UNIONVILLE COMMUNITY CENTRE FOR SENIORS

UCCS at a GLANCE – November 2026

For detailed program and event information,
Please contact uccs@uhs.on.ca or (437) 431-2831

Monday	Tuesday	Wednesday	Thursday	Friday
2. 10:00- Tai Chi – Level I (BC) 1:00- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10- Bowling 3:10- Sip and Social (2)	**3.** 12:45- Tai Chi - Level II 2:10- Line Dancing 3:10- Posture & Balance	**4.** 1:00-Move to Stay Fit 1:30- Painting Class (3)	**5.** 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout (2) 3:10- Posture and Balance	**6.** No Program
9. 10:00- Tai Chi – Level I (BC) 1:00- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10- Bowling 3:10- Sip and Social (2)	**10.** 12:45- Tai Chi - Level II 2:10- Line Dancing 3:10- Posture & Balance	**11.** 1:00- Move to Stay Fit 1:00- Tech Talk (Online via Zoom) (3) **2:30- A Tea of Remembrance – An Afternoon of Honor and Reflection**	**12.** **10:00- Seniors Active Living Fair at Unionville Commons (4)**	**13.** No Program
16. 10:00- Tai Chi – Level I (BC) 1:00- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10- Bowling 3:10- Sip and Social (2)	**17.** **10:00- Breakfast Club (BC)** 12:45- Tai Chi - Level II 2:10- Line Dancing 3:10- Posture & Balance	**18.** 1:00- Move to Stay Fit 1:30- Painting Class (3) **2:00- Wellness Spotlight with CHATS:** Senior Exercise and Fitness Tips (2)	**19.** 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout (2) 3:10- Posture and Balance	**20.** No Program
23. 10:00- Tai Chi – Level I (BC) 1:00- Move to Stay Fit 2:10- Move & Groove by CHATS 2:10- Bowling 3:10- Sip and Social (2)	**24.** 12:45- Tai Chi - Level II 2:10- Line Dancing 3:10- Posture & Balance	**25.** 1:00- Move to Stay Fit **1:00- Podiatry Clinic** **2:30- Paint and Create with Angela**	**26.** 10:00- Tai Chi – Level I (BC) 1:10- Trivia Time 2:10- Harmony Hangout (2) 3:10- Posture and Balance	**27.** No Program

30. **UCCS CLOSED –** No Programming				

(BC) Bethesda Evangelical Lutheran Church. All other programming at Central United Church.

Legend:
1 – Coffee/Tea
2 – Snack and Coffee/Tea
3 – Cantonese Instruction
4 – Unionville Commons