

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

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JUNE 24–28**				
	<p>10:00–11:00 Tai Chi 24 & 42 (Mandarin)</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:30–10:30 *FULL* <u>Low Impact Exercise L3</u></p> <p>9:30–12:30 Cantonese Opera</p> <p>10:50–11:50 Dance from the Heart</p> <p>2:30–3:30 *FULL* Low Impact Exercise L1/L2</p>	<p>9:30–10:30 Pole Walking</p> <p>9:30–12:30 Cantonese Opera</p> <p>10:30–11:30 Tai Chi Beginner</p> <p>11:45–12:45 (Hybrid) Mindfulness Stretching and Self-Massage • Register HERE</p> <p>1:00–3:30 Ballroom Dance Club</p>	<p>9:30–10:30 (Hybrid) <u>Low Impact Exercise L1/L2</u></p> <p>11:00–12:00 (Hybrid) Zumba Gold • Register HERE</p> <p>1:00–1:45 *FULL* Low Impact Exercise L3</p> <p>2:30–3:30 *FULL* Line Dance Beginner</p> <p>3:30–5:00 Line Dance Intermediate</p>	<p>10:30–12:30 *FULL* Photovoice Project: Aging in Place</p> <ul style="list-style-type: none"> • Contact Raff at 416-705-1530 to Register
Bi-Weekly & One Time Event	<p>June 3 & 10 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • June 3: Choose Health Program Presentation from SRCHC (Eng) • June 10: Elder Support Resources Presentation • Contact Raff at 416-705-1530 to Register 	<p>June 4 1:00–1:40 Choose Health Program Presentation from SRCHC (Cantonese)</p> <ul style="list-style-type: none"> • Contact Jen to Register 	<p>June 5 10:00–3:00 Foot Care Clinic</p> <ul style="list-style-type: none"> • By Appointment Only • Contact Jen to Register 	<p>June 6 & 13 12:30–2:30 Knitting Bee</p> <ul style="list-style-type: none"> • Contact Jen to Register <p>June 20 2:00–3:30 Conversational English for Daily Life</p> <ul style="list-style-type: none"> • Limited Spots • Contact Jen to Register 	<p>June 7 12:30–3:00 Rainbow Club</p> <p>June 14 & 21 10:00–11:00 Broadview Café</p> <p>June 14 1:00–3:00 Seniors Jazz Cafe: Live Performance</p> <p>June 21 11:30–2:00 Soap Making</p> <ul style="list-style-type: none"> • Limited Spots • Call Jen or Raff 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 – June In-Person Program Calendar (500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CENTRE WILL BE CLOSED ON JUNE 24–28				
Weekly Program			2:00–3:00 (Hybrid) <u>Low Impact Exercise</u> <u>L1/L2</u>		10:30–12:30 *FULL* Photovoice Project: Aging in Place <ul style="list-style-type: none"> • <u>Register HERE</u> • Contact Raff to Register • Relocated to 721 Broadview
Bi-Weekly & One Time Event	June 3 & 10 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • June 3: Choose Health Program Presentation from SRCHC (Eng) • June 10: Elder Support Resources Presentation • Contact Raff at 416-705-1530 to Register • Relocated to 721 Broadview 	June 4 1:00–1:40 Choose Health Program Presentation from SRCHC (Cantonese) <ul style="list-style-type: none"> • Contact Jen at 647-285-7954 to Register • Relocated to 721 Broadview 	June 5 10:00–3:00 Foot Care Clinic <ul style="list-style-type: none"> • By Appointment Only • Contact Jen to Register • Relocated to 721 Broadview 	June 6 & 13 12:30–2:30 Knitting Bee <ul style="list-style-type: none"> • Contact Jen to Register • Relocated to 721 Broadview 	June 7 12:30–3:00 Rainbow Club <ul style="list-style-type: none"> • Relocated to 721 Broadview June 14 1:00–3:00 Seniors Jazz Cafe: Live Performance <ul style="list-style-type: none"> • Relocated to 721 Broadview June 21 11:30–2:00 Soap Making <ul style="list-style-type: none"> • Limited Spots • Call Jen or Raff to Register • Relocated to 721 Broadview

