

WoodGreen Seniors' Active Living Centre – February In-Person Program Calendar

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON FEB 17**				
	<p>10:00–11:00 Tai Chi 24 & 42</p> <p>11:00–12:00 Mandarin Choir</p> <p>12:30–1:30 Virtual Reality Cafe</p>	<p>9:30–10:30 (Hybrid) <u>Low Impact Exercise L3</u></p> <p>9:30–12:30 Cantonese Opera</p> <p>12:30–1:30 Virtual Reality Cafe</p> <p>10:50–11:50 Dance from the Heart</p> <p>12:00–1:00 Tai Chi in 20 Steps</p> <p>2:30–3:30 Low Impact Exercise L1/L2</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>12:30–1:30 Virtual Reality Cafe</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 Low Impact Exercise L3</p> <p>2:30–3:30 Line Dance Beginner</p> <p>3:30–5:00 Line Dance Intermediate</p>	<p>12:30–1:30 Virtual Reality Cafe</p>
Bi-Weekly & One Time Event	<p>Feb 24 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • Feb 24: Black History Month Presentation • Contact Raff at 416-705-1530 to Register 	<p>TBC 12:00–1:00 French 101</p> <ul style="list-style-type: none"> • Contact Jen at 647-285-7954 to Register 		<p>Feb 6 & 13 12:30–2:30 Knitting Club</p> <ul style="list-style-type: none"> • Contact Jen to Register 	<p>Feb 7 1:00–3:00 Lunar New Year Celebration</p> <ul style="list-style-type: none"> • Contact Jen to Register <p>Feb 14 1:00–2:30 Valentine's Jazz Celebration</p> <ul style="list-style-type: none"> • Contact Jen to Register <p>Feb 7 & 14 10:00–11:30 Broadview Cafe</p> <ul style="list-style-type: none"> • Contact Raff 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 – February In-Person Program Calendar

(500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON FEB 17**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	Feb 24 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • Feb 24: Black History Month Presentation • Contact Raff at 416-705-1530 to Register • Relocated to 721 Broadview 				Feb 7 1:00–3:00 Lunar New Year Celebration <ul style="list-style-type: none"> • Contact Jen to Register • Relocated to 721 Broadview Feb 14 1:00–2:30 Valentines Jazz Celebration <ul style="list-style-type: none"> • Contact Jen to Register • Relocated to 721 Broadview Feb 7 & 14 10:00–11:30 Broadview Cafe <ul style="list-style-type: none"> • Contact Raff to Register • Relocated to 721 Broadview

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR R^ISLAM@WOODGREEN.ORG

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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON FEB 17**				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time **Feb 4 Cancelled**	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	Feb 3 2:00–4:30 Movie	Feb 4 12:00–2:30 Lunar New Year Celebration • Contact Angie to Register		Feb 6 & 20 1:30–3:00 Painting Workshop	
	Feb 24 TBD Black History Month Event	Feb 11 1:30–3:00 Heart Health Workshop Feb 11 3:40–4:40 Music Therapy Feb 18 & 25 2:30–4:00 Crochet Corner			
Residents Only	Feb 10 11:00–1:00 Lunch Outing (TBD)				Feb 14 11:00–1:00 Valentines Day Brunch • Contact Angie to Register

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON FEB 17**				
	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 3:15–4:15 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** 2:00–4:30 Karaoke **FULL**
Bi-Weekly & One Time Event	Feb 24 12:30–2:30 Tasty Club 1 (Chinese) **FULL**			Feb 6 & 20 9:00–12:00 Bible Study (Chinese)	Feb 7 12:00–3:00 Lunar New Year Celebration Feb 21 12:30–2:30 Tasty Club 2 (Chinese) **FULL**
Residents Only	9:30–10:30 Game Fun Feb 3 12:30–2:00 Lunar New Year Celebration Feb 10 12:30–2:30 Taste Hub (English)				Jan 31 10:30–1:00 Costco Shopping Bus

