



UNIONVILLE COMMUNITY  
CENTRE FOR SENIORS

## FEBRUARY 2026 CALENDAR

### UCCS Program Schedule

#### UCCS SATELLITE LOCATION:

**Bethesda Evangelical Lutheran Church**  
20 Union Street, Unionville, ON L3R 2H5

**Central United Church**  
131 Main Street Unionville, Unionville, ON L3R 2G3

#### CONTACT INFORMATION:

**General inquiries and program registrations**

T: (437) 431-2831

E: [uccs@uhs.on.ca](mailto:uccs@uhs.on.ca)

#### VIRTUAL PROGRAM ACCESS:

To access a virtual or hybrid Zoom program, follow the link, or enter the Meeting ID below:

**Zoom Link:** <https://us06web.zoom.us/j/9392714111>

**Meeting ID:** 939 271 4111

#### HOURS OF OPERATION

##### MONDAY

10:00 AM to 12:00 PM (Bethesda Evangelical Lutheran Church)  
1:00 PM to 4:00 PM (Central United Church)

##### TUESDAY

12:30 PM to 4:00 PM (Central United Church)

##### WEDNESDAY

1:00 PM to 4:00 PM (Central United Church)

##### THURSDAY

10:00 AM to 12:00 PM (Bethesda Evangelical Lutheran Church)  
1:00 PM to 4:00 PM (Central United Church)

#### **CLOSED FRIDAYS, SATURDAYS, SUNDAYS & STATUTORY HOLIDAYS**

Programs may be canceled due to insufficient participation. Early enrollment is encouraged to secure your spot. **Prepayment is required** to complete registration.

<b>Date</b>	<b>Name of Program</b>	<b>Program Leader</b>	<b>Time</b>	<b>Fee</b>	<b>Location</b>
<b>Monday, February 2</b>	Tai Chi - Level I ( <i>Beginner</i> )	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Online via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
<b>Tuesday, February 3</b>	Tai Chi – Level II ( <i>Intermediate</i> )	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church

<b>Wednesday, February 4</b>	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Painting Class- Cantonese Instruction	UCCS Volunteer	1:30 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
<b>Thursday, February 5</b>	Tai Chi - Level I ( <i>Beginner</i> )	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
<b>Monday, February 9</b>	Tai Chi - Level I ( <i>Beginner</i> )	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	<b>CANCELLED FOR THIS WEEK</b>			
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Sip and Social	CANCELLED FOR THIS WEEK			
<b>Tuesday, February 10 - February 13th</b>	<p style="color: red;">RED WEEK at Unionville Commons</p> <p style="color: red;">(See separate program)</p>				
<b>Monday, February 16</b>	<p style="color: red;">FAMILY DAY – No Programming for UCCS</p>				
<b>Tuesday, February 17</b>	Tai Chi – Level II <i>(Intermediate)</i>	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non- Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee ( <i>Open to UCCS members only</i> )	Central United Church
<b>Wednesday, February 18</b>	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee ( <i>Open to UCCS members only</i> )	Central United Church
	Painting Class- Cantonese Instruction	UCCS Volunteer	1:30 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	<b>Snack and Speak Spotlight with CHATS: Lowering the Risk of Cardiovascular Disease</b>	CHATS Staff	2:00 PM to 3:30 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church

<b>Thursday, February 19</b>	Tai Chi - Level I ( <i>Beginner</i> )	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
<b>Monday, February 23</b>	Tai Chi – Level I ( <i>Beginner</i> )	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee ( <i>Open to UCCS members only</i> )	Online via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee ( <i>Open to UCCS members only</i> )	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

<b>Tuesday, February 24</b>	Tai Chi – Level II <i>(Intermediate)</i>	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee <i>(Open to UCCS members only)</i>	Central United Church
	Senior Care Tech Connect	Volunteers	4:15 PM to 5:15 PM	No Fee <i>(Open to UCCS members only)</i>	Central United Church
<b>Wednesday, February 25</b>	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee <i>(Open to UCCS members only)</i>	Central United Church
<b>Thursday, February 26</b>	Tai Chi – Level I <i>(Beginner)</i>	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee <i>(Open to UCCS members only)</i>	Central United Church