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR R@WOODGREEN.ORG
PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CENTRE WILL BE CLOSED ON JUNE 24–28				
Weekly Program	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time	10:00–11:00 Walking Club 1:30–4:00 BINGO	9:30–10:30 TOPs Weight Loss Group 11:30–12:30 Dancing with Parkinson's	1:30–2:30 Low Impact Exercise
Biweekly & One Time Event	June 3 & 10 2:00–2:45 Drumming Circle • Contact Angie to Register	June 4 1:00–2:30 Gardening Workshop June 11 1:30–3:00 Painting Workshop	June 5 12:00–1:30 Brain Health Workshop	June 6 1:30–3:00 Father's Day Celebration	
Residents Only	June 10 10:45–1:15 Lunch Outing • Garden Gate Restaurant • 2379 Queen St E June 17 10:45–1:15 Grocery Bus (Gerrard Square)	June 18 2:00–3:30 Friendship Hour		June 13 1:30–3:30 Pottery Workshop June 20 9:30–12:30 Gardening	June 7 12:00–2:00 Senior Month Door to Door Meal Delivery • Contact Angie to Register

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 – June In-Person Program Calendar (1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JUNE 24–28**				
	11:00–12:00 Low Impact Exercise L2		9:45–11:45 Line Dance 1:00–3:00 Arts and Crafts (Chinese) • Contact Aimin to Register 3:00–4:00 Pole Walking 3:15–4:15 *Full* English Conversation Circle • Contact Aimin	1:00–3:00 Bingo • Free Cards & Snacks! Win Prizes! • Contact Aimin to Register	9:45–11:45 Line Dance *Full* 1:00–3:00 Karaoke • Contact Aimin to Register • No Class on June 7 & 21 3:00–4:00 Pole Walking
	June 3 12:30–2:30 Tasty Club (Chinese) *Full*			June 6 & 20 9:00–12:00 Bible Study (Chinese)	TBD 10:30–1:30 TIFF Silver Screening • Contact Aimin to Register
Residents Only 9:30–10:30 Game Fun • Ping-Pong, Table Soccer, Etc		Resident Space Programs • Gardening, Taste Hub, Costco Shopping Bus etc. • Schedules Posted on Each Floor		June 7 12:00–4:00 Senior Month Event • Contact Aimin to Register	

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 – June In-Person Program Calendar (266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JUNE 24–28**				
	11:00–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2	10:30–11:30 TIGP Bingo	11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	June 3 1:00–3:00 My Painting Studio	June 4 1:00–2:00 Safari in 266 Donlands			
	June 10 1:00–3:00 Who is the Bingo Queen or King?	June 11 & July 16 12:45–3:00 Aromatherapy Candles Workshop Series <ul style="list-style-type: none"> • Must attend both sessions • Limited to 6 spots <ul style="list-style-type: none"> ◦ Registration opens June 6 until filled • Contact Shirman to Register 			
Residents Only	June 17 & July 29 12:45–3:00 Aromatherapy Candles Workshop Series <ul style="list-style-type: none"> • Must attend both sessions • Limited to 6 Spots • Registration opens June 3 until filled • Contact Shirman to Register 	June 18 1:00–3:00 Let's Do Lunch <ul style="list-style-type: none"> • Registration Period June 3–13 • Contact Shirman to Register • Program: Entertainment 			Every Fri 6:30–9:30 Game Night

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE:

MONDAY, JUNE 3

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 Centres Present

Drumming Circle

Join our lively drumming circle for an uplifting experience. All are welcome!

- **DATE:** Monday, June 3 & 10
- **TIME:** 2:00 - 2:45 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

MONDAY LUNCH BUNCH

JUNE 3 & 10

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **June 3: Choose Health Program Presentation from SRCHC (Eng)**
- **June 10: Elder Support Resources Presentation**

For registration, please contact Raff at 416-705-1530 or rislam@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: Tuesday, June 4

TIME: 1:00 - 2:30 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

Safari in 266 Donlands

Join us on safari and meet a variety of exotic creatures from around the globe! The 8-10 animal-lineup focuses on our smaller exotic animals

DATE: TUESDAY, JUNE 4

TIME: 1:00 – 2:00 PM

LOCATION: 266 DONLANDS AVE. RECREATION ROOM

FOR INQUIRIES, PLEASE CONTACT SHIRMAN AT

416-728-7865 OR SMMAK@WOODGREEN.ORG



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

KNITTING BEE

JOIN OUR KNITTING BEE FOR A VIBRANT GATHERING OF CRAFT ENTHUSIASTS, WHERE STITCHES INTERTWINE WITH LAUGHTER, FRIENDSHIP BLOOMS, AND EVERY CREATION WEAVES A STORY OF WARMTH AND COMPASSION FOR THOSE IN NEED

Date: Thursday, June 6 & 13

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



Rainbow Club

WOODGREEN INVITES 2SLGBTQIA+ SENIORS, ALLIES, AND THEIR FRIENDS, TO CELEBRATE PRIDE 2024!

