

# WoodGreen Seniors' Active Living Centre December Virtual Program Description

This year, WoodGreen Seniors' Active Living Centres are offering free membership. If you are interested in joining or renewing, and have not filled it out yet, please fill out the online [Membership Registration/Renewal Form](#).

**Art and Crafts- Doodle Christmas Card:** Get into the festive spirit by joining us to create some holiday-themed doodles and cards! All you will need is some paper and any writing utensils of your choice. You could use a pencil, pen, colored markers, or crayons. The more, the merrier!

**Book and etc.:** Join us for this lively discussion on books, etc., and enjoy the festive weather together. [Register](#)

**Brain Beat Dance:** Brain Beat Dance was developed from traditional dances. It will help to stimulate the brain to improve concentration, body coordination and short-term memory. The instructors from Brain Beat Dance Canada Seniors Association will teach dance on chairs in English and Cantonese. [Register](#)

**Chair Yoga:** Try this gentle Chair Yoga from the comfort of your home. [Register](#)

**Chair Zumba:** Dance with Kadrie to give you an overall energy boost!

**Chat Time:** Grab your favorite drink and join our language-specific chat time.

**Christmas Party:** Let it snow, let it snow, let it snow. Come celebrate the holiday season with an afternoon of festivities, music and lucky draw!

**Cyber Security Workshop:** CISCO Networking Academy Manager for Canada will talk about Cyber Security for everyday essentials during the COID-19 period.

**Diabetes Management Workshop series (Mandarin/English):** Flemington Community Health Centre will deliver the workshop series. An interdisciplinary team of a Registered Nurse, Dietician, Exercise Instructor and Chiropractor will present different topics related to Diabetes Management. [Register-Mandarin](#) [Register-English](#)

**English Class:** This course is designed for people whose English is their second language. Please join us to learn English with fun and practical topics in daily life. [Register](#)

**Games:** This fun session will share activities to make you laugh and stay connected with others. **For December, gift cards will be given to the winners!**

**Individual & small group home exercise:** To book an appointment, please call Peter at 647-289-6451 or email [lpeng@woodgreen.org](mailto:lpeng@woodgreen.org)

**Jukebox:** Send your favorite playlist to Lulu at [lyao@woodgreen.org](mailto:lyao@woodgreen.org) and we will share your happiness with others.

**Let's Discuss It:** Let's meet virtually to enjoy this lively discussion on various topics.

**Meditation:** This meditation session will help manage your stress levels & wellbeing.

**Painting Class:** Learn to paint using watercolors. Lessons are conducted in Chinese and weekly homework is given through WeChat. [Register](#)

**Rainbow Club Christmas Gathering:** This event is for LGBTQ Seniors and their allies. Join us with games and lucky draws on Thursday, December 10th, 2:00 pm—3:30 pm. [Register](#)

**Scam Workshop:** Join us the Scam Workshop delivered by Toronto Police Officer. Learn about scams and how to prevent them.

**Short Story Club:** It is a fun way for seniors to experience audiobooks. We will present a different category of story and include discussion time after the story.

**Spanish Class Christmas Party:** The party is primarily for Spanish class participants. If you would like to join us to practice your Spanish, please [Register](#)

**Stay Active at Home: Level 1 & 2** is for clients who have participated in level 1-2. Exercises will be done with the use of a stable chair. **Level 3:** This exercise session is for registered clients who have participated in level 3 physical activity. Exercises will be done in a standing position with limited chair support.

**Tasty Club:** A fun session where participants taking turns sharing their favorite food recipes with other members of the group. [Register](#)

**Teams App 1:1:** To book an appointment on how to use Microsoft Teams App, please call Shirman at 416-728-7865 or email [smmak@woodgreen.org](mailto:smmak@woodgreen.org)

