

UCCS PRESENTS

Fall Festival

OCTOBER 19 TO OCTOBER 23, 2026





Fall Festival Week

LOCATION:

Unionville Commons Seniors Housing
4310 Highway 7, Unionville, Ontario



Join us for a week filled with fun, connection, and seasonal cheer as we celebrate older adults in our *community*

The **UCCS Seniors Fall Festival** is all about bringing people together to enjoy the beauty of autumn while promoting wellness, social engagement, and lifelong learning. From festive activities and entertainment to health resources and community connections, this event celebrates the energy, wisdom, and spirit of our seniors population. Let's come together, share in the season, and fall into fun!

We hope you can join the celebrations and help promote activities and services that keep seniors active, engaged and connected.

REGISTRATION NOW OPEN

LIMITED SPACES - RESERVE TODAY!

ALL programs and events require registration by calling
(437) 431-2831 OR by email to uccs@uhs.on.ca.

Payment required to confirm your spot.

Programs

AUTUMN LEAVES LUNCHEON

Join us for a season lunch with friends, and of course, fun Bingo with prizes!

Pre-registration required
Maximum Participation: 50

Monday, October 19, 12:15 PM - 1:45 PM

Member Fee: \$15.00
Non-Member Fee: \$20.00



MOVE AND GROOVE WITH JENN

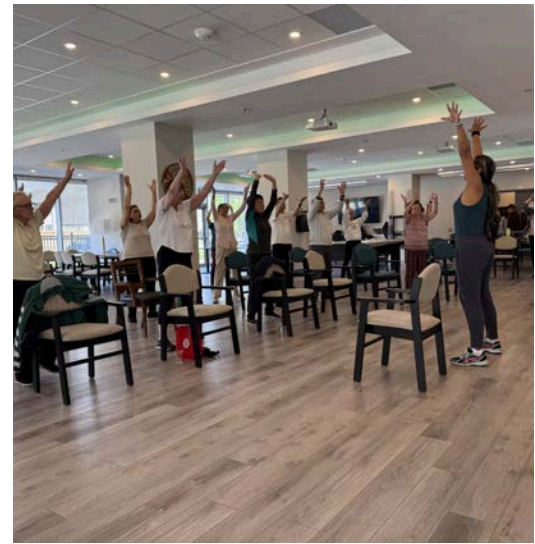
Experience a dynamic class that blends fun dance routines with energizing cardio exercises. Just bring comfortable clothing and running shoes and water!

Pre-registration required

Maximum Participation: 30

Monday, October 19, 2:10 PM - 3:00 PM

Fee: \$2.00



SENIOR CARE TECH CONNECT WORKSHOP: CHAT GPT

From smartphones and tablets to computers and apps, Senior Care Tech Volunteers will provide helpful, step-by-step guidance to solve everyday tech questions.

Pre-registration required

Maximum Participation: 20

Monday, October 19, 3:30 PM - 4:30 PM

No Fee



TAI CHI LEVEL 2

Experience this traditional Chinese practice through gentle, flowing movements that support balance, flexibility, and inner calm. This session will be instructed in Cantonese.

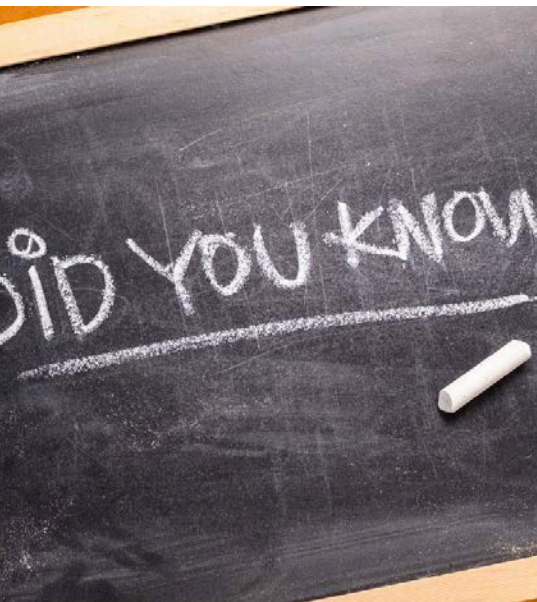
Pre-registration required

Maximum Participation: 30

Tuesday, October 20, 12:45 PM - 2:00 PM

Fee: \$2.00





AFTERNOON TRIVIA

An engaging trivia session with friendly competition, and promotes social and mental wellness.

