

# WoodGreen Seniors' Active Living Centre – September in-Person Program Calendar

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>**CENTRE WILL BE CLOSED ON SEP 2 &amp; 22-27**</b>				
<b>Weekly Program</b>	<p><b>10:00–11:00</b> Tai Chi 24 &amp; 42</p> <p><b>11:00–12:00</b> Mandarin Choir</p>	<p><b>9:30–10:30 (Hybrid)</b> <u>Low Impact Exercise L3</u></p> <p><b>9:30–12:30</b> Cantonese Opera</p> <p><b>10:50–11:50</b> Dance from the Heart</p> <p><b>2:30–3:30</b> Low Impact Exercise L1/L2</p>	<p><b>9:30–10:30</b> Pole Walking</p> <p><b>9:30–12:30</b> Cantonese Opera</p> <p><b>10:30–11:30</b> Tai Chi Beginner</p> <p><b>11:45–12:45</b> Mindfulness Stretching and Self-Massage</p> <p><b>1:00–3:30</b> Ballroom Dance Club</p>	<p><b>9:30–10:30 (Hybrid)</b> <u>Low Impact Exercise L1/L2</u></p> <p><b>11:00–12:00 (Hybrid)</b> Zumba Gold • <a href="#">Register HERE</a></p> <p><b>1:00–1:45</b> Low Impact Exercise L3</p> <p><b>2:30–3:30</b> Line Dance Beginner</p> <p><b>3:30–5:00</b> Line Dance Intermediate</p>	
<b>Bi-Weekly &amp; One Time Event</b>	<p><b>Sep 9</b> <span style="float: right;"><b>1:00–3:30</b></span> <b>Mooncake Festival Lunch</b></p> <ul style="list-style-type: none"> <li>• \$10 for Members</li> <li>• Limited Spots</li> <li>• Registration closes on September 30</li> </ul> <p><b>Sep 16 &amp; 30</b> <span style="float: right;"><b>1:00–3:00</b></span> <b>Monday Lunch Bunch</b></p> <ul style="list-style-type: none"> <li>• \$5 for Lunch</li> <li>• Sep 16: Dietician Presentation</li> <li>• Sep 30: ROM For You - Presents Romancing the Stones</li> <li>• Contact Raff at 416-705-1530 to Register</li> </ul>		<p><b>Sep 18 (TBC)</b> <span style="float: right;"><b>10:00–3:00</b></span> <b>Foot Care Clinic</b></p> <ul style="list-style-type: none"> <li>• Appointment ONLY</li> <li>• Contact Jen to Register</li> </ul>	<p><b>Sep 5 &amp; 19</b> <span style="float: right;"><b>12:30–2:30</b></span> <b>Monkey Doll Crafttime</b></p> <ul style="list-style-type: none"> <li>• 8 Spots ONLY</li> <li>• Contact Jen to Register</li> </ul> <p><b>Sep 12</b> <span style="float: right;"><b>2:00–4:00</b></span> <b>Mid-Autumn Dance Party</b></p> <ul style="list-style-type: none"> <li>• \$10 for Members</li> <li>• Limited Spots</li> <li>• Registration closes on September 30</li> </ul>	<p><b>Sep 13 &amp; 20</b> <span style="float: right;"><b>9:30–11:00</b></span> <b>Broadview Cafe</b></p> <ul style="list-style-type: none"> <li>• Contact Raff to Register</li> </ul>

**FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT JENNIFER AT 647-285-7954 OR [JIYANG@WOODGREEN.ORG](mailto:JIYANG@WOODGREEN.ORG)**

**PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING**

# WoodGreen Seniors' Active Living Centre – September in-Person Program Calendar (500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	<b>**CENTRE WILL BE CLOSED ON SEP 2 &amp; 22-27**</b>				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	<p><b>Sep 9</b> <span style="float: right;"><b>1:00–3:30</b></span>  <b>Mooncake Festival Lunch</b></p> <ul style="list-style-type: none"> <li>• \$10 for Members</li> <li>• Limited Spots</li> <li>• Registration closes on September 30</li> <li>• Relocated to 721 Broadview</li> </ul>		<p><b>Sep 18 (TBC)</b> <span style="float: right;"><b>10:00–3:00</b></span>  <b>Foot Care Clinic</b></p> <ul style="list-style-type: none"> <li>• Appointment ONLY</li> <li>• Contact Jen to Register</li> <li>• Relocated to 721 Broadview</li> </ul>	<p><b>Sep 5 &amp; 19</b> <span style="float: right;"><b>12:30–2:30</b></span>  <b>Monkey Doll Crafttime</b></p> <ul style="list-style-type: none"> <li>• 8 Spots ONLY</li> <li>• Contact Jen to Register</li> <li>• Relocated to 721 Broadview</li> </ul>	<p><b>Sep 13 &amp; 20</b> <span style="float: right;"><b>9:30–11:00</b></span>  <b>Broadview Cafe</b></p> <ul style="list-style-type: none"> <li>• Contact Raff to Register</li> <li>• Relocated to 721 Broadview</li> </ul>
	<p><b>Sep 16 &amp; 30</b> <span style="float: right;"><b>1:00–3:00</b></span>  <b>Monday Lunch Bunch</b></p> <ul style="list-style-type: none"> <li>• \$5 for Lunch</li> <li>• Sep 16: Dietician Presentation</li> <li>• Sep 30: ROM For You - Presents Romancing the Stones</li> <li>• Contact Raff at 416-705-1530 to Register</li> <li>• Relocated to 721 Broadview</li> </ul>				

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

# WoodGreen Seniors' Active Living Centre – September in-Person Program Calendar (444 Logan Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	<b>**CENTRE WILL BE CLOSED ON SEP 2 &amp; 22-27**</b>				
	<b>9:30–10:30</b> Low Impact Exercise	<b>10:00–11:00</b> Tea Time	<b>10:00–11:00</b> Walking Club  <b>1:30–4:00</b> BINGO	<b>9:30–10:30</b> TOPs Weight Loss Group  <b>11:30–12:30</b> Dancing with Parkinson's	<b>1:30–2:30</b> Low Impact Exercise
Biweekly & One Time Event		<b>Sep 10 12:00–2:30</b> Mooncake Festival Lunch <ul style="list-style-type: none"> <li>Limited spots</li> <li>Contact Angie to Register</li> </ul> <b>Sep 3 2:00–4:00</b> Movie (TBD)		<b>Sep 5 2:00–3:30</b> Gardening Workshop  <b>Sep 19 1:30–3:00</b> Painting Workshop	
Residents Only	<b>Sep 16 11:00–1:30</b> Lunch Outing <ul style="list-style-type: none"> <li>Sunset Grill (1602 Danforth Ave.)</li> </ul>	<b>Sep 10 10:00–11:00</b> Birthday Tea  <b>Sep 17</b> Day trip	TBD	<b>Sep 12 12:00–2:00</b> Fall Door-to-Door Meal Delivery	<b>Sep 27</b> Day trip (Home Show)

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 – September in-Person Program Calendar (1070 Queen St. E)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	<b>**CENTRE WILL BE CLOSED ON SEP 2 &amp; 22-27**</b>				
	<b>11:00–12:00</b> Low Impact Exercise L2		<b>9:45–11:45</b> Line Dance  <b>1:00–3:00</b> Arts and Crafts • Contact Aimin to Register  <b>3:00–4:00</b> Pole Walking  <b>3:15–4:15 **FULL**</b> English Conversation Circle • Contact Aimin to Register	<b>1:00–3:00</b> Bingo • Free Cards & Snacks! Win Prizes! • Contact Aimin to Register	<b>9:45–11:45</b> Line Dance <b>**FULL**</b>  <b>1:00–3:00</b> Karaoke • Contact Aimin to Register  <b>3:00–4:00</b> Pole Walking
	<b>Sep 9 &amp; 16</b> <b>1:00–2:00</b> Story Stick (English) • <a href="#">Registration Link</a> • Contact Aimin for Details  <b>Sep 30</b> <b>12:00–4:00</b> 1070 Fall Bazaar			<b>Sep 5 &amp; 19</b> <b>9:00–12:00</b> Bible Study (Chinese)	<b>Sep 6</b> <b>12:30–2:30</b> Tasty Club (Chinese) <b>**FULL**</b>
<b>Residents Only</b> <b>9:30–10:30</b> Game Fun • Ping-Pong, Table Soccer, Etc			<b>Sep 12</b> <b>12:30–2:00</b> Welcome Fall celebration lunch	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 – September in-Person Program Calendar (266 Donlands Ave.)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	<b>**CENTRE WILL BE CLOSED ON SEP 2 &amp; 23-27**</b>				
	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	Sep 9 1:00–3:00 Who is the Bingo Queen or King?	Sep 3 1:00–2:00 Safari in 266 Donlands			
	Sep 16 12:45–3:00 Aromatherapy Candles Workshop Class A • 6 Spots Only • Sign- Up Dates: ◦ New Participants: Sep 3 ◦ Returning Participants: Sep 9	Sep 17 12:45–3:00 Aromatherapy Candles Workshop Class B • 6 Spots Only • Sign- Up Dates: ◦ New Participants: Sep 3 ◦ Returning Participants: Sep 9			
Residents Only	Sep 30 1:00–3:00 Floral Design Workshop • 12 Spots Only • Registration Opens on Sep 3 • Contact Shirman to Registration	Sep 10 1:00–3:00 Let's Do Lunch • Registration Period Aug 26 to Sep 5 • Contact Shirman to Register • Program: Paramedic Services Presentation			Every Fri 6:30–9:30 Game Night

**FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT SHIRMAN AT 416-728-7865 OR [SMAK@WOODGREEN.ORG](mailto:SMAK@WOODGREEN.ORG)**  
**PHYSICAL ACTIVITY | WORKSHOP, SKILL DEVELOPMENT | GROUP AND CLUB, SOCIAL ACTIVITY | CONGREGATE DINING, PARTY, OUTING**



**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, SEPTEMBER 3**

**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](mailto:SMMAK@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, September 5**

**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](mailto:AnLam@woodgreen.org)

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

**8 Spots ONLY**

# MONKEY DOLL CRAFT TIME

DATE:

THURSDAY, SEPTEMBER 5 & 19

TIME:

12:30 - 2:30 PM

LOCATION:

721 BROADVIEW AVE., LOWER LEVEL



To Register, Please Contact Jen at 647-285-7954 or [jiyang@woodgreen.org](mailto:jiyang@woodgreen.org)





WOODGREEN SENIORS' ACTIVE  
LIVING CENTRES PRESENT

# WHO IS THE BINGO QUEEN / KING?

**Date: Monday, September 9**

**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](mailto:smmak@woodgreen.org)**



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

# Mooncake Festival Lunch

**Date:** Monday, September 9th, 2024

**Time:** 1:00 - 3:30 pm

**Location:** 721 Broadview Ave., Lower Level

**Fee:** \$10 for Members

**Meal Options:** Chicken/ Pork/ Veggie

**Registration Closes on September 30th, 2024**

To Register, please contact Jen at 647-285-7954 or [jiyang@woodgreen.org](mailto:jiyang@woodgreen.org).





WoodGreen Seniors' Active Living Centre Presents

# Mooncake Festival Lunch

- **Date:** Tuesday, September 10th, 2024
- **Time:** 12:00 - 2:30 pm
- **Location:** 444 Logan Ave.
- **Fee:** \$10 for Members
- **Meal Options:** Chicken/ Pork/ Veggie

**Registration Closes on September 30th, 2024**

To register, please contact Angie at 416 - 543 - 6512 or

[AmLam@woodgreen.org](mailto:AmLam@woodgreen.org).



WoodGreen Seniors' Active Living Centre Presents

# Mid-Autumn Dance Party

*Dance class Folks are invited to our Mid-Autumn Dance Party! If you love dancing or just want to join the fun, you're welcome to celebrate with us. Come and enjoy an Afternoon of music, movement, and festive cheer!*

**Date: Thursday, September 12th, 2024**

**Time: 2:00 - 4:00 pm**

**Location: 721 Broadview Ave., Lower Level**

**Fee: \$10 (Talent Show, Meal, Mooncake)**

**Meal Options: Chicken / Pork / Veggie**

**Registration Closes on September 30th, 2024**

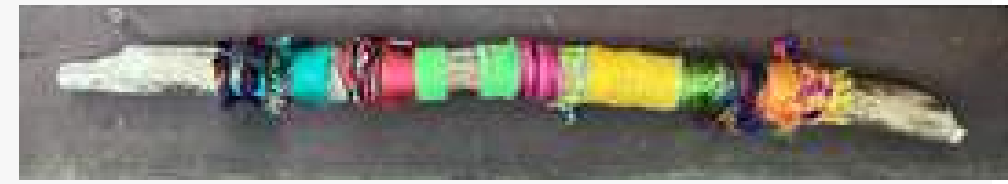
*To Register, please contact Jen at 647-285-7954 or in-person.*

# Broadview Café

Come and enjoy a nice cup of coffee! Through this program, we will explore the various methods of brewing coffee (and tea) and go around the world as we taste coffees (and tea) from various parts and cultures of the world

- DATE: FRIDAY, SEPTEMBER 13 & 20, 2024
- TIME: 9:30 - 11:00 AM
- LOCATION: 721 BROADVIEW AVE, LOWER LEVEL
- FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR [RISLAM@WOODGREEN.ORG](mailto:RISLAM@WOODGREEN.ORG)





# STORY STICK WORKSHOP

Wrap sticks using colourful yarns to tell stories of your life. A simple and enjoyable process.



