



OCTOBER 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.

Date	Name of Program	Program Leader	Time	Fee	Location
Thursday, October 1	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
	Programming Cancelled at Central United Church – Due to Private Function				
Monday, October 5	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
	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, October 6	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Line Dancing	UCCS Volunteer	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, October 7	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
	Painting Class (Cantonese Instruction)	UCCS Volunteer	1:30 PM to 3:30 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
Thursday, October 8	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 - <i>Open to UCCS Members only</i>	Central United Church

Monday, October 12	Thanksgiving Day – Closed No Programming				
Tuesday, October 13	Tai Chi – Level II <i>(Intermediate)</i>	UCCS Volunteer	<i>12:45 PM to 2:00 PM</i>	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	UCCS Volunteer	<i>2:10 PM to 3:00 PM</i>	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	<i>3:10 PM to 4:00 PM</i>	No Fee - <i>Open to UCCS Members only</i>	Central United Church
Wednesday, October 14	Move to Stay Fit	UCCS Staff	<i>1:00 PM to 1:50 PM</i>	No Fee - <i>Open to UCCS Members only</i>	Central United Church
	Tech Talk: Cantonese Instruction	UCCS Volunteer	<i>1:30 PM to 3:30 PM</i>	No Fee - <i>Open to UCCS Members only</i>	Online via Zoom
Thursday, October 15	Tai Chi – Level I <i>(Beginner)</i>	UCCS Volunteer	<i>10:00 AM to 11:45 AM</i>	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 - <i>Open to UCCS Members only</i>	Central United Church
Monday, October 19 to Friday, October 23	Welcome to Fall Festival!				
Monday, October 19	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
	Autumn Leaves Luncheon	UCCS Staff	12:30 PM to 2:30 PM	Member: \$15.00 Non-Member: \$20.00	Unionville Commons
	Move and Groove By CHATS	CHATS Staff	2:10 PM to 3:00 PM	Fee: \$2.00	Unionville Commons
	Senior Care Tech Connect Workshop: Chat GPT	Senior Care Tech Connect Volunteers	3:30 PM to 4:30 PM	No Fee	Unionville Commons
Tuesday, October 20	Tai Chi – Level II (<i>Intermediate</i>)	UCCS Volunteer	12:45 PM to 2:00 PM	Fee: \$2.00	Unionville Commons

	Afternoon Trivia	UCCS Volunteer	2:10 PM to 3:00 PM	Fee: \$2.00	Unionville Commons
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee	Unionville Commons
Wednesday, October 21	Wellness Spotlight with CHATS: Achieve Restful Sleep	CHATS Staff	1:30 PM to 2:30 PM	Member: \$5.00 Non-Member: \$7.00	Unionville Commons
	Paint and Create with Angela	UCCS Staff	2:30 PM to 4:00PM	Member: \$10.00 Non-Member: \$15.00	Unionville Commons
Thursday, October 22	Fall Friendship Café	UCCS Staff	12:30 PM to 1:30 PM	No Fee (By Appointment Only)	Unionville Commons
	Hearing Clinic	Boris Chang	1:00 PM to 4:00 PM	No Fee (By Appointment Only)	Unionville Commons
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Unionville Commons
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Open to UCCS Members only	Unionville Commons
Friday, October 23	Music and Masquerade – Mocktails and Dessert	UCCS Staff	6:30 PM to 8:00 PM	Member: \$12.00 Non-Member: \$15.00	Unionville Commons

Monday, October 26	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
	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, October 27	Breakfast Club 10:00 AM to 11:30 AM Member: \$12.00 Non-Member: \$15.00 Bethesda Evangelical Lutheran 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
	Line Dancing	UCCS Volunteer	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, October 28	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
Thursday, October 29	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