



SEPTEMBER 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.

<i>Date</i>	<i>Name of Program</i>	<i>Program Leader</i>	<i>Time</i>	<i>Fee</i>	<i>Location</i>
Monday, September 1 to Friday, September 11	UCCS Summer Closure – No Programming Monday, August 31, 2026, to Friday, September 11, 2026 inclusive				
Monday, September 14	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	<i>Cancelled for Fall Session</i>			
	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, September 15	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 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, September 16	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
	Wellness 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, September 17	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
	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, September 21	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	<i>Cancelled for Fall Session</i>			
	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, September 22	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 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, September 23	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	1:00 PM to 3:00 PM	No Fee - Open to UCCS Members only	Online – via Zoom
Thursday, September 24	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

	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, September 28	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	Cancelled for Fall Session			
	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, September 29	Breakfast Club 10:00 AM to 11:30 AM Member: \$12.00 Non-Member: \$15.00 Bethesda Evangelical Lutheran 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
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Open to UCCS Members only	Central United Church
Wednesday, September 30	UCCS Membership Drive and Members Cafe 10:00 AM to 12:00 PM At Unionville Commons – 4310 Highway 7, Unionville, ON				
	Move to Stay Fit	UCCS Staff	1:00 PM to 1:50 PM	No Fee - Open to UCCS Members only	Central United Church