



UCCS at a GLANCE – January 2026

For detailed program and event information,
Please contact uccs@uhs.on.ca or (437) 431-2831

Monday	Tuesday	Wednesday	Thursday	Friday
5 10:00-Tai Chi – Level I (BC) 1:10-Mind Games 1:10- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social	6. 12:30-Mahjong 12:45- Tai Chi Level II 3:10- Posture & Balance	7. 1:10- Move to Stay Fit 1:30- Painting Class 3:00 – NEW YEAR'S LEVEE Featuring Brent Meidinger	8. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance	9. No Program
12. 10:00-Tai Chi – Level I 1:10-Mind Games 1:10-Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social 4:00 - SeniorCare Tech	13. No Program Today	14. 1:10- Move to Stay Fit 1:30- Tech Talk	15. 10:00- Tai Chi – Level I 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance	16. No Program
19. 10:00- Tai Chi – Level I 12:30-Mahjong 1:10-Mind Games 1:10-Move to Stay Fit 2:10- Move & Groove By CHATS 2:10-Bowling 3:10- Sip and Social	20 10:00- Breakfast Club 12:30-Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance	21. 1:10- Move to Stay Fit 1:30- Painting Class 2:10 -CHATS	22. 10:00- Tai Chi – Level I 1:30 – Hearing Clinic 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance	23. No Program
26. 10:00- Tai Chi – Level I 1:10-Mind Games 1:10-Move to Stay Fit 2:10- Move & Groove By CHATS 2:10-Bowling 3:10- Sip and Social	27. 12:30-Mahjong 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance	28. 1:10- Move to Stay Fit 2:30- Step-By-Step Painting	29. 10:00- Tai Chi – Level I 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance	30. No Program

(BC) Bethesda Evangelical Lutheran Church. All other programming at Central United Church.