WoodGreen Seniors' Active Living Centre – November In-Person Program Calendar
(721 Broadview Ave., Lower Level)

WOODGREEN
OPPORTUNITY MADE HERE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	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) Low Impact Exercise L3 *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) Low Impact Exercise L1/L2 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	Nov 2 & 23 12:00–2:00 Timeless Travels VR: Anywhere • Lunch Provided • Appointment ONLY • Contact Jen to Register Nov 2 1:00–3:00 Speaker Series with Lunch • Healthy Eating on Budget by FHC • Contact Christina at 416-616-8191 to Register Nov 9 TBD Vaccine Clinic • Appointment ONLY • Contact Jen at 647-285-7954 to Register Nov 23 1:00–3:00 Monday Lunch Bunch- Trivia Game • $5 for Lunch • Contact Christina to Register Nov 30 1:00–3:00 Seniors' Health Fair • Limited Spots • Contact Jen to Register		Nov 4 & 18 10:00–3:00 Foot Care Clinic • Appointment ONLY • Contact Christina to Register Nov 11 & 25 1:00–2:30 Gel Painting Workshop • Material Provided • Contact Jen to Register	Nov 5 & 12 12:30–2:30 Knitting & Crocheting Hour • Materials Provided • Light Refreshment • Contact Jen to Register	Nov 6 2:00–4:00 Speaker Series: How to Aging at Home • Limited Spots • Contact Jen to Register Nov 13 12:00–1:00 Speaker Series: Healthy Aging with Traditional Chinese Medicine • Lunch is Provided • Contact Jen to Register TBD 10:00–11:00 Latin BOMM: Bring on Mindful Movement

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 – November In-Person Program Calendar
(500 Kingston Rd., Lower Level)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program					
Bi–Weekly & One Time Event	Nov 23 1:00–3:00 Monday Lunch Bunch- Trivia Game • $5 for Lunch • Contact Christina at 416-616-8191 to Register				

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

WoodGreen Seniors' Active Living Centre – November In-Person Program Calendar
(444 Logan Ave.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	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		Nov 3 1:00–5:00 Tech Together Drop-in Nov 17 1:30–3:00 Karaoke		Nov 12 & 26 1:30–3:00 Painting Workshop Nov 19 1:30–2:30 Gardening Workshop	
Residents Only	Nov 16 11:00–1:00 Lunch Outing • Sunset Grill • 1602 Danforth Ave.	Nov 24 10:00–12:00 Food Market Volunteer Training/Info Session Nov 24 2:00–4:00 Tree Decorating Event	Weekly 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, Special Event

WoodGreen Seniors' Active Living Centre – November In-Person Program Calendar
(1070 Queen St. E)

WOODGREEN
OPPORTUNITY MADE HERE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	11:00–12:00 Low Impact Exercise L2 3:30–5:00 Tai Chi Class L1		9:45–11:45 Line Dance Level 2 12:00–1:00 Line Dance Level 1 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 Level 2
Bi–Weekly & One Time Event	Nov 9 1:00–3:00 Tasty Club Group 1 (Chinese) Nov 16 1:00–3:00 Tasty Club Group 2 (Chinese)	Nov 10 & 24 10:00–12:00 Bible Study		Nov 5 & 19 10:00–12:00 Bible Study (Chinese) Nov 12 & 26 10:00–12:00 Sing-a-Long (Group B)	Nov 6 & 20 1:00–4:00 Sing-a-Long (Group C) Nov 13 1:30–3:30 Taste Hub Nov 27 12:00–2:00 Community Sharing Day: Laugh, Bake & Treasure Take Nov 27 2:30–4:00 Garden Soup 2 with Valerie
Residents Only	10:00–10:30 Indoor Pole Walking				Nov 6 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, Special Event

WoodGreen Seniors' Active Living Centre – November In-Person Program Calendar
(266 Donlands Ave.)

