


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>09:30-10:30 Tai Chi OCT 7 to NOV 25 total 7 classes NO class on OCT 14 11:00-01:45 Monday Lunch Bunch 02:00-03:30 Milk Bag Program</p>	<p>*10:30-12:00 Beginner French OCT 8 to DEC 10 12:45-04:00 Bid Euchre *02:30-03:30 Zumba Gold Class (Free, OCT 1 to DEC 17) 01:00-02:30 The Writing Club OCT 8, 22 NOV 12, 26 DEC 10</p>	<p>09:30-10:30 Staying Strong OCT 2 to DEC 18 total 11 classes NO CLASS on NOV 27 10:00-12:00 Plastic Canvas *10:45-11:45 Qi Gong OCT 2 to NOV 20 total 8 classes 01:00-02:30 Milk Bag Program 03:00-03:45 Low Impact Fitness L1 04:00-04:45 Low Impact Fitness L3 01:00-03:00 Books and Etc. OCT 16, NOV 20</p>	<p>10:00-12:00 Carpet Bowling NO Bowling on DEC 19 12:45-04:00 Euchre 01:30-03:30 Knitting Bee</p>	<p>11:00-12:00 Low Impact Fitness L2 11:00-12:45 Let's Discuss It 01:00-03:30 Bridge</p>

FALL FUNDRAISING SALE: OCT 21---- OCT 23

CENTRE CLOSURE: DEC 23---- DEC 31

<p>Monday Lunch Bunch Programs: (12:45-01:45) OCT 7: Fire Safety Presentation by Toronto Fire Services OCT 14: No MLB OCT 21: Performance from Shepherd Village OCT 28: Birthday Party: Live Halloween Music</p> <hr/> <p>NOV 4: ROM Talks: ROM Treasures NOV 11: Falls Prevention Series: Presented by Certified Senior Fitness Instructor Luisa DiSimone NOV 18: Travel Log by Mary Peck NOV 25: Birthday Party: Live Entertainment</p> <hr/> <p>DEC 2: Mandarin Lunch Outing DEC 9: Singer Murray Powell DEC 16: Birthday Party: FREE LUNCH Christmas Sing-a-long DEC 23: No MLB DEC 30: No MLB</p>	<p>Chronic Disease Self-Management TUESDAYS (10:30-12:30) OCT 8 OCT 15 OCT 22 OCT 29 NOV 5 NOV 12</p> <p>Fall Fundraising Bake Sale: OCT 22 TUESDAY 10:00-3:00</p> <p>Falls Prevention Series: Games and Prizes TUE, NOV 19 (01:00 – 02:00)</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">Fall Fundraising Sale: OCT 21- OCT 23 MONDAY TO WEDNESDAY 10:00-4:00</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Lunch Outing: BRICKYARD BISTRO WED, NOV 13 (12:00 noon)</p> <p style="text-align: center;">Members' Meeting WED, DEC 4 (11:30-12:30)</p> <p style="text-align: center;">*01:30-03:00 Rainbow Club DEC 11 (01:30-03:00)</p>	<p>Make & Mingle Cooking Program THURSDAYS (10:00–12:30) OCT 3 OCT 10 OCT 17 OCT 24 OCT 31 NOV 7</p> <p style="text-align: center;">Day Trip St. Jacob Farmer's Market THUR, OCT 17 (8:30-04:30)</p> <p>Memory & Aging Workshop THURSDAYS (10:00-12:00) NOV 14 NOV 21 NOV 28 DEC 5 DEC 12</p>	<p>TIFF Movie at the centre Three Identical Strangers FRI, Oct 11 (01:30 – 04:00)</p> <p>Halloween Costume Dance Party FRI, OCT 25 (01:30 - 03:30)</p> <div style="text-align: center;">  </div> <p>Falls Prevention Series: Presentation & Qi Gong Demonstration FRI, NOV 8 (01:30 – 03:00)</p> <p>TIFF Movie at the centre: Inside Llewyn Davis FRI, NOV 22 (01:30 – 04:00)</p> <p style="text-align: right; color: red; font-style: italic;"><i>Last modified date: 2019-09-11 More details on reverse</i></p>
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 Monday Lunch Bunch	11:00 a.m.-11:45 a.m. ~ Singsong & Social Time 11:45 a.m.-12:45 p.m. ~ Lunch & Dessert 12:45 p.m.-1:45 p.m. ~ Program (FREE) Cost: Members \$5.00 for lunch \$6.00 for Hot Lunch Non-Members \$7.00 for lunch \$8.00 for Hot Lunch Please feel free to bring your own lunch. We recommend bringing your own mug and plate, except for the Hot Lunch.
Tai Chi	Mondays 9:30-10:30 OCT 7 – NOV 25 (7 classes) NO Class on OCT14 Cost: \$28 (Member) \$35 (Non-member)
Staying Strong	Wednesdays 9:30-10:30 OCT 2 – DEC 18 (11 classes) NO Class on NOV 27 Cost: \$55 (Member) \$66 (Non-member)
French Class	Tuesdays 10:30-12:00 OCT 8 – DEC 10 (10 classes) It is for beginners. Free. Registration required.
Special Events, Outings and Workshops	
Cooking Program OCT 3 to NOV 7 (THUR)	10:00am -- 12:30pm This is a community led Cooking Program. 6 sessions. Free. Registration required.
Chronic Disease Self-Management Program OCT 8 to NOV 12 (TUE)	10:30am – 12:30pm A program for anyone living with or giving care to someone with chronic health conditions. 6 sessions. Free. Registration required. (FULL)
TIFF Movie at The Centre OCT 11 (FRI)	01:30pm – 04:00pm Movie: Three Identical Strangers Free. Registration required.
Day Trip OCT 17 (THUR)	08:15am – 05:00pm St. Jacobs Farmers' Market Day Trip Please note that lunch is not included and priority will be given to members. Cost: \$10.00 (member) \$15.00 (Non-members)
Halloween Costume Dance Party OCT 25 (FRI)	01:30pm -- 03:30pm Dress up and dance with DJ Darryl Palmer! Free. Registration required.
Falls Prevention Series: Workshop NOV 8 (FRI)	01:30pm--03:00pm Learn about the risk of falls, how to lower the risk and what you should do if you have a fall. Followed by Qi Gong Demonstration. Free. Registration required.
Lunch Outing: Brickyard Bistro NOV 13 (WED)	Brickyard Bistro @12:00 noon, Pay-As-You-Go Address: 1289 Gerrard St E., Toronto, ON M4L 1Y6
Falls Prevention Series: Game Day NOV 19 (TUE)	1:00pm – 2:00pm Come and play games, get prizes and gain knowledge on Falls Prevention! Free. Registration required.
Memory & Aging Program NOV 14 to DEC 12 (THUR)	10:00am – 12:00pm The Brain Health Workshop is developed by clinical neuropsychologists from Baycrest. Trained facilitator WoodGreen staff Aderonke Olabimtan will deliver it. 5 sessions. Free. Registration required.
TIFF Movie at The Centre NOV 22, (FRI)	1:30pm -- 4:00pm Movie: Inside Llewyn Davis Free. Registration required.
Christmas Lunch Outing at the Mandarin Buffet Restaurant DEC 2, (MON)	11:30 a.m. - 1:30 p.m. Please join us for a delicious feast at The Mandarin Buffet Restaurant. Address: 2206 Eglinton Ave. East, Scarborough. Cost: \$10.00 (member) \$20.00 (Non-members)