Pamela Schuller,  
Community Artist

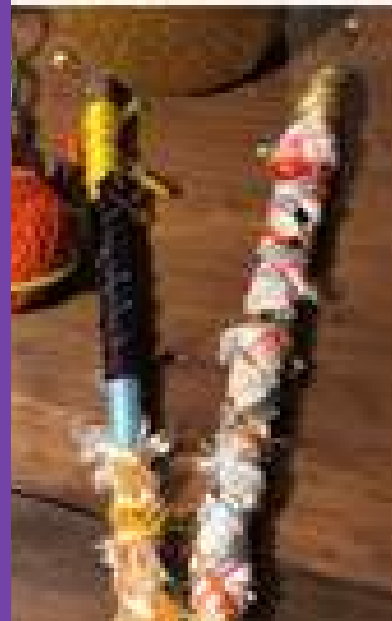
**MONDAY SEPTEMBER  
16 & 30**

**LOCATION: 1070, THE  
COMMUNITY ROOM**

**TIME: 1:00 - 2:00 PM**

**FOR MORE INFORMATION:**

**Contact Aimin Xu Program Coordinator at  
(416) 405-5010 Or [axu@woodgreen.org](mailto:axu@woodgreen.org)**





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

# Aromatherapy Candles Workshop Series

**DATE:** A CLASS: MONDAY, SEPTEMBER 16, 2024  
B CLASS: TUESDAY, SEPTEMBER 17, 2024

**TIME:** 12:45 - 3:00 PM

**LOCATION:** 266 DONLANDS AVE., RECREATION ROOM

- 6 SPOTS ONLY
- SIGN- UP DATES:

**REGISTRATION:**

- NEW PARTICIPANTS: SEP 3
- RETURNING PARTICIPANTS: SEP 9

For inquiries, please contact Shirman at 416-728-7865 or [smmak@woodgreen.org](mailto:smmak@woodgreen.org)





**WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT**

# **MONDAY LUNCH BUNCH**

**SEPTEMBER 16 & 30, 2024**

**1:00 - 3:00 PM**

**721 BROADVIEW AVE., LOWER LEVEL**

- **\$5 for Lunch**
- **September 16: Dietician Presentation**
- **September 30: ROM For You - Presents Romancing the Stones**
  - Surrounded by myths and legends, man has worn jewellwey for centuries; from prehistoric beads and ornaments to the present-day Jewels of royal collections, and the 'bling' worn by both men and women. Some of these ancient pins, bracelets and earrings are very beautiful.....

**For registration, please contact Raff at 416-705-1530 or [rislam@woodgreen.org](mailto:rislam@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, SEPTEMBER 18, 2024 (TBC)**

**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](mailto:JIYANG@WOODGREEN.ORG)**



WoodGreen Seniors' Active Living Centre Presents:

# Painting Workshop

**Date:**

**Thursday, September 19, 2024**

**Time:**

**1:30 - 3:00 PM**

**Location:**

**444 Logan Ave.**

**To Register:**

**Please Contact Angie at 416-543-6512 or [AnLam@woodgreen.org](mailto:AnLam@woodgreen.org)**





# WoodGreen Seniors' Active Living Centre Presents

**Date:**  
**Monday, September 30th, 2024**

**Time:**  
**12:00 - 4:00 pm**

**Location:**  
**1070 Queen St. E**

To Register, Please Contact Aimin at 416-405-5010 or [axu@woodgreen.org](mailto:axu@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](mailto: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](mailto:jiyang@woodgreen.org)**

# WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

## OUR PROJECTS:

ARTS &  
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](mailto: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](mailto: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](mailto: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.



X LO O O  
LOSLR R OALR R O  
LOSRFR O O POY  
O LO OW OU O OCSE CRD DRSR O  
T P