



# UCCS at a GLANCE – July 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1. <b>Canada Day – Closed</b>  No Programming</p>	<p>2. <b>UCCS Closed –</b>  No Programming</p>	<p>3. No Program</p>
<p>6. 10:00-Tai Chi – Level I 1:10-Mind Games (Online via Zoom) 1:10-Move to Stay Fit 2:10- Move &amp; Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>7. 12:45- Tai Chi Level II <b>2:10- NEW PROGRAM LAUNCH: Summer Shuffle – 6 Week Cruise Line Dance Series</b> 3:10- Posture &amp; Balance with Camille</p>	<p>8. 1:10- Move to Stay Fit 1:30- Tech Talk (Online via Zoom) <b>2:10- Ice Cream Social</b></p>	<p>9. 10:00- Tai Chi – Level I 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance with Camille</p>	<p>10. No Program</p>
<p>13. 10:00-Tai Chi – Level I 1:10-Mind Games (Online via Zoom) 1:10-Move to Stay Fit 2:10- Move &amp; Groove by CHATS 2:10-Bowling 3:10- Sip and Social</p>	<p>14. 12:45- Tai Chi Level II 2:10- Summer Shuffle 3:10- Posture &amp; Balance</p>	<p>15. 1:10- Move to Stay Fit 1:30- Painting Class <b>2:00- Snack and Speak Spotlight with CHATS: Medication and Pain Management</b></p>	<p>16. 10:00- Tai Chi – Level I 1:10- Trivia Time 2:10- Harmony Hangout 3:10- Posture and Balance</p>	<p>17. No Program</p>

<p><b>20.</b>  10:00-Tai Chi – Level I  1:10-Mind Games  (Online via Zoom)  1:10-Move to Stay Fit  2:10- Move &amp; Groove by CHATS  2:10-Bowling  3:10- Sip and Social</p>	<p><b>21.</b>  <b>10:00- Breakfast Club</b>  12:45- Tai Chi Level II  2:10- Summer Shuffle  3:10- Posture &amp; Balance</p>	<p><b>22.</b>  1:10- Move to Stay Fit  <b>2:15- Paint and Create  with Angela</b></p>	<p><b>23.</b>  10:00- Tai Chi – Level I  1:10- Trivia Time  2:10- Harmony Hangout  3:10- Posture and Balance</p>	<p><b>24.</b>  No Program</p>
<p><b>27.</b>  10:00-Tai Chi – Level I  1:10-Mind Games (Online via  Zoom)  1:10-Move to Stay Fit  2:10- Move &amp; Groove by CHATS  2:10-Bowling  3:10- Sip and Social</p>	<p><b>28.</b>  12:45- Tai Chi Level II  2:10- Summer Shuffle  3:10- Posture &amp; Balance</p>	<p><b>29.</b>  1:10- Move to Stay Fit  <b>1:30- Podiatry Clinic</b>  <b>2:10- Ice Cream Social</b></p>	<p><b>30.</b>  10:00- Tai Chi – Level I  1:10- Trivia Time  2:10- Harmony Hangout  3:10- Posture and Balance</p>	<p><b>31.</b>  <b>7:00- SPECIAL  SUMMER EVENT</b>    <b>Vocal &amp; Drama  Performance at  Unionville Commons</b></p>