Fall Calendar 2019

October - December

WoodGreen Community Services--Seniors Active Living Centre
840 Coxwell Avenue, Suite 303, Toronto, Ontario, M4C 5T2

Monday - Friday 8:30 a.m. - 4:30 p.m. **416-467-1166**

Winter Program Calendar will be available on Friday December 13. You can:

1. Pick up a copy at the Centre.
2. Sign up for our e-mail list.
3. Website: <https://www.woodgreen.org/MonthlyActivitiesandWorkshops/Seniors.aspx>

Registration: Please note that priorities will be given to members.

- **October program begins at 10:00 a.m. on Monday September 16, 2019.**
- **November program begins at 10:00 a.m. on Monday October 21, 2019.**
- **December program begins at 10:00 a.m. on Monday November 11, 2019.**

HOTLINE: 416-645-6000 ext. 1221

Payment & Cancellation Policy:

- Payment is due one week before the first class, outing, event or workshop. *Please make cheques payable to WoodGreen Community Services.*
- Cancellation with refunds will be accepted up to 5 business days in advance, unless otherwise noted.

Important:

Medical consultation is highly recommended before enrolment in any physical activities.

Contact Information ~ 416-645-6000 ext. 5218

Lydia Sun, Coordinator, Active Living Centre

Membership Information

WoodGreen Seniors Active Living Centre Membership (Age 55+) runs annually from **April 1 to March 31** and offers activities free of charge or at a subsidized rate at **all locations:**

840 Coxwell Ave.	MON--FRI 8:30am - 4:30pm 416-645-6000 Ext. #5218 Email: lsun@woodgreen.org
721 Broadview Ave.	MON--FRI 9:00am - 5:00pm 416-645-6000 Ext. #1222 Email: lyao@woodgreen.org
444 Logan Ave.	MON--FRI 8:30am - 4:30pm 416-645-6000 Ext. #1872 Email: Njoseph@woodgreen.org
1070 Queen St. E.	MON--FRI 9:00am - 5:00pm 416-645-6000 Ext. #1119 Email: Axu@woodgreen.org

If you do not wish to become a Member, you may still participate in the Centre's classes, workshops, outings and special events but at a slightly higher cost than if you were a Member.