

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

(721 Broadview Ave., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CENTRE WILL BE CLOSED ON JAN 1				
Weekly Program	<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>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 • <u>Register HERE</u></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>Jan 6 & 13 1:00–3:00 Monday Lunch Bunch</p> <ul style="list-style-type: none"> • \$5 for Lunch • Jan 6: Entertainment • Jan 13: Entertainment • Contact Raff at 416-705-1530 to Register 	<p>Jan 21 12:00–1:00 French 101</p> <ul style="list-style-type: none"> • Contact Jen at 647-285-7954 to Register 	<p>TBD 10:00–3:00 Foot Care Clinic</p> <ul style="list-style-type: none"> • Appointment ONLY • Contact Jen to Register 	<p>Jan 9 & 16 12:30–2:30 Knitting Club</p> <ul style="list-style-type: none"> • Contact Jen to Register 	<p>Jan 10 & 17 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 – January In-Person Program Calendar

(500 Kingston Rd., Lower Level)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JAN 1**				
			2:00–3:00 (Hybrid) <u>Low Impact Exercise L1/L2</u>		
Bi-Weekly & One Time Event	Jan 6 & 13 1:00–3:00 Monday Lunch Bunch <ul style="list-style-type: none"> • \$5 for Lunch • Jan 6: Entertainment • Jan 13: Entertainment • Contact Raff at 416-705-1530 to Register • Relocated to 721 Broadview 		TBD Foot Care Clinic <ul style="list-style-type: none"> • Appointment ONLY • Contact Jen to Register • Relocated to 721 Broadview 		Jan 10 & 17 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 R1SLAM@WOODGREEN.ORG

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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JAN 1**				
	9:30–10:30 Low Impact Exercise	10:00–11:00 Tea Time	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	Jan 6 2:00–4:30 Movie	Jan 7 & 21 2:30–4:00 Crochet Corner Jan 14 3:40–4:40 Music Therapy		Jan 16 & 30 1:30–3:00 Painting Workshop	
Residents Only	Jan 13 11:00–1:00 Lunch Outing • Popeyes • (660 Dundas St E) Jan 20 10:45–1:15 Grocery Bus (TBD)	Jan 28 2:00–4:30 Movie (Chinese)		Jan 9 1:30–2:30 Meet and Greet with MP Dabrusin: Financial Fraud workshop	

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JAN 1**				
	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** • Starts on Jan 10
Bi-Weekly & One Time Event	Jan 20 12:30–2:30 Tasty Club (Chinese) **FULL**			Jan 2 & 16 9:00–12:00 Bible Study (Chinese)	
Residents Only	9:30–10:30 Game Fun • Ping-Pong, Table Soccer, Etc Jan 13 12:30–2:30 Taste Hub (English)				Jan 3 10:30–1:00 Costco Shopping Bus Jan 24 12:30-2:00 New Year celebration free lunch

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Program	**CENTRE WILL BE CLOSED ON JAN 1**				
	11:00–12:00 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	Jan 13 1:00–3:00 My Painting Studio Jan 20 1:00–3:00 Who is the Bingo Queen or King? Jan 27 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: Jan 6 ◦ Returning Participants: Jan 13 	Jan 14 1:00–2:00 Music Therapy (Chinese) Jan 28 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: Jan 6 ◦ Returning Participants: Jan 13 	Jan 22 3:30–5:00 Audio Book Club **NEW**	Jan 16 & 30 12:45–1:45 Bell Choir **NEW** Jan 23 12:45–1:30 Drumming Circle **NEW**	
	Residents Only		Jan 21 1:00–3:00 Let's Do Lunch <ul style="list-style-type: none"> • Registration Period Jan 6–16 • Contact Shirman to Register • Program: Seniors Safety Talk by Toronto Police Service 		Every Thu 6:30–9:30 Blair Court Bingo **NEW** <ul style="list-style-type: none"> • No Program on Jan 2

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 CENTRES PRESENT

MONDAY LUNCH BUNCH

JANUARY 6 & 13, 2025

1:00 - 3:00 PM

721 BROADVIEW AVE., LOWER LEVEL

- **\$5 for Lunch**
- **Jan 6: Entertainment**
- **Jan 13: Entertainment**

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



Date:

Monday, January 6, 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



Crochet Corner



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

Date:
Tuesday, January 7 & 21, 2025

Time:
2:30 - 4:00 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, JANUARY 10 & 17, 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 CENTRE PRESENTS:



