



## UCCS at a GLANCE – October 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                                         |
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|                                                                                                                                                                  |                                                                                             |                                                                                                                | <b>1.</b><br>10:00- Tai Chi – Level I (BC)<br><br><b>No programs at Central United Church – Due to Private Function</b>                                  | <b>2.</b><br>No Program                        |
| <b>5.</b><br>10:00-Tai Chi – Level I (BC)<br>1:00- Move to Stay Fit<br>2:10- Move & Groove by CHATS<br>2:10- Bowling<br>3:10- Sip and Social (2)                 | <b>6.</b><br>12:45- Tai Chi Level II<br>2:10- Line Dancing<br>3:10- Posture & Balance       | <b>7.</b><br>1:00- Move to Stay Fit<br>1:30- Painting Class (3)                                                | <b>8.</b><br>10:00- Tai Chi – Level I (BC)<br>1:10- Afternoon Trivia<br>2:10- Harmony Hangout (2)<br>3:10- Posture and Balance                           | <b>9.</b><br>No Program                        |
| <b>12.</b><br><br><b>Thanksgiving Day – Closed</b><br>No Programming                                                                                             | <b>13.</b><br>12:45- Tai Chi Level II<br>2:10- Line Dancing<br>3:10- Posture & Balance      | <b>14.</b><br>1:00- Move to Stay Fit<br>1:30- Tech Talk (Online via Zoom) (3)                                  | <b>15.</b><br>10:00- Tai Chi – Level I (BC)<br>1:10- Afternoon Trivia<br>2:10- Harmony Hangout (2)<br>3:10- Posture and Balance                          | <b>16.</b><br>No Program                       |
| <b>WELCOME TO UCCS FALL FEST WEEK AT UNIONVILLE COMMONS (Week of October 19<sup>th</sup> only)</b>                                                               |                                                                                             |                                                                                                                |                                                                                                                                                          |                                                |
| <b>19.</b><br>10:00-Tai Chi – Level I (BC)<br>12:30- Autumn Leaves Luncheon<br>2:10- Move & Groove by CHATS<br>3:30- Senior Care Tech Connect Workshop: Chat GPT | <b>20.</b><br>12:45- Tai Chi Level II<br>2:10 – Afternoon Trivia<br>3:10- Posture & Balance | <b>21.</b><br>1:30- Wellness Spotlight with CHATS: Achieve Restful Sleep<br>2:30- Paint and Create with Angela | <b>22.</b><br>10:00- Tai Chi – Level I (BC)<br>12:30- Fall Friendship Café<br>1:00- Hearing Clinic<br>2:10- Harmony Hangout<br>3:10- Posture and Balance | <b>23.</b><br>6:30- Music and Masquerade Event |

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| <b>26.</b><br>10:00- Tai Chi – Level I (BC)<br>1:00-Move to Stay Fit<br>2:10- Move & Groove by CHATS<br>2:10- Bowling<br>3:10- Sip and Social (2) | <b>27.</b><br><b>10:00- Breakfast Club (BC)</b><br>12:45- Tai Chi Level II<br>2:10- Line Dancing<br>3:10- Posture & Balance | <b>28.</b><br>1:00- Move to Stay Fit<br>1:30- Painting Class (3) | <b>29.</b><br>10:00- Tai Chi – Level I (BC)<br>1:10- Afternoon Trivia<br>2:10- Harmony Hangout (2)<br>3:10- Posture and Balance | <b>30.</b><br>No Program |
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(BC) Bethesda Evangelical Lutheran Church. All other programming at Central United Church (except during Fall Fest Week)

**Programming Cancelled at Central United Church** (Due to Church Function) – October 1, 2026

**Fall Festival at Unionville Commons** – October 19, 2026 to October 23, 2026

**Seniors Active Living Fair** – November 12, 2026 at 10:00 AM to 2:30 PM

**Legend:**

1 – Coffee/Tea

2 – Snack and Coffee/Tea

3 – Cantonese Instruction

4 – Unionville Commons