WOODGREEN
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	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	Nov 2 10:45–1:30 Grocery Shopping Outing • Cost: $7.70 • Contact Shirman to Register Nov 9 &23 1:00–3:00 Who's the Bingo King/Queen? Nov 30 1:00–2:00 Sound Bath Meditation * NEW*	Nov 3 & 17 1:00–2:00 Music Therapy (Chinese) Nov 24 1:00–3:00 My Painting Studio	Nov 4 & 18 1:00–3:00 Bingo with Friends Nov 11 & 25 1:00–2:00 Play & Stretch		
Residents Only		Nov 10 1:00–3:00 Let's Do Lunch • Registration Before Nov 5 • Contact Shirman to Register • Program: Fall Prevention			Nov 13 & 27 11:00–3:00 Paramedic Led Clinic • Nov 27: Flu Shot Clinic

For More Information and Registration, Please Contact Shirman at 416–728–7865 or smmak@woodgreen.org

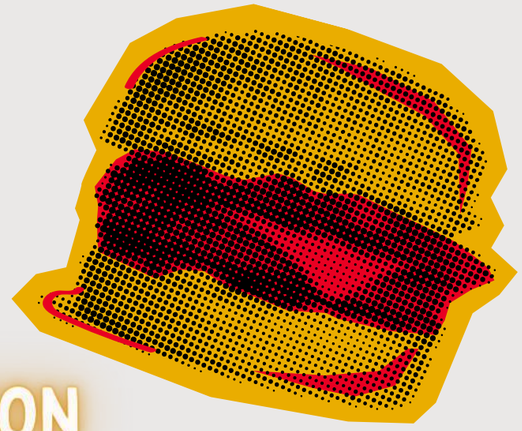
Physical Activity | Workshop, Skill Development | Group and Club, Social Activity | Congregate Dining, Party, Outing, Special Event

WOODGREEN

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WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

DINER'S CLUB



GOOD FOOD • GREAT COMPANY • EASY TRANSPORTATION

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

DATE:

TUE, NOV 3- SWISS CHALET
TUE, NOV 10- HAKKA GARDEN
TUE, NOV 17- AFGHAN CUISINE
TUE, NOV 24- HARVEY'S

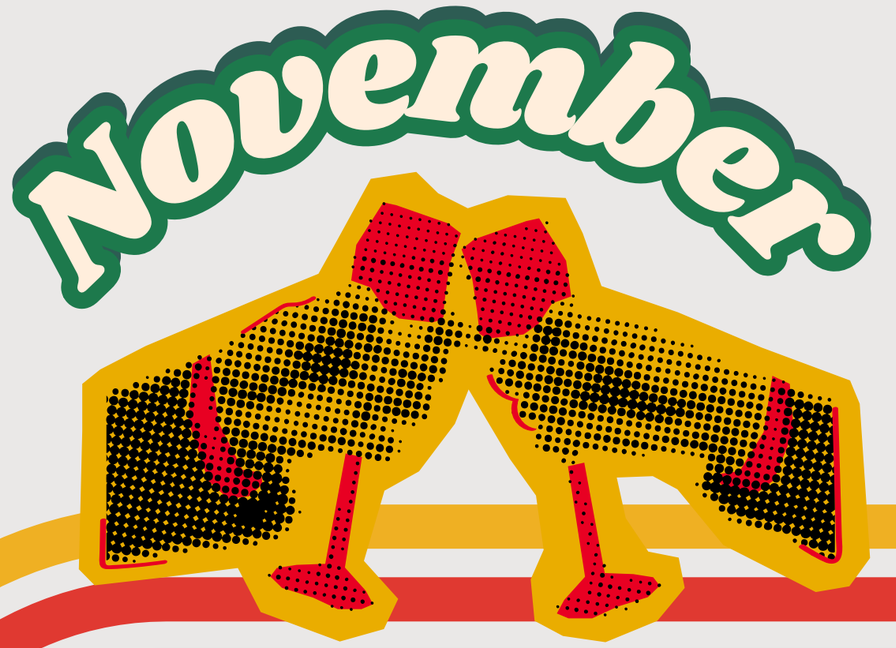
THU, NOV 5- HALIBUT HOUSE
THU, NOV 12- EGGSMARTS
THU, NOV 19- DOUBLE SUSHI
THU, NOV 26- BOSTON PIZZA

TIME: PICK UP TIME: 10:45- 11:30AM
RETURN TIME: 1:30PM

COST: $14.50 + $3 TIP

REGISTRATION: CALL FARAH AT 437-217-0190 OR EMAIL AT FALIM@WOODGREEN.ORG

NOTE: REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE EACH TRIP



WOODGREEN
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WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

Community Sharing Day

Laugh, Bake & Treasure Take

Friday, November 27, 2026

12:00-2:00 pm

1070 Queen Street E

WELCOME TO ALL

PROGRAMME

- Homemade backery and Dim-Sun sale
- Free donation items; members' garage sale
- Holiday gifts from Arts & Crafts display and/or sale

Made with Love

Dim-Sun Delights!