My Painting Studio

DATE: MONDAY, JANUARY 13, 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



MUSIC THERAPY

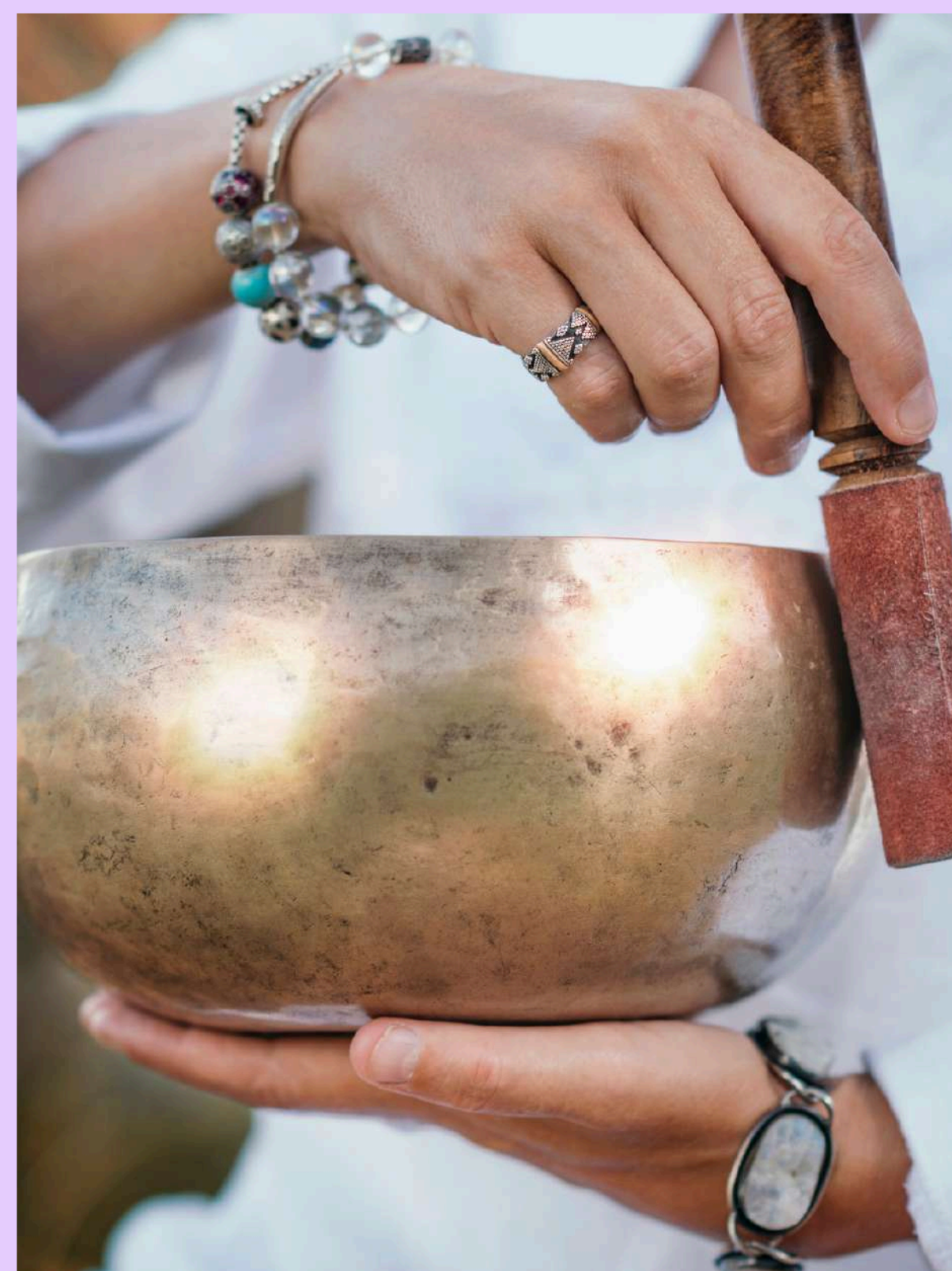
Experience the transformative effects of rhythm, melody, and harmony in a supportive, therapeutic environment.

Date:
Tuesday, January 14, 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 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: WEDNESDAY, JANUARY 16 & 30, 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 Centre Presents: *Painting Workshop*

Date:
Thursday, January 16 & 30, 2025

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

WHO IS THE BINGO QUEEN / KING?

