



UCCS at a GLANCE – May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4. 10:00-Tai Chi – Level I (BC) 1:10-Mind Games - CANCELLED 1:10-Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>5. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>6. 1:10- Move to Stay Fit 1:30- Painting Class</p>	<p>7. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>8. No Program</p>
<p>11. 10:00-Tai Chi – Level I (BC) 1:10-Mind Games (Virtual) 1:10-Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>12. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>13. 1:10- Move to Stay Fit – CANCELLED 1:30- Tech Talk (Virtual) 2:30 – Queen V Tea</p>	<p>14. 10:00- Tai Chi – Level I (BC) 1:00 – Podiatry Clinic 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>15. No Program</p>
<p>18. Victoria Day – Closed No Programming</p>	<p>19. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>20. 1:10- Move to Stay Fit 1:30- Painting Class 2:00 – Snack and Speak Spotlight with CHATS: Think Before You Click - Protect Yourself from Scams and Fraud</p>	<p>21. 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>22. No Program</p>
<p>25. 10:00- Tai Chi – Level I (BC) 1:10-Mind Games (Virtual) 1:10-Move to Stay Fit 2:10- Move & Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>26. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Posture & Balance</p>	<p>27. 1:10- Move to Stay Fit</p>	<p>28. 10:00- Tai Chi – Level 1(BC) 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>29. No Program</p>

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