



JULY 2026 CALENDAR

UCCS Program Schedule

UCCS SATELLITE LOCATION:

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 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 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
Monday, July 6	Tai Chi - Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee	Via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Open to UCCS 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
Tuesday, July 7	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	NEW PROGRAM LAUNCH: Summer Shuffle – 6 Week Cruise Line Dance Series	UHS Staff a.k.a. your Cruise Director	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance with Camille	UCCS Staff	3:10 PM to 4:00 PM	No Fee - Open to UCCS Members only	Central United Church

Wednesday, July 8	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Open to UCCS Members only	Central United Church
	Tech Talk: Cantonese Instruction	UCCS Volunteer	1:30 PM to 3:30 PM	No Fee - Open to UCCS Members only	Online via Zoom
	Ice Cream Social	UCCS Staff	2:10 PM to 3:00 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church
Thursday, July 9	Tai Chi – Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	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 with Camille	UCCS Staff	3:10 PM to 4:00 PM	No Fee - Open to UCCS Members only	Central United Church
Monday, July 13	Tai Chi - Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee	Online – via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Open to UCCS 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
Tuesday, July 14	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Summer Shuffle	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 - Open to UCCS Members only	Central United Church
Wednesday, July 15	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Open to UCCS 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
	Snack and Speak Spotlight with CHATS: Medication and Pain Management	CHATS Staff	2:00 PM to 3:00 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church
Thursday, July 16	Tai Chi – Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	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 - <i>Open to UCCS Members only</i>	Central United Church
Monday, July 20	Tai Chi - Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee	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, July 21	Breakfast Club 10:00 AM to 11:00 AM Member: \$12.00 Non-Member: \$15.00 Central United Church				
	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Summer Shuffle	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
Wednesday, July 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
	Paint and Create with Angela	UCCS Staff	2:15 PM to 3:45 PM	Member: \$10.00 Non-Member: \$15.00	Central United Church
Thursday, July 23	Tai Chi – Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	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 (<i>Open to UCCS members only</i>)	Central United Church
Monday, July 27	Tai Chi - Level I (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee	Via Zoom

	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Open to UCCS 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
Tuesday, July 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
	Summer Shuffle	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 - Open to UCCS Members only	Central United Church
Wednesday, July 29	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Open to UCCS Members only	Central United Church
	Podiatry Clinic – Ed Chung 1:30 PM to 2:30 PM (By Appointment Only - Open to UCCS Members only)				
	Ice Cream Social	UCCS Staff	2:10 PM to 3:00 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church
Thursday, July 30	Tai Chi – Level I <i>(Beginner)</i>	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	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 (<i>Open to UCCS members only</i>)	Central United Church
Friday, July 31	<p style="text-align: center;">SUMMER SPECIAL EVENT - A Concert Featuring Standards, Jazz, Musical Theater and Hit Classics <i>Brought to you by Sarah's Singing Studio</i> 6:45 PM to 8:15 PM Fee: \$12.00 Location: Unionville Commons</p>				