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON FEB 17**				
	10:30–12:00 Music in the Air & Sing Along	11:00–12:00 Low Impact Exercise L2		11:00–12:00 Low Impact Exercise L2	
Bi-Weekly & One Time Event	Feb 3 1:00–3:00 My Painting Studio	Feb 4 1:00–3:00 Movie with Popcorn: Mulan	Feb 19 3:30–5:00 Audio Book Club **NEW**	Feb 6 & 20 12:45–1:45 Bell Choir **NEW**	
	Feb 10 1:00–3:00 Who is the Bingo Queen or King?	Feb 11 1:00–2:00 Music Therapy (Chinese)		Feb 13 & 27 12:45–1:30 Drumming Circle **NEW**	
	Feb 24 1:00–3:00 Aromatherapy Candles Workshop Class A <ul style="list-style-type: none"> • 6 Spots Only • Sign- Up Dates: <ul style="list-style-type: none"> ◦ New Participants: Feb 3 ◦ Returning Participants: Feb 10 	Feb 25 1:00–3:00 Aromatherapy Candles Workshop Class B <ul style="list-style-type: none"> • 6 Spots Only • Sign- Up Dates: <ul style="list-style-type: none"> ◦ New Participants: Feb 3 ◦ Returning Participants: Feb 10 			
Residents Only		Feb 18 1:00–3:00 Let's Do Lunch <ul style="list-style-type: none"> • Registration Period Feb 3–13 • Contact Shirman to Register • Program: Entertainment 		Every Thu 6:30–9:30 Blair Court Bingo **NEW**	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

WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:



My Painting Studio

DATE: MONDAY, FEBRUARY 3, 2025

TIME: 1:00 - 3:00 PM

LOCATION: 266 DONLANDS AVE.
RECREATION RM

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Date:

Monday, February 3, 2025

Time:

2:00 - 4:30 PM

Location:

444 Logan Ave.



For inquiries, please contact Angie at 416-543-6512
or AnLam@woodgreen.org

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Lunar New Year Celebration

Date & Time:

444 Logan: Tuesday, February 4, 2025, 12:00 – 2:30 PM

1070 Queen: Friday, February 7, 2025, 12:00 – 3:00 PM

721 Broadview: Friday, February 7, 2025, 1:00 – 3:00 PM

Fee:

\$10 for Members

Meal Option:

Chicken and Pork Combo (Please contact your site's program coordinator for Special Diet Request)

Registration Period:

Monday, Jan 20, 2025 – Monday, Jan 27, 2025

For inquires, please contact Angie at 416-543-6512, Aimin at 416-405-5010, Jen at 647-285-7954





WoodGreen Seniors' Active Living Centre Presents



Movie with Popcorn



DATE: TUESDAY, FEBRUARY 4, 2025

TIME: 1:00 - 3:00 PM

LOCATION: 266 DONLANDS AVE

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



WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

Bell Choir

Discover the joy of making music together in our vibrant Bell Choir program! Whether you're a seasoned musician or trying something new, this group offers a welcoming space to create beautiful harmonies, meet new friends, and have fun. No prior experience is needed – just bring your enthusiasm!

DATE: THURSDAY, FEBRUARY 6 & 20, 2025

TIME: 12:45 - 1:45 PM

LOCATION: 266 DONLANDS AVE.

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



WOODGREEN SENIORS' ACTIVE
LIVING CENTRES PRESENT

WHO IS THE BINGO QUEEN / KING?

