

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program		<p>9:30–10:30 (Hybrid) Stay Active at Home L3</p>	<p>2:00–3:00 (Hybrid) Stay Active at Home L1 /L2</p>	<p>9:30–10:30 (Hybrid) Stay Active at Home L1 /L2</p> <p>10:15–11:30 Brush Painting Class (Chinese) • Aug 22 FULL DAY • Contact Aimin at 416-405-5010</p> <p>11:00–12:00 (Hybrid) Zumba Gold • Register HERE</p>	
Bi-Weekly & One Time Event				<p>Aug 8 2:00–3:00 Calligraphy Group (Chinese) • Contact Aimin at 416-405-5010</p> <p>Aug 22 2:00–3:00 Photo to Paint (Chinese) • Contact Aimin at 416-405-5010</p>	

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 CENTRES PRESENT

Zumba Gold

Date:

Every Thursday

Time:

11:00 -12:00

Location:

721 Broadview Ave., lower level

Register: [CLICK HERE](#)

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