



Opportunity made here.

WoodGreen Seniors Active Living Centre

September Virtual Program Description

Brain Booster Workshop Series: This 3-part series on how the brain works, common types of dementia, and what we can do to help keep our brains healthy. Each session will have interactive brain stimulating puzzles and activities. It is delivered by East End Community Health Center.

- Session 1-Sept 11: The brain, how it works, and common types of dementia.
- Session 2-Sept 18: The impact of physical activity, nutrition and chronic illness on brain health.
- Session 3-Sept 25: How to keep your brain stimulated and engaged with music, hobbies.

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.

English Class for Beginners: This course is designed for English As 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.

Health Talk: Nurse Diane Sanborn will talk about Flu and potential Second Wave. Everyone is welcome to join and we will have time for Q&A.

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

Jukebox: Send your favorite playlist to Lulu at lyao@woodgreen.org and we will share your happiness with others. (All languages)

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

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

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 Intermediate: This course intermediate level, please register if you have taken Spanish classes before and have basic knowledge of the Spanish. [Register](#)

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.

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

Virtual Members' Town Hall Meeting: Feel free to join us to get updated information on our reopening plans and upcoming programs.

Painting Class: Join us online to learn how to paint at your comfort home, please contact Aimin Xu at axu@woodgreen.org for the link and more information.

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: [Join Microsoft Teams Meeting](#)
Programs in blue have 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 and unmute during programs, press * 6

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

September Virtual Program Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10:00-10:45 Stay Active at Home L3</p> <p>2:30-3:15 Ba Duan Jin</p>	<p>2 10:00-11:30 Spanish Class Intermediate 1</p> <p>*11:00 -12:00* NO Chat Time (Mandarin)</p> <p>1:00-2:00 Meditation</p>	<p>3 10:00-10:45 Stay Active at Home L1 /L2</p>	<p>4 10:00-11:00 Chat Time (Cantonese) 12:00-12:45 Let's Discuss It 2:00-2:30 Jukebox</p>
<p>7</p> <p>Closed for Labour Day</p>	<p>8 10:00-10:45 Stay Active at Home L3</p> <p>1:00-2:00 Game: Trivia</p> <p>2:30-3:15 Ba Duan Jin</p>	<p>9 10:00-11:30 Spanish Class Intermediate 2</p> <p>11:00 -12:00 Chat Time (Mandarin)</p> <p>2:30-3:30 English Class</p>	<p>10 10:00-10:45 Stay Active at Home L1 /L2</p> <p>2:00-3:00 Health Talk: Flu and potential Second Wave—By nurse Diane Sanborn</p>	<p>11 10:00-11:00 Chat Time (Cantonese) 12:00-12:45 Let's Discuss It</p> <p>2:00 – 3:00 Brain Booster Workshop 1</p>
<p>14 10:00- 10:45 Chair Zumba</p>	<p>15 10:00-10:45 Stay Active at Home L3</p> <p>2:30-3:15 Ba Duan Jin</p>	<p>16 10:00-11:30 Spanish Class Intermediate 3</p> <p>11:00 -12:00 Chat Time (Mandarin)</p> <p>2:30-3:30 English Class</p>	<p>17 10:00-10:45 Stay Active at Home L1 /L2</p> <p>1:30-3:00 Virtual Members' Town Hall Meeting (English)</p>	<p>18 10:00-11:00 Chat Time (Cantonese) 12:00-12:45 Let's Discuss It</p> <p>2:00 – 3:00 Brain Booster Workshop 2</p>
<p>21 10:00- 10:45 Chair Zumba</p> <p>1:30- 2:30 Short Story Club</p>	<p>22 10:00-10:45 Stay Active at Home L3</p> <p>1:00-2:00 Game: Jeopardy</p> <p>2:30-3:15 Ba Duan Jin</p>	<p>23 10:00-11:30 Spanish Class Intermediate 4</p> <p>11:00 -12:00 Chat Time (Mandarin)</p> <p>2:30-3:30 English Class</p>	<p>24 10:00-10:45 Stay Active at Home L1 /L2</p> <p>1:30-3:00 Virtual Members' Town Hall Meeting (Chinese)</p>	<p>25 10:00-11:00 Chat Time (Cantonese) 12:00-12:45 Let's Discuss It 2:00 – 3:00 Brain Booster Workshop 3</p>

September 28—October 2

Quarterly Closure

For more information, please contact:

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