



# WoodGreen Seniors Active Living Centre

## July Virtual Program Description

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

**Virtual Potluck:** Let us meet virtually and share lunch/brunch with other members. Followed by presentations on various topics.

**Art Appreciation Workshop (Mandarin):** Join this workshop series to improve the ability of artistic appreciation, enjoy the joy of painting, and put forward some thinking in personal paintings.

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

**Games:** This fun session will share activities to make you laugh and stay connected with others.

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

**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. (All languages)

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

**Pet Care Workshop:** Come and meet our facilitator Emily who is veterinarian medical student at the University of Edinburgh. Let's better understand our pets and learn how to properly take care of them.

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

**Spanish for Travelling:** This course is designed for beginners, and you will have to use Microsoft Teams App to access the classes for the best outcome. [Register Here.](#)

**Stay Active at Home (Level 1 & 2):** This exercise session is for clients who have participated in level 1-2. Exercises will be done with the use of a stable chair.

**Stay Active at Home (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.

**Solutions for Better Sleep Workshop Series:** Learn strategies and where to find help on how to get a good night's sleep to feel more rested. It is delivered by East End Community Health Center.

**Talk to a Registered Nurse:** Learn how to protect yourself during the Covid-19 pandemic and understand proper guidelines about hand hygiene, masks and more.

**Wellness Kitchen:** Connect with us via this fun cooking show to explore practical and easy meal planning, grocery shopping and food safety tips!

**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.

**All the programs in red are sharing the same open link below:**

[\*\*Join Microsoft Teams Meeting\*\*](#)

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

**By Phone:** We recommend that you block your phone number when you join the session by phone, please see the following steps:

- For landline: Press \*67, then dial **647-484-6017** press **187 062 068**, press #
- For cellphone: Press # 31#, then dial **647-484-6017** press **187 062 068**, press #
- To mute & unmute during programs, press \* 6

**For more information, please contact:**

**Shirman: 416-728-7865/ Lydia: 416-705-1530/ Lulu: 647-285-7954**

# July Virtual Program Calendar

Staff: Shirman: 416-728-7865/ Lydia: 416-705-1530/ Lulu: 647-285-7954

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

| Monday                                                                                                                                                                                                                | Tuesday                                                                                                               | Wednesday                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                          | Friday                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6<br>10:00- 10:45<br><a href="#">Chair Zumba</a><br><br>1:30- 2:30<br><a href="#">Short Story Club</a>                                                                                                                | 7<br>10:00-10:45<br><a href="#">Stay Active at Home L3</a><br><br>2:00-2:45<br><a href="#">Ba Duan Jin (Chinese)</a>  | 8<br>10:00-11:30<br><a href="#">Spanish For Travelling 1</a><br><br>11:00 -12:00<br><a href="#">Chat Time (Mandarin)</a><br><br>1:00-2:00<br><a href="#">Meditation</a><br><br>2:30- 3:00<br><a href="#">Talk to a Registered Nurse</a> | 9<br>10:00-10:45<br><a href="#">Stay Active at Home L1 /L2</a><br><br>11:00-12:15<br><a href="#">Workshop series: Art Appreciation-1 (Mandarin)</a><br><br>2:00-3:00<br><a href="#">Game: Christmas Trivia</a>    | 10<br>10:00-11:00<br><a href="#">Chat Time (Cantonese)</a><br><br>12:00-12:45<br><a href="#">Let's Discuss It</a><br><br>2:00-2:30<br><a href="#">Jukebox</a>                                         |
| 13<br>10:00- 10:45<br><a href="#">Chair Zumba</a><br><br>12:30-1:00<br><a href="#">Virtual Potluck (English)</a><br><br>1:00-1:30<br><a href="#">Health Talk: Falls Prevention by Chiropractor Dr. Choi (English)</a> | 14<br>10:00-10:45<br><a href="#">Stay Active at Home L3</a><br><br>2:00-2:45<br><a href="#">Ba Duan Jin (Chinese)</a> | 15<br>10:00-11:30<br><a href="#">Spanish For Travelling 2</a><br><br>11:00 -12:00<br><a href="#">Chat Time (Mandarin)</a>                                                                                                               | 16<br>10:00-10:45<br><a href="#">Stay Active at Home L1 /L2</a><br><br>11:00-12:15<br><a href="#">Workshop series: Art Appreciation-2 (Mandarin)</a><br><br>2:00-3:00<br><a href="#">Game: Spelling Bee</a>       | 17<br>10:00-11:00<br><a href="#">Chat Time (Cantonese)</a><br><br>12:00-12:45<br><a href="#">Let's Discuss It</a><br><br>1:30 – 3:30<br><a href="#">Wellness Kitchen - Jerk Chicken</a>               |
| 20<br>10:00- 10:45<br><a href="#">Chair Zumba</a><br><br>1:30- 2:30<br><a href="#">Short Story Club</a>                                                                                                               | 21<br>10:00-10:45<br><a href="#">Stay Active at Home L3</a><br><br>2:00-2:45<br><a href="#">Ba Duan Jin (Chinese)</a> | 22<br>10:00-11:30<br><a href="#">Spanish For Travelling 3</a><br><br>11:00 -12:00<br><a href="#">Chat Time (Mandarin)</a><br><br>2:00-3:30<br><a href="#">Solutions for Better Sleep Workshop-1</a>                                     | 23<br>10:00-10:45<br><a href="#">Stay Active at Home L1 /L2</a><br><br>11:00-12:15<br><a href="#">Workshop series: Art Appreciation-3 (Mandarin)</a><br><br>2:00-3:00<br><a href="#">Game: True or False Quiz</a> | 24<br>10:00-11:00<br><a href="#">Chat Time (Cantonese)</a><br><br>12:00-12:45<br><a href="#">Let's Discuss It</a><br><br>2:00-3:00<br><a href="#">Pet Care Workshop</a>                               |
| 27<br>10:00- 10:45<br><a href="#">Chair Zumba</a><br><br>12:30-1:00<br><a href="#">Virtual Potluck (Cantonese)</a><br><br>1:00-1:30<br><a href="#">Gardening (Cantonese)</a>                                          | 28<br>10:00-10:45<br><a href="#">Stay Active at Home L3</a><br><br>2:00-2:45<br><a href="#">Ba Duan Jin (Chinese)</a> | 29<br>10:00-11:30<br><a href="#">Spanish For Travelling 4</a><br><br>11:00 -12:00<br><a href="#">Chat Time (Mandarin)</a><br><br>2:00-3:30<br><a href="#">Solutions for Better Sleep Workshop-2</a>                                     | 30<br>10:00-10:45<br><a href="#">Stay Active at Home L1 /L2</a><br><br>11:00-12:15<br><a href="#">Workshop series: Art Appreciation-4 (Mandarin)</a><br><br>2:00-3:00<br><a href="#">Game: Name that tune</a>     | 31<br>10:00-11:00<br><a href="#">Chat Time (Cantonese)</a><br><br>12:00-12:45<br><a href="#">Let's Discuss It</a><br><br>1:30-3:30<br><a href="#">Wellness Kitchen - Quick Jamaican Rice and Peas</a> |