Date: Monday, February 10, 2025

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



MUSIC THERAPY

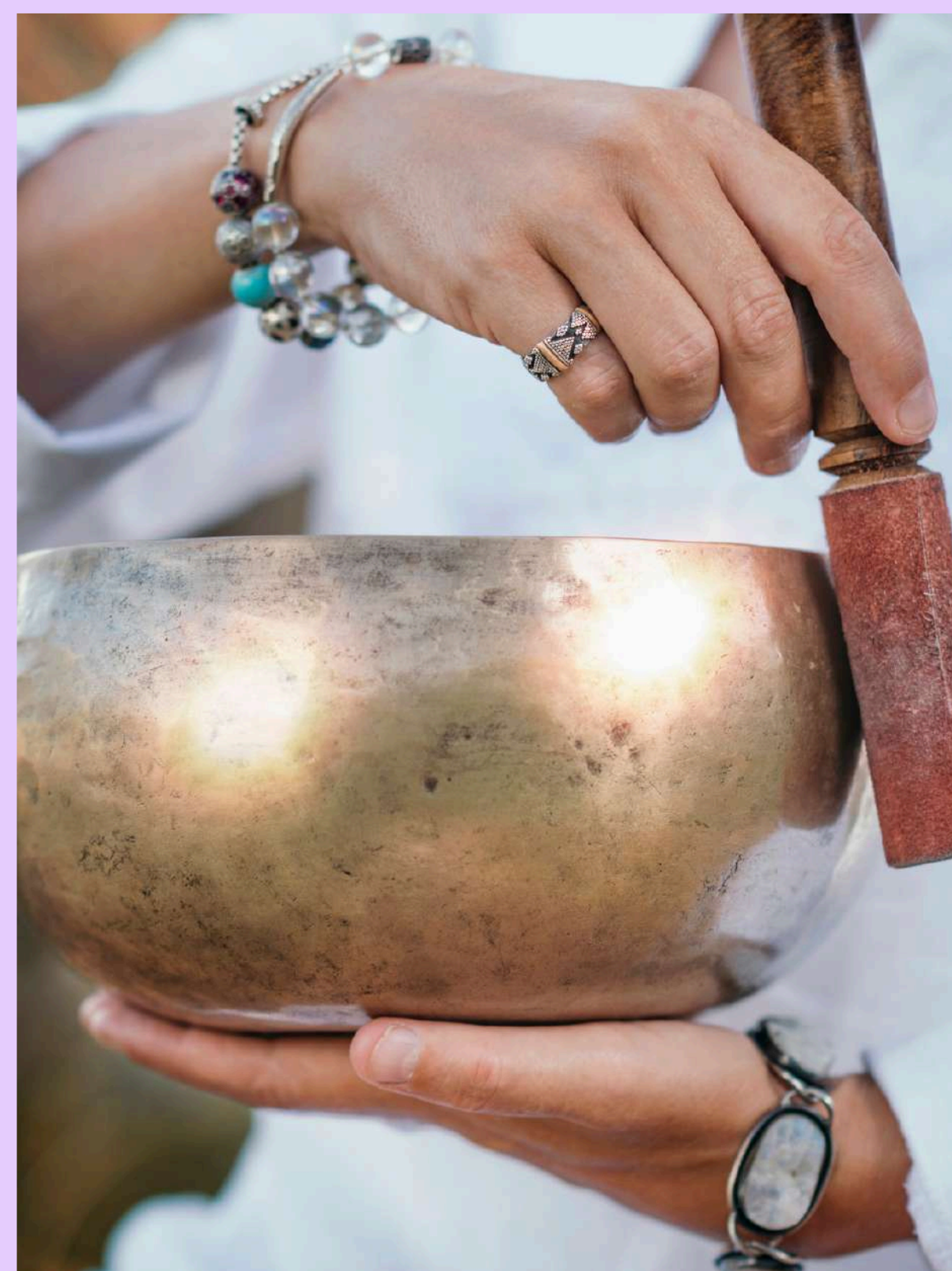
Experience the transformative effects of rhythm, melody, and harmony in a supportive, therapeutic environment.

Date:
Tuesday, February 11, 2025

Time:
3:40 - 4:40 PM

Location:
444 Logan Ave.

To Register, Please Contact Angie at 416-543-6512 or
AnLam@woodgreen.org



WoodGreen Seniors' Active Living Centres Present



Drumming Circle

Join our lively drumming circle for an uplifting experience. All are welcome!

DATE:

Thursday, FEBRUARY 13 & 27, 2025

TIME:

12:45 - 1:30 PM

LOCATION:

266 Donlands Ave.

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



WoodGreen Seniors' Active Living Centre Presents: *Painting Workshop*

Date:
Thursday, February 6 & 20, 2025

Time:
1:30 - 3:00 PM

Location:
444 Logan Ave.

