

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:30-10:30 Tai Chi Self Practice 11:00-01:45 Monday Lunch Bunch 02:00-03:30 Milk Bag Program *02:00-03:30 Rainbow Club SEP 9 	12:45-04:00 Bid Euchre *02:30-03:30 Zumba Gold Class (Free, JULY 2 to SEP 17) 01:00-02:30 The Writing Club JULY 9, JULY 23 Aug 13, Aug 27 SEP 10	09:30-10:30 Staying Strong No class on AUG 21, SEP 4 & SEP 11 10:00-11:00 Qi Gong Class 01:00-02:30 Milk Bag Program 03:00-03:45 Low Impact Fitness L1 04:00-04:45 Low Impact Fitness L3 10:00-12:00 Plastic Canvas SEP 11 & SEP 18 01:00-03:00 Books and Etc. SEP 18	10:00-12:00 Carpet Bowling 12:45-04:00 Euchre 01:30-03:30 Knitting Bee	11:00-12:00 Low Impact Fitness L2 11:00-12:45 Let's Discuss It 01:00-03:30 Bridge *03:00-04:00 Getting Fit (Free. AUG 2, 9, 16, & 30)

CENTRE CLOSURE: SEP 23 ---- SEP 27

<p>Monday Lunch Bunch Programs: (12:45-01:45)</p> <p>JULY 1: No MLB JULY 8: First Nation Seminar 3 JULY 15: Health Talk: Osteoarthritis, Osteoporosis, and Exercise JULY 22: Healthy Eating Workshop JULY 29: Birthday Party: Live Entertainment</p> <hr/> <p>AUG 5: No MLB AUG 12: First Nation Seminar 4 AUG 19: Taste of Chocolate AUG 26: Birthday Party: Live Entertainment</p> <hr/> <p>SEP 2: No MLB SEP 9: ROM Talks: Spiders: Fear & Fascination SEP 16: First Nation Seminar 5 SEP 23: No MLB SEP 30: Free Lunch Birthdays & End of Summer Party Live Entertainment</p>	<p>Computer Class for Beginners TUESDAYS (01:30-03:00)</p> <p>JULY 9 JULY 16 JULY 23 JULY 30</p> <p>Make and Mingle Cooking Program TUESDAYS (10:00-01:00)</p> <p>AUG 6 AUG 13 AUG 20 AUG 27</p> <p>TUE, SEP 10 (12:00 noon) Lunch Outing: Planta Yorkville Restaurant</p>	 <p>WED, AUG 14 (12:00 noon) Lunch Outing: Oretta Italian Restaurant</p> <p>WED, SEP 4 (11:30-12:30) Members' Meeting</p>	<p>THUR, JULY 4 (10:00-12:00) Decorate Summer shoes workshop</p> <p>THUR, JULY 18 (9:00-04:00) Free Memory Screening</p> <p>THUR, AUG 8 (01:30-03:30) Parrot Making Workshop</p>	<p>FRI, JULY 12 (02:00 - 03:30) Soap Making Workshop</p> <p>FRI, JULY 26 (11:00 – 01:00) TIFF Movie Outing : Touch of Evil</p> <p>FRI, AUG 2 (08:30-04:30) Day Trip: Blueberry Picking & Outlet Mall</p>
--	---	---	---	---



*Last modified date: 2019-06-13
 More details on reverse*

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 bring your own mug and plate, except for the Hot Lunch.

Staying Strong

JULY 3 – SEP 18 (9 weeks) NO Class on AUG 21, SEP 4 and SEP 11

Cost: \$45.00 (Member) \$54.00 (Non-members)

Special Events, Outings and Workshops

Please note that priorities will be given to members

Shoes DIY Workshop JULY 4 (Thursday)	10:00am – 12:00pm Come and Decorate Your Summer Shoes! Free. Registration required.
Beginner Computer Class JULY 9, 16, 23, 30 (Tuesdays)	01:30pm – 03:00pm Basic computer skills for beginners Free. Registration required.
Soap Making Workshop JULY 12 (Friday)	02:00pm -- 03:30pm Fun and relaxing soap making! Free. Registration required.
Free Memory Screening JULY 18 (Thursday)	09:00am – 04:00pm Toronto Memory Program runs this free paper-and-pencil memory testing. Registration required.
TIFF Movie Outing JULY 26 (Friday)	11:00am – 01:00pm Movie: Touch of Evil Free. Registration required.
School Bus Day Trip AUG 2 (Friday)	08:30am – 04:30pm Blueberry Picking & Vaughan Mills Day Trip Please bring your own lunch or you can have your lunch in the mall. Cost: \$5.00 (member) \$10.00 (Non-members)
Cooking Program AUG 6, AUG 13, AUG 20, AUG 27 (Tuesdays)	10:00am -- 01:00pm Make and Mingle Cooking Program This is a FREE community led Cooking Program. Learn how to cook and enjoy a meal with others. Registration required.
Parrot Making Workshop AUG 8 (Thursday)	01:30pm – 03:30pm Let us make beautiful parrots together! Free. Registration required.
Lunch Outing AUG 14 (Wednesday)	Oretta Italian Restaurant @12:00 noon, Pay-As-You-Go Address: 633 King St W, Toronto, ON M5V 1M5
Rainbow Club SEP 9 (Monday)	02:00pm – 03:30pm This is a social afternoon for seniors who identify as LGBTQ, their friends and allies. Free, registration required.
Lunch Outing SEP 10 (Tuesday)	Planta Yorkville (Vegetarian) Restaurant @12:00 noon, Pay-As-You-Go Address: 1221 Bay St, Toronto, ON M5R 3P5
September Birthday's & End of Summer Party SEP 30 (Monday)	11:45am – 01:45pm Join us to celebrate September Birthdays & End of Summer! Our Community Kitchen Leaders will cook for you! Free. Registration required.



Summer Calendar 2019

JULY - SEPTEMBER

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**

Fall Program Calendar will be available on Friday September 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: Begins at 9:00 a.m. on Monday June 17, 2019. Please note that priorities will be given to members.

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.