



AUGUST 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, August 3	Civic Holiday – Closed No Programming				
Tuesday, August 4	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	UHS 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, August 5	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
	Golden Scoops Ice Cream Social	UCCS Staff	2:30 PM to 3:30 PM	Member: \$6.00 Non-Member: \$8.00	Central United Church
Thursday, August 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
	Afternoon Trivia	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 - Open to UCCS Members only	Central United Church
Monday, August 10	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 (Open to UCCS members only)	Online – via Zoom
	Move to Stay Fit	UCCS Staff	1:00 PM to 1:50 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, August 11	Paint and Create with Angela – Morning Edition	UCCS Staff	10:30 AM to 12:00 PM	Member: \$10.00 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	UHS 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, August 12	Move to Stay Fit	UCCS Staff	1:00 PM to 1:50 PM	No Fee - Open to UCCS Members only	Central United Church
	Tech Talk: Cantonese Instruction	UCCS Staff	1:30 PM to 2:30 PM	No Fee - Open to UCCS Members only	Online – via Zoom
	Golden Scoops Ice Cream Social	UCCS Staff	2:30 PM to 3:30 PM	Member: \$6.00 Non-Member: \$8.00	Central United Church
Thursday, August 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
	Afternoon Trivia	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Hearing Clinic - Boris Chang, M.CI.Sc, Reg. CASLPO 1:30 PM to 3:30 PM (By Appointment Only - Open to UCCS Members only) 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 - Open to UCCS Members only	Central United Church

Monday, August 17	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
	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	1:00 PM to 1:50 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, August 18	Breakfast Club 10:00 AM to 11:30 AM Member: \$12.00 Non-Member: \$15.00 Central United Church				
	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	UHS 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, August 19	Move to Stay Fit	UCCS Staff	1:00 PM to 1:50 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 Services and Programs	CHATS Staff	2:00 PM to 3:00 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church
	Golden Scoops Ice Cream Social	UCCS Staff	3:15 PM to 4:15 PM (New Time)	Member: \$6.00 Non-Member: \$8.00	Central United Church
Thursday, August 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
	Afternoon Trivia	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 (Open to UCCS members only)	Central United Church
Monday, August 24	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 (<i>Open to UCCS members only</i>)	Online – via Zoom
	Move to Stay Fit	UCCS Staff	1:00 PM to 1:50 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, August 25	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Senior Care Tech Workshop: Artificial Intelligence (AI) — What Is It and How to Use It	Senior Care Tech Volunteers	2:10 PM to 3:00 PM	No Fee - <i>Open to UCCS Members only</i>	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, August 26	Move to Stay Fit	UCCS Staff	1:00 PM to 1:50 PM	No Fee - <i>Open to UCCS Members only</i>	Central United Church
	All Aboard! A White Night Dinner 5:30 PM to 7:30 PM Member: \$20.00 Non-Member: \$25.00 Unionville Commons				

Thursday, August 27	Tai Chi – Level (Beginner)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Afternoon Trivia	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 (Open to UCCS members only)	Central United Church
Monday, August 31	UCCS Summer Closure – No Programming Monday, August 31, 2026 to Friday, September 11, 2026 inclusive				