Made with Care

Registration for a free table due on November 20

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



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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, NOVEMBER 2, 2026

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

COST: $7.70

LOCATION:
- DUFFERIN MALL

NOTE:
- REGISTRATION CLOSES 2 BUSINESS DAYS BEFORE EACH TRIP
- WHEELCHAIRS & WALKER ARE WELCOME

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



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WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

TIMELESS TRAVEL VR: ANYWHERE

Date: Monday, Nov 2 & 23

Time: 12:00 - 2:00 PM

Location: 721 Broadview Ave., Small Activity Room

REGISTRATION REQUIRED

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

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Woodgreen Seniors' Active Living Centre presents

HEALTHY EATING ON A BUDGET

SPEAKER SERIES WITH LUNCH

Simple ideas, smart choices, and good food for everyday life.

Date: Monday, November 2, 2026

Time: 1:00 pm–3:00 pm

Location: Lower Level, 721 Broadview Ave.

For more information and registration, please Contact Christina at 416-616-8191 or clsaac@woodgreen.org



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WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

TECH TOGETHER

DROP IN

GET ONE-ON-ONE HELP WITH YOUR TECHNOLOGY QUESTIONS. BRING YOUR DEVICE OR DESCRIBE THE PROBLEM, AND WE'LL GUIDE YOU THROUGH A SOLUTION IN A FRIENDLY, SUPPORTIVE SETTING.

DATE: TUE, NOVEMBER 3

TIME: 1:00 - 5:00 PM

LOCATION: 444 LOGAN AVE.

For More Information and Registration,
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, November 4 & 18, 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

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, NOVEMBER 5 & 12, 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 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

- Group B- Thursday, Nov 12 & 26, 10:00 AM–12:00 PM
- Group C- Friday, Nov 6 & 20, 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 Centre presents

How to Aging at Home



LEARN TIPS AND DISCOVER RESOURCES TO HELP YOU AGE SAFELY AND INDEPENDENTLY AT HOME.

DATE: FRIDAY, NOVEMBER 6, 2026

TIME: 2:00–4:00 PM

LOCATION: 721 BROADVIEW AVE.