DATE:

FRIDAY, JUNE 7

TIME:

12:30 - 3:00PM

LOCATION:

721 BROADVIEW AVE. LOWER LEVEL

For Inquiries, please contact Raff at 416-705-1530/ rislam@woodgreen.org



WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT

WHO IS THE BINGO QUEEN / KING?

Date: Monday, June 10

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:

Aromatherapy Candles Workshop Series

DATE: TUESDAY, JUNE 11 & JULY 16
TIME: 12:45 - 3:00 PM
LOCATION: 266 DONLANDS AVE., RECREATION ROOM

- REGISTRATION:**
- MUST ATTEND FOR BOTH SESSIONS
 - LIMITED TO 6 SPOTS
 - REGISTRATION PERIODS: JUNE 6 UNTIL FILLED
 - CONTACT SHIRMAN TO REGISTER

For inquiries, please contact Shirman at 416-728-7865 or smmak@woodgreen.org





WoodGreen Seniors' Active Living Centre Presents:

Painting Workshop

Date:

Tuesday, June 11

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



CONVERSATIONAL ENGLISH FOR DAILY LIFE

This course has 4 lessons in total, each lasting 1 hour, held on the last week of each month. This course is designed to help learners develop essential English skills and speaking confidence, covering a variety of real-life situations. This course is face-to-face teaching and requires personal attendance. **Limited space, first come first served. Feel free to bring friends*

Date: Thursday, May 30, June 20, July 25, August 29

Time: 2:00 PM – 3:30 PM

Location: 721 Broadview Ave, Lower Level

To Register, contact Jen at 647-285-7954 OR Jiyang@woodgreen.org





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT MUSIC IN THE AIR & SING ALONG

MUSIC IN THE AIR— WE SING SONGS— FAMILIAR AND NEW, MOVE OUR BODIES TO THE BEAT AND SHARE STORIES TOO. COME AND BE WITH US.

DATE:

EVERY MONDAY

TIME:

11:00 AM – 12:00 PM

LOCATION:

266 DONLANDS RECREATION ROOM

For inquiries, please contact Shirman at 416-728-7865 or smmak@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

DANCE FROM THE HEART

***DANCE WITH THE HEART OFFERS A LIVELY
CARDIO DANCE PROGRAM FILLED WITH MUSIC
AND MOVEMENT, PERFECT FOR THOSE SEEKING
AN ENERGETIC AND UPLIFTING EXPERIENCE.***

Date: Every Tuesday

Time: 10:50 - 11:50 AM

Location: 721 Broadview Ave., Lower Level

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



WoodGreen Seniors' Active Living Centres Present

MINDFULNESS STRETCHING & SELF-MASSAGE

- **DATE: EVERY WEDNESDAY**
- **TIME: 11:45 AM - 12:45 PM**
- **LOCATION: 721 BROADVIEW AVE. LOWER LEVEL**
- **REGISTER: [CLICK HERE](#)**

FOR INQUIRIES, PLEASE CONTACT JENNIFER
AT 647-285-7954 OR JIYANG@WOODGREEN.ORG



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

CRAFTS & CRAFTS

- **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



LINE DANCE INTERMEDIATE

EVERY THURSDAY

TIME: 3:30 PM – 5:00 PM

LOCATION:

721 BROADVIEW AVE., LOWER LEVEL

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

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Karaoke

JOIN US FOR A KARAOKE SESSION THAT WILL
BRIGHTEN YOUR DAY WITH MUSIC AND LAUGHTER.

DATE: EVERY FRIDAY

TIME: 1:00– 3:00 PM

LOCATION: 1070 QUEEN ST. E

TO REGISTER: PLEASE CONTACT AIMIN AT 416-405-5010 OR

AXU@WOODGREEN.ORG