## HOW TO CONNECT

**By Video:** Use browser **Chrome**, click on the link & follow the [Manual](#) or [Video](#) to join.

**Programs in blue have separate links, pre-registration is needed.**

**By Phone:** dial **647-484-6017** press **187 062 068#**, to mute and unmute during programs, press \* 6

# December Virtual Program Calendar

Please note that these links will be active 10 minutes before the session starts

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> 10:00-10:45 <a href="#">Stay Active at Home L3</a></p> <p>1:00-2:00 <a href="#">Game: True or False?</a></p> <p>2:30-3:15 <a href="#">Ba Duan Jin</a></p>	<p><b>2</b> 11:00-12:00 <a href="#">Chat Time (Mandarin)</a></p> <p><b>12:30-1:30*</b> <b>(Time changed)</b> <a href="#">Meditation</a></p> <p>3:00-4:00 <a href="#">English Class</a></p>	<p><b>3</b> 10:00-10:45 <a href="#">Stay Active at Home L1 /L2</a></p> <p>10:30-11:45 <a href="#">Painting Class (Mandarin)</a></p> <p>1:30-2:30 <a href="#">Diabetes Management Workshop 2 - Dietitian (Mandarin &amp; English)</a></p> <p>2:00-3:30 <a href="#">Scam workshop from Toronto Police Officer</a></p> <p>2:00-3:00 <a href="#">Tasty Club (Chinese)</a></p>	<p><b>4</b> 10:00-11:00 <a href="#">Good Morning WoodGreen (Cantonese)</a></p> <p>12:00-12:45 <a href="#">Let's Discuss It</a></p> <p>2:00-2:30 <a href="#">Brain Beat Dance (English)</a></p> <p>2:45-3:15 <a href="#">Brain Beat Dance (Chinese)</a></p>
<p><b>7</b> 10:00-10:45 <a href="#">Chair Zumba</a></p> <p>1:30-3:00 <a href="#">Cybersecurity workshop</a></p> <p>3:00-4:00 <a href="#">Chair Yoga</a></p>	<p><b>8</b> 10:00-10:45 <a href="#">Stay Active at Home L3</a></p> <p>1:00-2:00 <a href="#">Game: The Price is Right</a></p> <p>2:30-3:15 <a href="#">Ba Duan Jin</a></p>	<p><b>9</b> 11:00-12:00 <a href="#">Chat Time (Mandarin)</a></p> <p>11:00-12:00 <a href="#">Spanish class Christmas party</a></p> <p>2:00-3:30 <a href="#">Art and Crafts: Doodle Christmas Card</a></p> <p>3:00-4:00 <a href="#">English Class</a></p>	<p><b>10</b> 10:00-10:45 <a href="#">Stay Active at Home L1 /L2</a></p> <p>10:30-11:45 <a href="#">Painting Class (Mandarin)</a></p> <p>1:30-2:30 <a href="#">Diabetes Management Workshop 3 - Fitness Instructor (Mandarin &amp; English)</a></p> <p>2:00-3:00 <a href="#">Tasty Club (Chinese)</a></p> <p>2:00-3:30 <a href="#">Rainbow Club Christmas Gathering</a></p>	<p><b>11</b> 10:00-11:00 <a href="#">Good Morning WoodGreen (Cantonese)</a></p> <p>12:00-12:45 <a href="#">Let's Discuss It</a></p> <p>2:00-3:15 <a href="#">Christmas Party</a></p>
<p><b>14</b> 1:00-2:00 <a href="#">Short Story Club</a></p> <p>3:00-4:00 <a href="#">Chair Yoga</a></p>	<p><b>15</b> 10:00-10:45 <a href="#">Stay Active at Home L3</a></p> <p>2:30-3:15 <a href="#">Ba Duan Jin</a></p>	<p><b>16</b> 11:00 -12:00 <a href="#">Chat Time (Mandarin)</a></p> <p>3:00-4:00 <a href="#">English Class</a></p> <p><b>12:30-1:30*</b> <b>(Time changed)</b> <a href="#">Meditation</a></p> <p>2:00 -3:00 <a href="#">Book and Etc.</a></p>	<p><b>17</b> 10:00-10:45 <a href="#">Stay Active at Home L1 /L2</a></p> <p>10:30-11:45 <a href="#">Painting Class (Mandarin)</a></p> <p>1:30-2:30 <a href="#">Diabetes Management Workshop 4 - Chiropodist (Mandarin &amp; English)</a></p> <p>2:00-3:00 <a href="#">Tasty Club (Chinese)</a></p>	<p><b>18</b> 10:00-11:00 <a href="#">Good Morning WoodGreen (Cantonese)</a></p> <p>12:00-12:45 <a href="#">Let's Discuss It</a></p> <p>2:00- 2:30 <a href="#">Jukebox</a></p>
<p><b>21</b> 10:00- 10:45 <a href="#">Chair Zumba</a></p> <p>3:00-4:00 <a href="#">Chair Yoga</a></p>	<p><b>22</b> 10:00-10:45 <a href="#">Stay Active at Home L3 (Cancelled)</a></p> <p>2:30-3:15 <a href="#">Ba Duan Jin (Cancelled)</a></p>	<p><b>23</b> 11:00 -12:00 <a href="#">Chat Time (Mandarin)</a></p> <p>3:00-4:00 <a href="#">English Class</a></p>	<p><b>Dec 24, 2020 – Jan 1, 2021</b> <b>Quarterly Closure</b></p> 	

For more information, please contact: Shirman: 416-728-7865/ Lydia: 416-705-1530/ Lulu: 647-285-7954