



APRIL 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

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.

Date	Name of Program	Program Leader	Time	Fee	Location
Wednesday, April 1	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 3:30 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
Thursday, April 2	Tai Chi – Level II <i>(Intermediate)</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
Monday, April 6	Easter Monday				
Tuesday, April 7	Tai Chi - Level I <i>(Beginner)</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	Bethesda Evangelical Lutheran Church

	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
Wednesday April 8	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Tech Talk: Cantonese Instruction	UCCS Volunteer	1:10 PM to 3:30 PM	No Fee - Members Only	Online via Zoom
	Yellow Brick House Workshop: Ageism and Elder Abuse 2:30 PM to 3:30 PM Central United Church				
Thursday, April 9	Tai Chi - Level I (Beginner)	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
Monday, April 13	Tai Chi - Level I (Beginner)	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 By CHATS	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
	Breakfast Club 10:00 AM to 11:00 AM Member: \$10.00 Non-Member: \$15.00 Bethesda Evangelical Lutheran Church				
Tuesday, April 14	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
Wednesday, April 15	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 3:30 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Snack and Speak Spotlight with CHATS: Be Resourceful Online	CHATS Staff	2:00 PM to 3:30 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church
Thursday, April 16	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
	Complimentary Hearing Test and Hearing Aid Services- Boris Chang, M.CI.Sc, Reg. CASLPO 1:30 PM to 4:00 PM (By Appointment Only) Central United 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
Monday, April 20	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 By CHATS	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
Tuesday, April 21	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
Wednesday, April 22	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
Thursday, April 23	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

Friday, April 24	Spring Fling 1:00 PM to 2:30 PM Member: \$15.00 Non-Member: \$20.00 Unionville Commons				
Monday, April 27	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
	Senior Tech Connect SeniorCare Tech Connect Volunteer 4:10 PM to 5:00 PM <i>(By Appointment Only)</i> No Fee <i>(Open to UCCS members only)</i> Central United Church				
Tuesday, April 28	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
Wednesday, April 29	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
	Paint & Create- Step by Step Painting UCCS Staff 2:10 PM to 3:30 PM Member \$10.00 Non-Member \$15.00 Central United Church				
Thursday, April 30	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