

WoodGreen Seniors' Active Living Centre – November 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>11:00–12:00 (Hybrid) Zumba Gold • Register HERE</p>	
Bi-Weekly & One Time Event				<p>Nov 21 2:00–3:00 Calligraphy Group (Chinese) • Contact Aimin at 416-405-5010</p> <p>Nov 28 3:00–4:30 Let's Talk Movies • Click HERE to Register</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