Date: Monday, January 20, 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 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: Tuesday, January 21, 2025

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

AUDIO BOOK CLUB

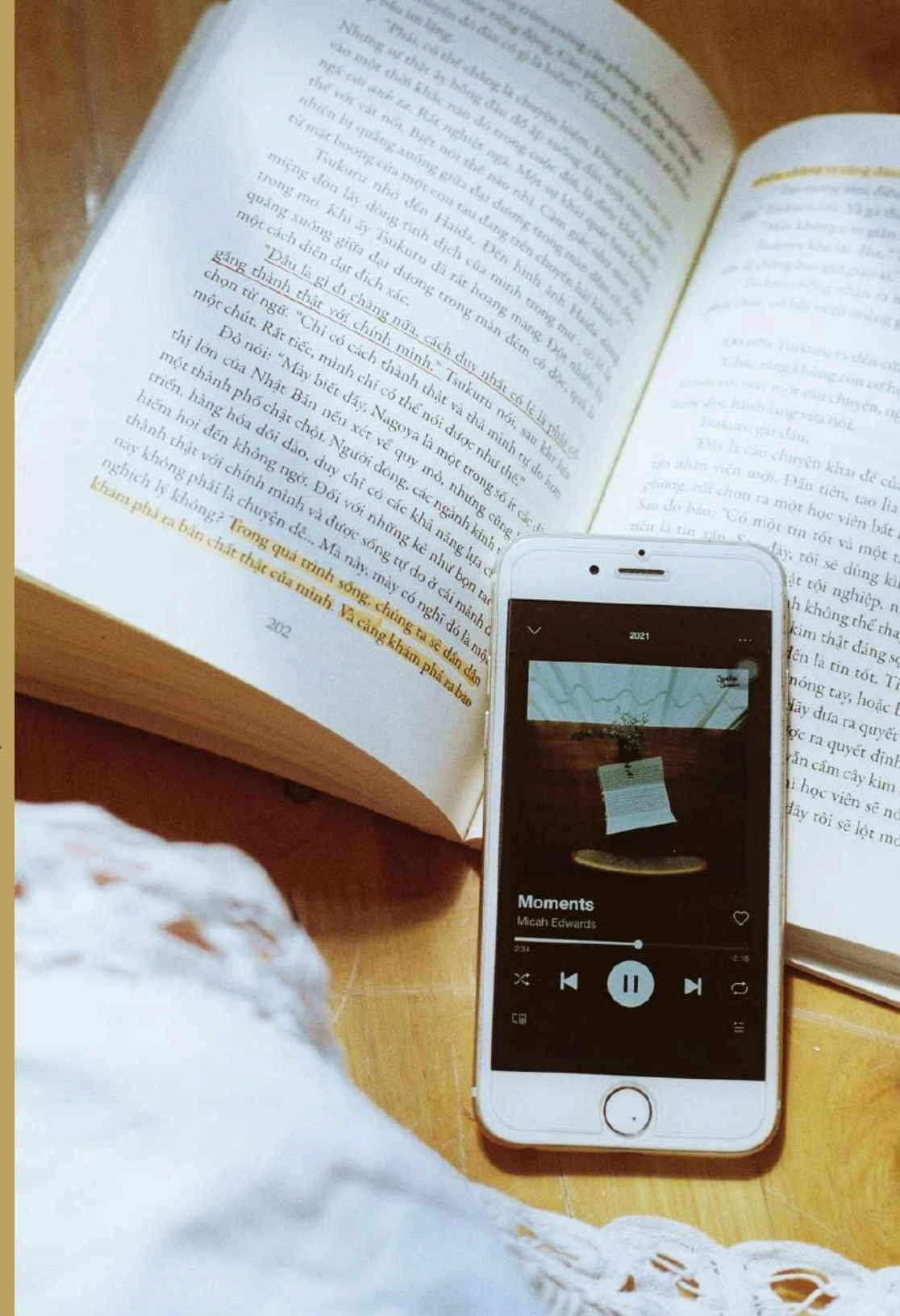
Whether you're a seasoned listener or just curious about audiobooks, this club is your perfect opportunity to dive into engaging tales while sharing thoughts and laughter with friends.

DATE: WEDNESDAY, JANUARY 22, 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



Drumming Circle

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

DATE:

Thursday, January 23, 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:

Aromatherapy Candles Workshop Series

- DATE:** A CLASS: MONDAY, JANUARY 27, 2025
B CLASS: TUESDAY, JANUARY 28, 2025
- TIME:** 1:00 - 3:00 PM
- LOCATION:** 266 DONLANDS AVE., RECREATION ROOM
- 6 SPOTS ONLY
 - SIGN- UP DATES:
 - NEW PARTICIPANTS: JAN 6
 - RETURNING PARTICIPANTS: JAN 13
- REGISTRATION:**

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

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
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

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**

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: **(Resuming Jan 9, 2025)**

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.



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QLDF ,QPF,
QJTF, , QU
, Q ,S ,O , ,QJS QFR RFJF,
N D