UNIONVILLE COMMUNITY CENTRE FOR SENIORS

NOVEMBER 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
Monday, November 2	Tai Chi - Level I *(Beginner)*	UCCS Volunteer	*10:00 AM to11:45 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, November 3	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 - *Open to UCCS Members only*	Central United Church
Wednesday, November 4	Move to Stay Fit	UCCS Staff	*1:00 PM to 1:50 PM*	No Fee - *Open to UCCS Members only*	Central United Church
Thursday, November 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

	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, November 9	Tai Chi - Level I *(Beginner)*	UCCS Volunteer	*10:00 AM to11:45 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, November 10	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 - *Open to UCCS Members only*	Central United Church
Wednesday, November 11	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 Volunteer	*1:00 PM to 3:00 PM*	No Fee - *Open to UCCS Members only*	Online via Zoom
	A Tea of Remembrance 2:30 PM *to* 3:30 PM Member: $12.00 | Non-Member: $15.00 Central United Church				
Thursday, November 12	**Seniors Active Living Fair** 10:00 AM *to* 2:30 PM Unionville Commons				
Monday, November 16	Tai Chi - Level 1 *(Beginner)*	UCCS Volunteer	*10:00 AM to11:45 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, November 17	**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
	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, November 18	Move to Stay Fit	UCCS Staff	*1:00 PM to 1:50 PM*	No Fee - *Open to UCCS Members only*	Central United Church
	Wellness Spotlight with CHATS: Senior Exercise and Fitness Tips	CHATS Staff	*2:00 PM to 3:00 PM*	Member: $5.00 Non-Member: $7.00	Central United Church
Thursday, November 19	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, November 23	Tai Chi - Level I *(Beginner)*	UCCS Volunteer	*10:00 AM to11:45 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, November 24	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 - *Open to UCCS Members only*	Central United Church
Wednesday, November 25	Move to Stay Fit	UCCS Staff	*1:00 PM to 1:50 PM*	No Fee - *Open to UCCS Members only*	Central United Church
	Paint and Create with Angela	UCCS Staff	*2:15 PM to 3:45 PM*	Member: $10.00 Non-Member: $15.00	Central United Church
Thursday, November 26	Tai Chi – Level 1 *(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, November 30	**UCCS CLOSED -** No Programming				