To Register:
Please Contact Angie at 416-543-6512 or AnLam@woodgreen.org



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, FEBRUARY 7 & 14, 2025
- TIME: 10:00 - 11:30 AM
- LOCATION: 721 BROADVIEW AVE, LOWER LEVEL
- FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT RAFF AT 416-705-1530 OR RISLAM@WOODGREEN.ORG



WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT



Crochet Corner

We'll provide the materials and guidance for mastering the basics. Bring your enthusiasm and lets get crocheting together

Date:
Tuesday, February 18 & 25, 2025

Time:
2:30 - 4:00 PM

Location:
444 Logan Ave.

To Register, Please Contact Angie at 416-543-6512 or
AnLam@woodgreen.org





WoodGreen Seniors' Active
Living Centres Present

AUDIO BOOK CLUB

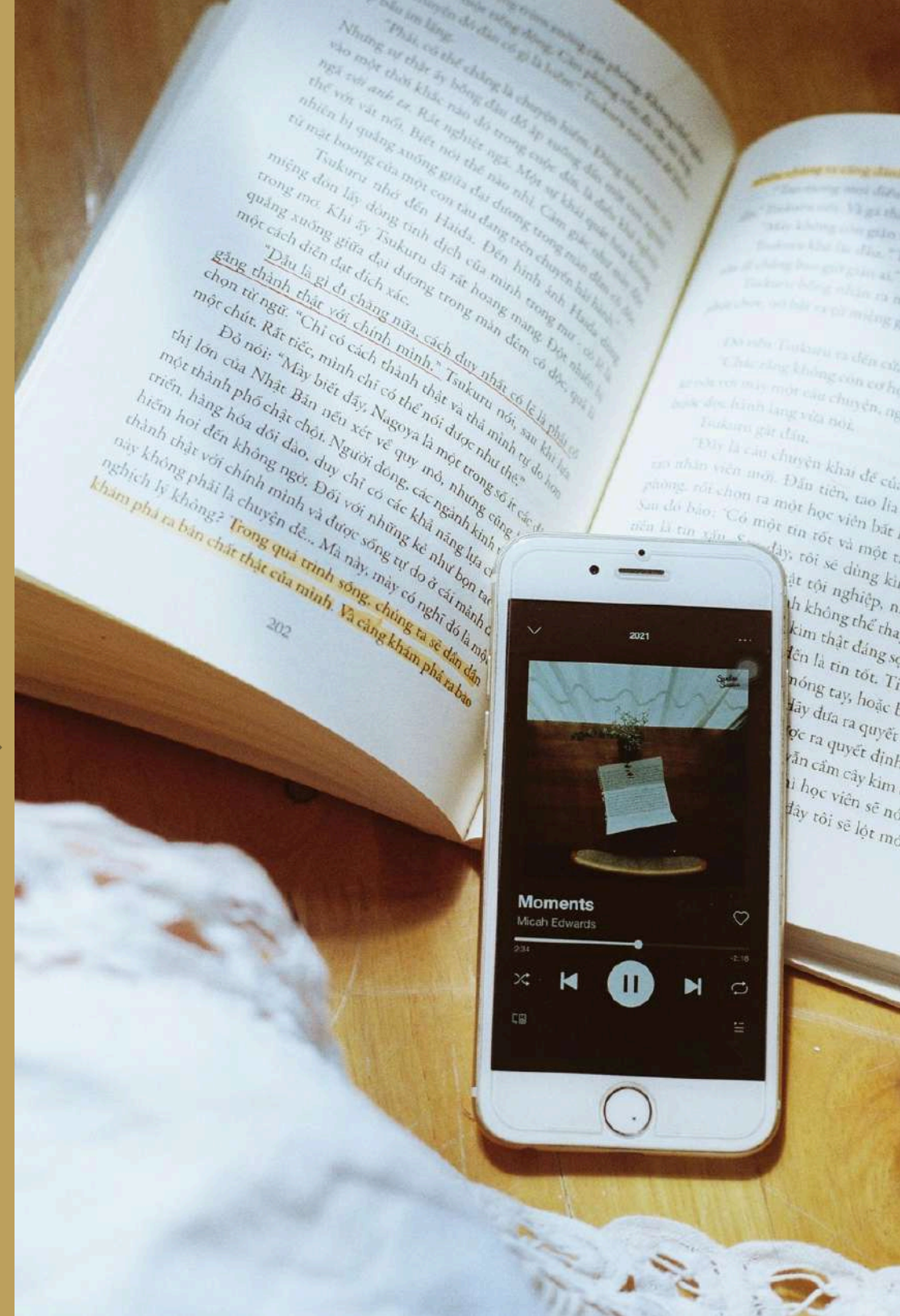
Whether you're a seasoned listener or just curious about audiobooks, this club is your perfect opportunity to dive into engaging tales while sharing thoughts and laughter with friends.

