required so we can reserve your spot.
- Celebrate the Thanksgiving season with live performances by talented jazz artists in a warm and welcoming atmosphere.

Friday
October 23
2026

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

WoodGreen Seniors' Active Living Centre & Seniors Advisory Committee Present:



SILVER SCREAMS

Film Screening

Join us for a special screening of the uplifting & hilarious 2025 documentary Silver Screams, directed by Sean Cisterna.

About the Film: The movie follows a spirited group of Ontario seniors as they step behind and in front of the camera to write, crew, and produce their very own DIY horror short film, The Rug. Filled with creative problem-solving, laughter, and plenty of heart, it is a joyful celebration of aging, teamwork, and proving that creativity has no expiration date.



Monday, October 26



1:00-3:00 p.m.



721 Broadview Ave., Lower Level



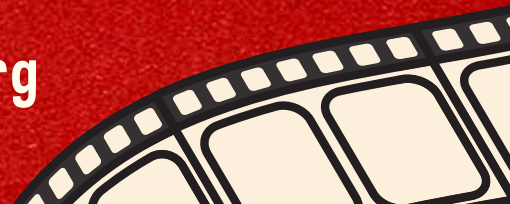
Lunch is provided



Registration is required.



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



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE:

TUESDAY, OCTOBER 27, 2026

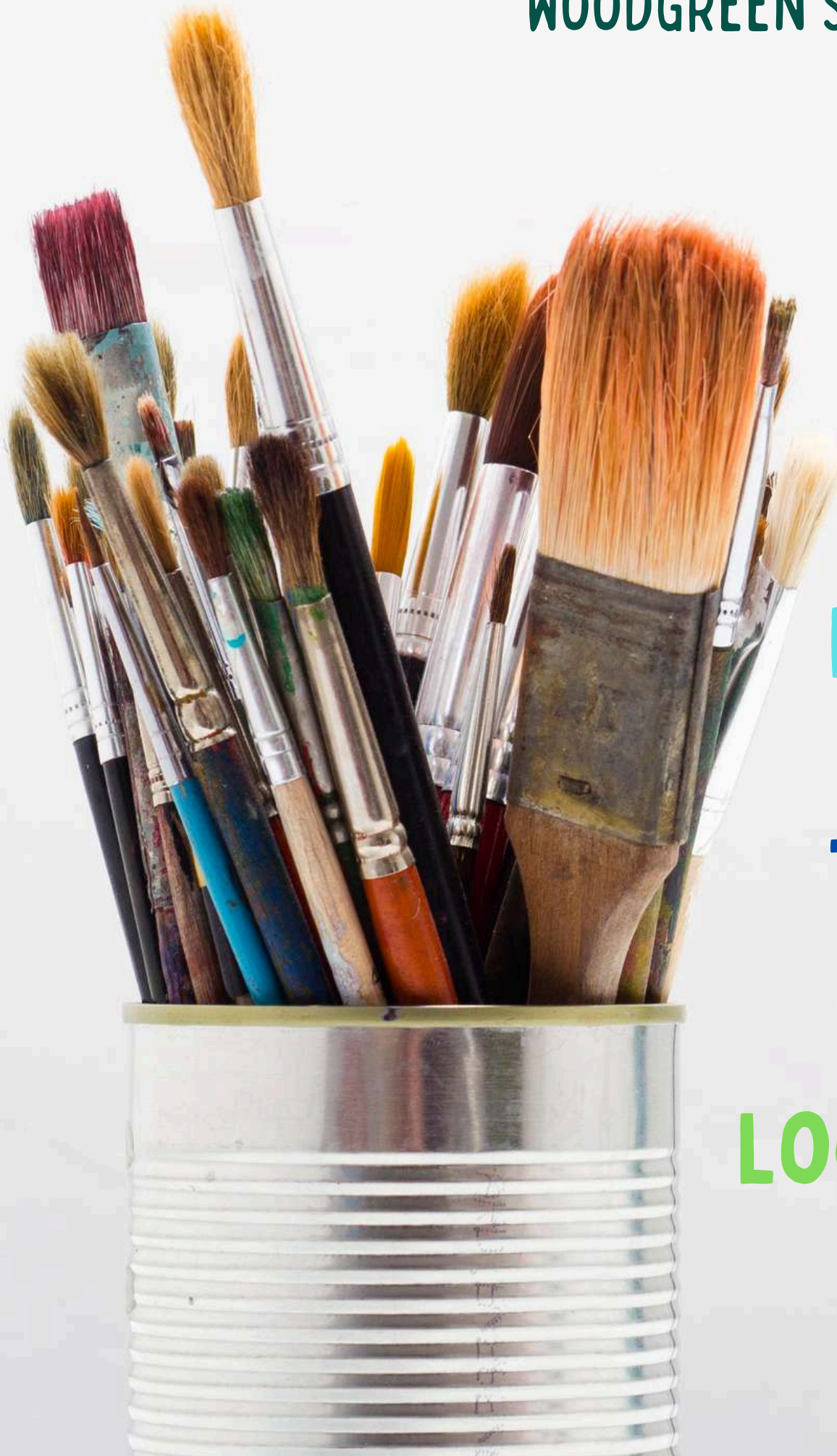
TIME:

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

All things Apple



Date:

Friday, October 30, 2026



Time:

2:30-4:00 PM



Location:

1070 Community Room

For More Information and Registration, Please Contact Aimin at 416-405-5010 or axuCwoodgreen.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

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**

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.



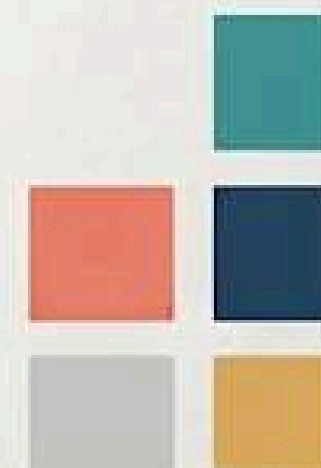
DATE:
Every Wednesday



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