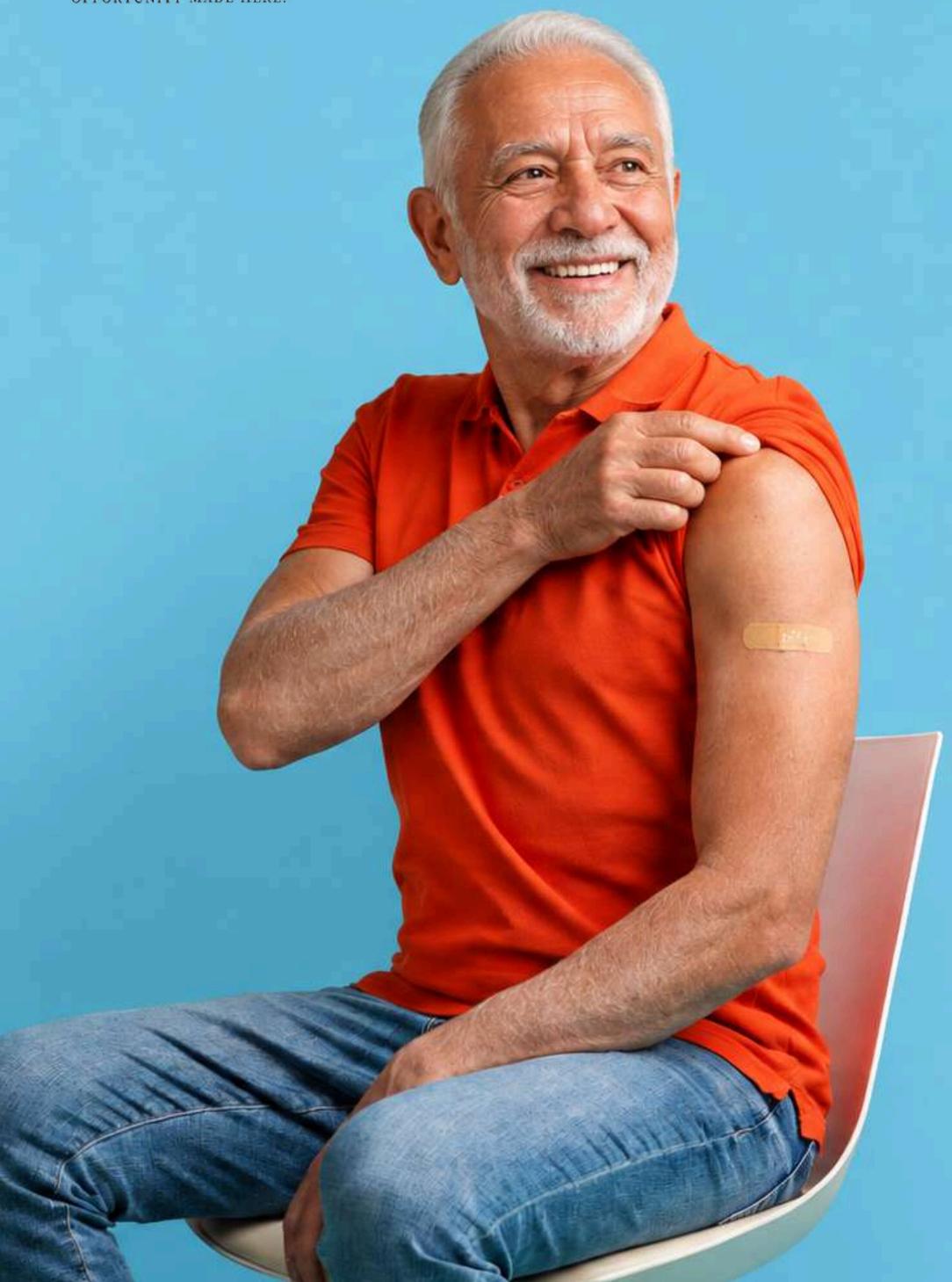
For More Information and Registration, Please Contact Jen at 647-285-7954 or jiyang@woodgreen.org

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WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

GET YOUR SHOT



Reminder: Please bring your health card.

Monday, Nov 9 By appointment only

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

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WoodGreen Seniors' Active Living Centres Present

WHO IS THE BINGO QUEEN/ KING?

Date: Mon, Nov 9 & 23

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

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Woodgreen Seniors' Active Living Centre presents:

