

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 5**				
	<p>10:00–11:00 Tai Chi 24 & 42</p> <p>11:00–12:00 Mandarin Choir</p>	<p>9:30–10:30 (Hybrid) <u>Low Impact Exercise L3</u> *FULL*</p> <p>9:30–12:30 Cantonese Opera</p> <p>10:50–11:50 Dance from the Heart</p> <p>2:30–3:30 <u>Low Impact Exercise L1/L2</u> *FULL*</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 Mindfulness Stretching and Self-Massage</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 <u>Low Impact Exercise L3</u> *FULL*</p> <p>2:30–3:30 Line Dance Beginner</p> <p>3:30–5:00 Line Dance Intermediate</p>	
Bi-Weekly & One Time Event	<p>August 12, 19, 26 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • August 12: Entertainment • August 19: Entertainment • August 26: Crisis Prevention Talk - How to Identify Someone May be at Risk • Contact Raff at 416-705-1530 to Register 		<p>August 7 1:00–3:00 Foot Care Clinic</p> <ul style="list-style-type: none"> • Appointment ONLY • Contact Jen to Register 		<p>TBC Senior Tech Circle</p> <ul style="list-style-type: none"> • Appointment ONLY • Contact Jen 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 – August In-Person Program Calendar (500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 5**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	August 12, 19, 26 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • August 12: Entertainment • August 19: Entertainment • August 26: Crisis Prevention Talk - How to Identify Someone May be at Risk • Contact Raff at 416-705-1530 to Register • Relocated to 721 Broadview 		August 7 1:00–3:00 Foot Care Clinic <ul style="list-style-type: none"> • Appointment ONLY • Contact Jen to Register • Relocated to 721 Broadview 		

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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 5** (ANGIE AWAY AUGUST 12-16)				
	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	Aug 19 12:00–2:00 Caribbean Festival • Contact Angie to Register	Aug 6 1:30–3:00 Stories of Our Lives: Creative Writing • Contact Angie to Register Aug 20 12:00–1:30 Dementia Supportive Communication Workshop		Aug 8 2:00–3:30 Gardening Workshop Aug 1 & 22 1:30–3:00 Painting Workshop	
Residents Only	Aug 26 11:45–1:45 Lunch Outing • The Old Spaghetti Factory (54 The Esplanade)	Aug 6 10:00–11:00 Birthday Tea Aug 27 1:30–4:00 Ice Cream Sundae Bar Social			

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 5**				
	11:00–12:00 Low Impact Exercise L2		9:45–11:45 Line Dance 1:00–3:00 Arts and Crafts • Contact Aimin to Register 3:00–4:00 Pole Walking 3:15–4:15 *FULL* English Conversation Circle • Contact Aimin to Register	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 Aug 23 3:00–4:00 Pole Walking
	Aug 19 12:00–2:00 Line Dance Q3 Party • Contact Aimin to Register			Aug 1 & 15 9:00–12:00 Bible Study (Chinese) Aug 22 9:00–3:30 Painting Class (Outdoor Lesson)	Aug 16 12:30–2:30 Tasty Club (Chinese) *FULL*
Residents Only 9:30–10:30 Game Fun • Ping-Pong, Table Soccer, Etc		Aug 7 12:30–1:00 Caribbean BBQ		Resident Space Programs • Gardening, Taste Hub, Costco Shopping Bus etc. • Schedules Posted on Each Floor	

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON AUGUST 5**				
	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	Aug 12 1:00–3:00 Who is the Bingo Queen or King? Aug 19 1:00–3:00 Movie with Popcorn • The Little Mermaid	Aug 6 1:00–2:00 Safari in 266 Donlands Aug 13 1:00–2:00 Music Therapy (Chinese) Aug 27 12:45–3:00 Aromatherapy Candles Workshop Class B • 6 Spots Only • Sign- Up Dates: ◦ New Participants: Aug 1 ◦ Returning Participants: Aug 8			
	Aug 26 12:45–3:00 Aromatherapy Candles Workshop Class A • 6 Spots Only • Sign- Up Dates: ◦ New Participants: Aug 1 ◦ Returning Participants: Aug 8	Aug 20 1:00–3:00 Let's Do Lunch • Registration Period Aug 1 to Aug 15 • Contact Shirman to Register • Program: Fire Safety Workshop			Every Fri 6:30–9:30 Game Night

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

NOTICE FOR AUGUST 12 TRIP



This is a friendly reminder that the **DEADLINE** to make your payment for the Bus Trip is **Thursday, July 25th**. Please ensure your payment is received by this date. After the deadline, we will begin reaching out to individuals on the waiting list.





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, AUGUST 6

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



Stories of Our Lives: Creative Writing Workshops

Discover the joy of storytelling and unleash your creativity in our inspiring Creative Writing Workshops

Date: Tuesday, August 6

Time: 1:30 - 3:00 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

**NO WALK-INS
APPOINTMENT ONLY**



NURSING FOOTCARE

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, AUGUST 7

TIME: 10:00 AM - 3:00 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**

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, August 8

TIME: 2:00 - 3:30 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

WHO IS THE BINGO QUEEN / KING?

Date: Monday, August 12

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 CENTRES PRESENT

MONDAY LUNCH BUNCH

AUGUST 12, 19, 26

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **August 12: Entertainment**
- **August 19: Entertainment**
- **August 26: Crisis Prevention Talk - How to Identify Someone May be at Risk**

For registration, please contact Raff at 416-705-1530 or rislam@woodgreen.org



WoodGreen Seniors' Active Living Centre Presents:

Painting Workshop

Date:

Thursday, August 1 & 22

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



CARIBBEAN FESTIVAL

DATE: MONDAY, AUGUST 19

TIME: 12:00 - 2:00PM

LOCATION: 444 LOGAN AVE, RECREATION ROOM

**TO REGISTER, PLEASE CONTACT ANGIE AT
416-543-6512 OR ANLAM@WOODGREEN.ORG**

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Movie with Popcorn

THE LITTLE MERMAID

DATE:

MONDAY, AUGUST 19

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 CENTRES PRESENT



Dementia Supportive Communication workshop

DATE:

TUESDAY, AUGUST 20

TIME:

12:00 - 1:30PM

LOCATION:

444 LOGAN AVE, RECREATION ROOM

FOR INQUIRIES, PLEASE CONTACT ANGIE AT
416-543-6512 OR ANLAM@WOODGREEN.ORG

WoodGreen Seniors' Active Living Centre Presents



outdoor Painting

Date: Thursday, August 22

Time: 9:00 AM - 3:30 PM

Location: 1070 Queen St. E

To Register: Please Contact Aimin at
416-405-5010 or axu@woodgreen.org



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

Aromatherapy Candles Workshop Series

DATE: TUESDAY, AUGUST 27
TIME: 12:45 - 3:00 PM
LOCATION: 266 DONLANDS AVE., RECREATION ROOM

- 6 SPOTS ONLY
- SIGN- UP DATES:

REGISTRATION:

- NEW PARTICIPANTS: AUG 1
- RETURNING PARTICIPANTS: AUG 8

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

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**

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

OUR PROJECTS:

ARTS &
CRAFTS



- **Date:** Wednesdays
- **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 Centre Presents:

Bingo

Free Snacks, Win Prizes, Free/Paid cards
of your choice, Quarterly special Event

- **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





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



LINE DANCE INTERMEDIATE

DATE:

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