

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	** CENTRE CLOSURE ON OCT 12 **				
		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>
				Oct 8 Chinese Calligraphy (Chinese) 10:00–11:00 Oct 15 Watercolour (Chinese) 10:00–11:00 Advanced Session 11:15–12:15 Beginner Session Oct 22 10:00–11:00 Acrylic Painting (Chinese) 11:30–12:30 Brush Painting (Chinese) Above Programs, Contact Aimin to Register at 416-405-5010 Oct 22 3:00–4:30 - Let's Talk Movies: Maudie - 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:
Maudie

An arthritic Nova Scotia woman (Sally Hawkins) works as a housekeeper for her eventual husband (Ethan Hawkes) while she hones her skills as an artist and eventually becomes a beloved figure in the community.

Watch the movie free on CBC Gem



Date:
Oct 22, 2026



Time:
3:00 - 4:30PM



Location:
Microsoft Teams



Register:
Call 647-285-7954

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