DATE: WEDNESDAY, FEBRUARY 19, 2025

TIME: 3:30 - 5:00 PM

LOCATION: 266 DONLANDS AVE.

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

MONDAY LUNCH BUNCH

FEB 24, 2025

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **Feb 24: Black History Month Presentation**

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

Aromatherapy Candles Workshop Series

- DATE:** A CLASS: MONDAY, FEBRUARY 24, 2025
B CLASS: TUESDAY, FEBRUARY 25, 2025
- TIME:** 1:00 - 3:00 PM
- LOCATION:** 266 DONLANDS AVE., RECREATION ROOM
- 6 SPOTS ONLY
 - SIGN- UP DATES:
 - NEW PARTICIPANTS: FEB 3
 - RETURNING PARTICIPANTS: FEB 10
- REGISTRATION:**

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





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS

French 101

Ready to learn French? Join our Beginner French Class and start speaking French in no time! This fun, supportive class is perfect for English speakers looking to pick up essential phrases and vocabulary for travel, conversation, and more.

Croissant?

Krwah-Sahn?

Date: TBC

Time: 12:00 - 1:00 PM

Location: 721 Broadview Ave.

TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR JIYANG@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:

10:30 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

VIRTUAL REALITY CAFE

LIMITED SPOTS

Experience the world like never before at our Virtual Reality Café! Enjoy light refreshments while immersing yourself in stunning virtual adventures—no need to step outside. Join us for a unique blend of relaxation and exploration!

Date: Every Monday, Tuesday, Wednesday, Friday

Time: 12:30 – 1:30 PM

Location: 721 Broadview Ave., Small Activity Room

TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR JIYANG@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**

Tai Chi in 20 Steps

Easy to learn 20-step Tai Chi routine. Practicing regularly brings peaceful mind, healthy body, and longevity.

Instructed in English.

Date: Every Tuesday

Time: 12:00 - 1:00 PM

Location: 721 Broadview Ave., lower level

TO REGISTER, PLEASE CONTACT JEN AT 647-285-7954 OR JIYANG@WOODGREEN.ORG

WOODGREEN SENIORS' ACTIVE LIVING CENTRES PRESENT

OUR PROJECTS:

CRAFTS & 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



TOPs Weight Loss Group

Date:

Every Thursday

Time:

9:30 - 10:30 am

Location:

444 Logan Ave.

To Register, Please Contact Angie at 416-543-6512 or
AnLam@woodgreen.org





WOODGREEN SENIORS' ACTIVE LIVING CENTRE PRESENTS:

DANCING WITH PARKINSON'S

Date:
Every Thursday

Time:
11:30 AM - 12:30 PM

Location:
444 Logan Ave.

To Register:
Please Contact Angie at 416-543-6512
or AnLam@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 – 5:00 PM

LOCATION:

721 BROADVIEW AVE., LOWER LEVEL

For Registration, Please Contact Jennifer at 647-285-7954 or 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.

W I O O Y O

I O R I P P O T I S P O

I O Q P D P O O F O X

O I O O V O T O T O C T P A A P O P O

S F