

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program		<p>9:30–10:30 (Hybrid) <u>Stay Active at Home L3</u></p>	<p>11:45–12:45 (Hybrid) Mindfulness Stretching and Self-Massage</p> <ul style="list-style-type: none"> • Register HERE <p>2:00–3:00 (Hybrid) <u>Stay Active at Home L1 /L2</u></p>	<p>9:30–10:30 (Hybrid) <u>Stay Active at Home L1 /L2</u></p> <p>10:15–11:30 Brush Painting Class (Chinese)</p> <ul style="list-style-type: none"> • Contact Aimin at 416-405-5010 <p>11:00–12:00 (Hybrid) Zumba Gold</p> <ul style="list-style-type: none"> • Register HERE 	
Bi-Weekly & One Time Event				<p>June 13 2:00–3:00 Calligraphy Group (Chinese)</p> <ul style="list-style-type: none"> • Contact Aimin at 416-405-5010 <p>June 20 2:00–3:00 Photo to Paint (Chinese)</p> <ul style="list-style-type: none"> • Contact Aimin at 416-405-5010 <p>June 20 3:00–4:30</p> <ul style="list-style-type: none"> • Let's Talk Movies: Incendies • Click HERE to Register 	<p>June 7 & 21 11:00–12:00 <u>Mandarin Discussion</u></p> <p>June 14 11:00–12:00 <u>Mandarin Chattime</u></p>

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

MINDFULNESS STRETCHING & SELF-MASSAGE

- **DATE: EVERY WEDNESDAY**
- **TIME: 11:45 AM - 12:45 PM**
- **LOCATION: MS TEAM**
- **REGISTER: [CLICK HERE](#)**

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



WoodGreen Seniors' Active Living Centre Presents:



Let's Talk Movie:
Incendies

When notary Lebel sits down with Jeanne and Simon Marwan to read them their mother's will, Nawal, the twins are stunned to receive a pair of envelopes - one for the father they thought was dead and another for a brother they didn't know existed.

Academy Award nominee for Best Foreign Language Film of the Year. BAFTA Award nominee for Best Film Not in the English Language. Toronto International Film Festival winner for Best Canadian Feature Film.



Date:
June 20, 2024



Time:
3:00 - 4:30 PM



Location:
Microsoft Teams



Register:
[Click HERE](#)

For More Info and Registration, Please Contact Raff at 416-705-1530 or RIslamewoodgreen.org