Bible Studies

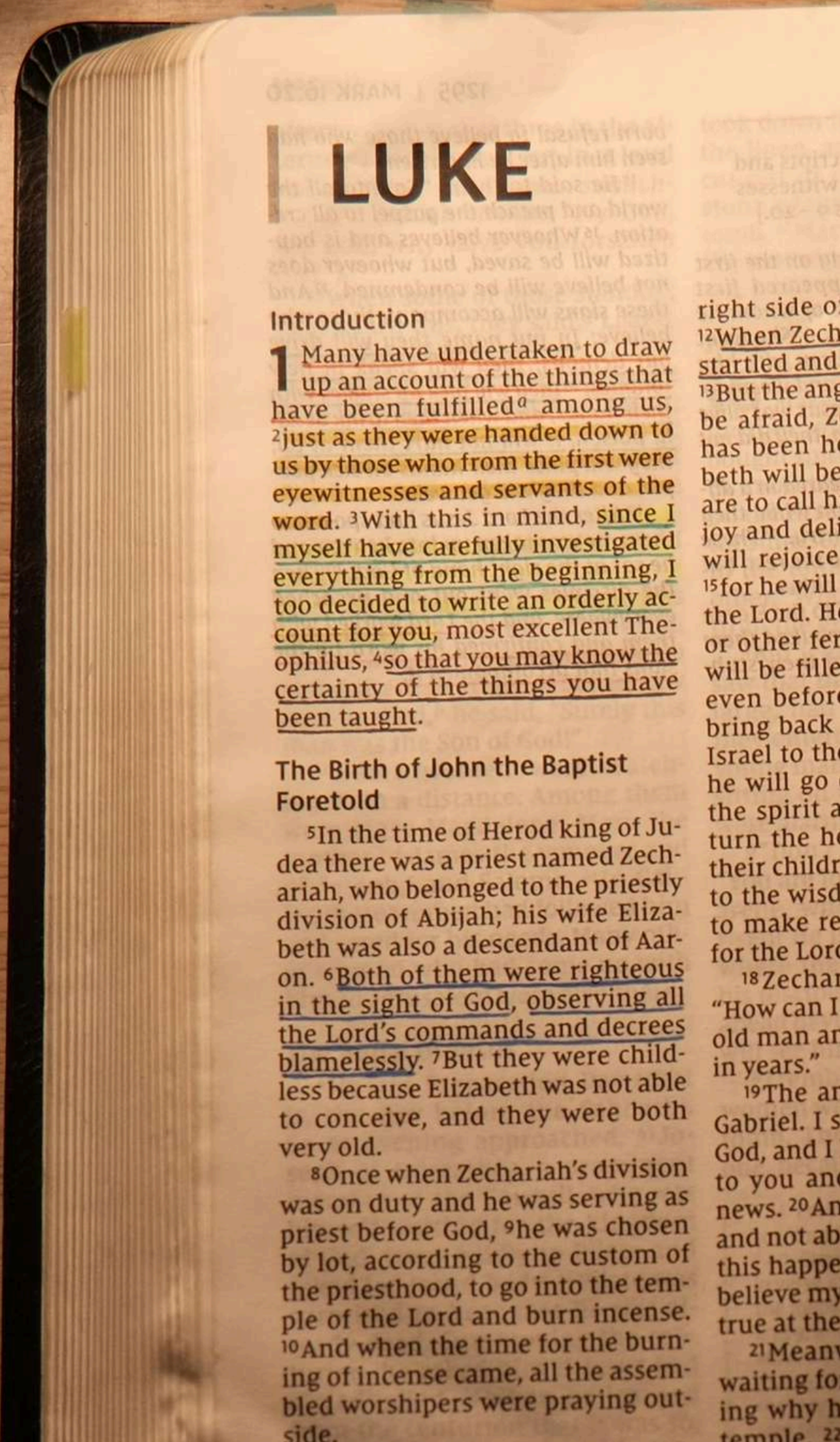
Join us as we dive deeper into God's Word and discover the life-changing power of Scripture

DATE: TUE, NOV 10 & 24

TIME: 10:00- 12:00

LOCATION: 1070 QUEEN ST. E

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



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WoodGreen Seniors' Active Living Centres Present

GEL PAINTING





DATE:

WEDNESDAY, NOVEMBER 11 &25, 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

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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

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, Nov 12 &26, 2026

Time: 1:30 PM – 3:00 PM



Location: 444 Logan Ave.

NO RESIGRATION REQUIRED!

To Register, please contact Angie at

416–543–6512 or AnLam@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

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CHINESE MEDICINE LUNCH

HEALTHY AGING WITH TRADITIONAL CHINESE MEDICINE

Discover how Traditional Chinese Medicine can support healthy aging, wellness, and vitality.

12:00–1:00 PM
721 BROADVIEW AVE.

Highlighted:

- Learn about Traditional Chinese Medicine for healthy aging
- Discover practical tips for wellness and vitality
- Enjoy a provided lunch

Friday,
November 13
12:00–1:00

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

WOODGREEN

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KARAOKE

DATE:
TUE, NOV 17

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

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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, November 19, 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

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WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

NOVEMBER 23

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **$5 for Lunch**
- **November 23- Trivia Game**

REGISTRATION REQUIRED

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

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My Painting Studio

DATE: TUE, NOV 24

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

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WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

GARDEN SOUP

MAKE AND ENJOY FRESH, HOMEMADE SOUP TOGETHER!

JOIN US TO MAKE DELICIOUS HOMEMADE SOUP USING FRESH INGREDIENTS WHILE SHARING COOKING TIPS, ENJOYING GOOD FOOD, AND CONNECTING WITH OTHERS IN THE COMMUNITY!