Pre-registration required

Maximum Participation: 20

Tuesday, October 20, 2:10 PM - 3:00 PM

Fee: \$2.00



POSTURE AND BALANCE WITH CAREFIRST

A special fitness program focused on posture and balance with an emphasis on reducing fall risks and enhancing overall quality of life for seniors.

Pre-registration required

Maximum Participation: 30

Tuesday, October 20, 3:10 PM - 4:00 PM

Thursday, October 22, 3:10 PM - 4:00 PM

No Fee



WELLNESS SPOTLIGHT WITH CHATS

Join CHATS for a presentation on... followed by insightful group discussion. A great way to stay informed and connect with others in the community.

Pre-registration required

Maximum Participation: 15

Wednesday, October 21, 1:30 PM - 2:30 PM

Member Fee: \$5.00

Non-Member Fee: \$7.00

PAINT AND CREATE WITH ANGELA

Discover your creativity in a fun, relaxing, and beginner-friendly step-by-step painting experience. Perfect for both beginners and experienced artists, this program encourages creativity, self-expression, and enjoyment through art.

Pre-registration required

Maximum Participation: 15

Wednesday, October 21, 2:30 PM - 4:00 PM

Member Fee: \$10.00

Non-Member Fee: \$15.00



FALL FRIENDSHIP CAFE

Pre-registration required

Maximum Participation: 50

Thursday, October 22, 12:30 PM - 1:30 PM

Fee: \$5.00



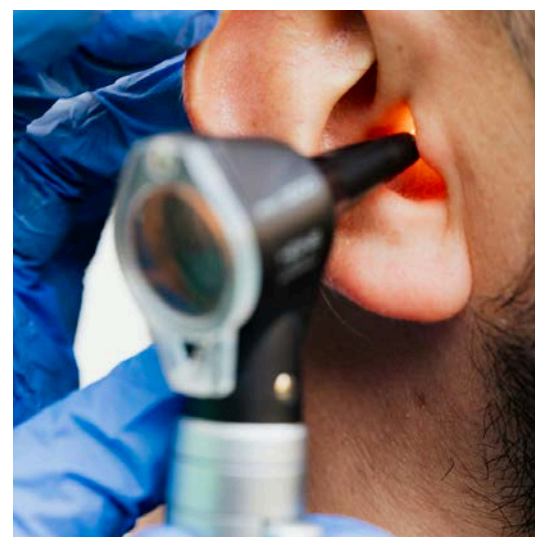
HEARING CLINIC

Register for a private session to test your hearing aids, ear wax cleaning and other services. This is a complimentary service.

Pre-registration required

Thursday, October 22, 1:00 PM - 4:00 PM

No Fee





HARMONY HANGOUT

A fun sing-along session filled with favorite songs that bring back great memories.

Pre-registration required

Maximum Participation: 30

Thursday, October 22, 2:10 PM - 3:00 PM

Fee: \$2.00



MUSIC AND MASQUERADE - MOCKTAILS AND DESSERT

Pre-registration required

Maximum Participation: 50

Friday, October 23, 6:30 PM - 8:00 PM

Member Fee: \$12.00

Non-Member Fee: \$15

See you soon!

UCCS is a seniors' active living center and provides social, recreational and cultural activities for older adults.

UCCS is currently operating out of two satellite locations in Unionville:

Central United Church
131 Main Street Unionville
Unionville, ON
L3R 2G3

Bethesda Lutheran Church
20 Union Street,
Unionville, ON
L3R 1P6

Annual Membership Fee: \$30.00



For more information about UCCS Membership and programming,
Please contact the UCCS at **(437) 431-2831**
OR by email to **uccs@uhs.on.ca**