Date: FRIDAY, NOVEMBER 27, 2026

Time: 2:30-4:00 PM

Location: 1070 QUEEN ST. E

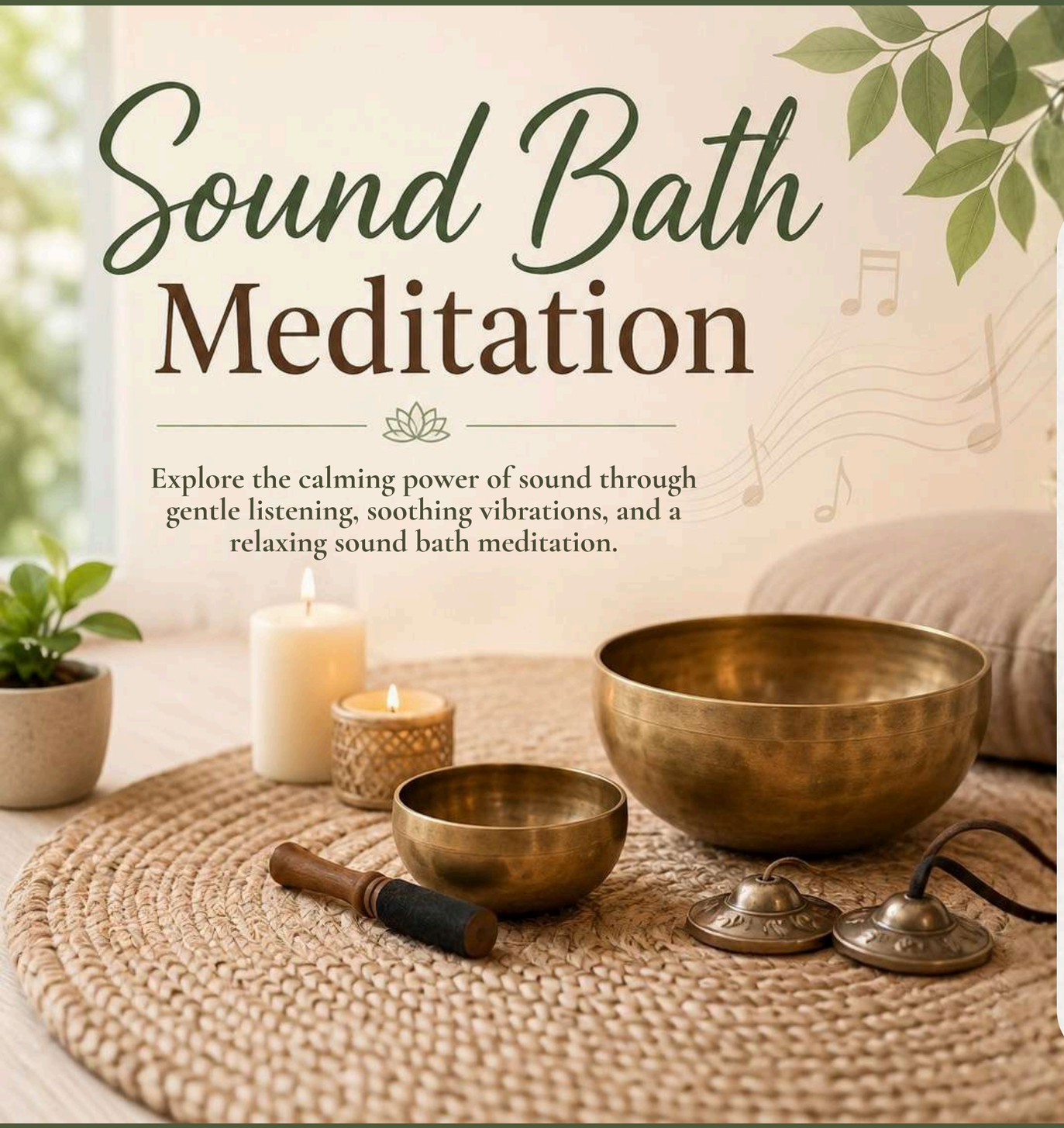


WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

WOODGREEN
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Sound Bath Meditation

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



DATE:
Monday, Nov 30,2026

TIME:
1:00 - 2:00

LOCATION:
266 Donlands Ave

Guided Deep Listening

Relax & Reconnect

Sound BAth Meditation

For More Information and Registration, Please Contact Shirman at 416–728–7865 or smmak@woodgreen.org

WOODGREEN

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WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

Bonjour!

French:

Intermediate

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 lyang@woodgreen.org

WOODGREEN

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WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

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 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

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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