



UCCS at a GLANCE - FEBRUARY 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
				No Program
3. 10:00- Tai Chi – Level I 1:10-Mind Games 1:10-Move to Stay Fit 2:10-Bowling 3:10- Coffee and Chat	4. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Bingo and Beverage 3:10- Posture & Balance	5. 1:10- Move to Stay Fit 1:00- Asian Social- Art & Painting 1:00 Podiatry Clinic	6. 10:00- Tai Chi – Level I 1:10- Trivia 1:10- Posture and Balance 2:10 – Singing Through the Decades	7. No Program
10. 10:00- Tai Chi – Level I 1:10-Mind Games 1:10-Move to Stay Fit 2:10-Bowling 4:00 – Palentine’s Day	11. Program cancelled due to Private Function	12. 1:10- Move to Stay Fit 2:10- Asian Social- IT and Communications 1:10- Mahjong	13. 10:00- Tai Chi – Level I 1:10- Trivia 1:10- Posture and Balance 2:10- Singing Through the decades	14. No Program
17. Family Day UCCS Closed!	18. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Bingo and Beverage 3:10- Posture & Balance	19. 1:10- Move to Stay Fit 1:00- Asian Social- Art & Painting 2:10 – Make and Take 1:10- Mahjong	20. 10:00- Tai Chi – Level I 1:10- Trivia 1:10- Posture and Balance 2:10- Singing Through the decades	21. No Program
24. 10:00- Tai Chi – Level I 1:10-Mind Games 1:10-Move to Stay Fit 2:10-Bowling 2:10- Music and Movement 3:10- Coffee and Chat	25. 12:45- Tai Chi Level II 2:10- Line Dancing 3:10- Corn Hole 3:10- Posture & Balance	26. 1:10- Move to Stay Fit 2:10- Asian Social- IT 2:10 CHATS Snack & Speak 1:10- Mahjong	27. 10:00- Tai Chi – Level I 1:10- Trivia 1:10- Posture and Balance 2:10- Singing Through the decades	28. 1:30 Carnival



FEBRUARY 2025 CALENDAR

UCCS Program Schedule

UCCS SATELLITE LOCATIONS:

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**

Date	Name of Program	Time	Program Leader(s)	Fee	Location
MONDAY FEBRUARY 3	Tai Chi – Level I (Beginner)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	1:10 PM to 2:00 PM	UCCS Staff	No Fee (Open only to UCCS members)	Online via Zoom
	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
	<u>Let's Play Games:</u> <i>Bowling</i>	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Coffee & Chit Chat	3:10 PM to 4:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
TUESDAY FEBRUARY 4	Tai Chi – Level II (Intermediate)	12:45 PM to 2:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bingo and a Beverage	3:10 PM to 4:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	3:10 PM to 4:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
WEDNESDAY, FEBRUARY 5	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church

	Podiatry Clinic	1:10 PM to 3:00 PM	UCCS Volunteer	No Fee (<i>Open only to UCCS members</i>)	Central United Church
	<u>Asian Social Gathering:</u> <i>Art and Painting</i>	1:00 PM to 3:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
THURSDAY, FEBRUARY 6	Tai Chi – Level I (<i>Beginner</i>)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Afternoon Trivia	1:10 PM to 2:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (<i>Open only to UCCS members</i>)	Central United Church
	Singing Through the Decades	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
MONDAY, FEBRUARY 10	Tai Chi – Level I (<i>Beginner</i>)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	1:10 PM to 2:00 PM	UCCS Staff	No Fee (<i>Open only to UCCS members</i>)	Online via Zoom
	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (<i>Open only to UCCS members</i>)	Central United Church
	<u>Let's Play Games:</u> <i>Bowling</i>	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Palentine's at Central United Church 4:00 to 5:30 PM Member: \$10.00/ Non-Member: \$15.00				

TUESDAY, FEBRUARY 11	Programming Cancelled Due to Private Function				
WEDNESDAY, FEBRUARY 12	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
	Asian Social Gathering: IT & Communications	2:10 PM to 4:00 PM	UCCS Volunteer	No Fee (Open only to UCCS members)	Online via Zoom
	Mahjong	1:10 PM to 4:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
THURSDAY, FEBRUARY 13	Tai Chi – Level I (Beginner)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Afternoon Trivia	1:10 PM to 2:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
	Sing Through the Decades	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
MONDAY, FEBRUARY 17	UCCS Closed for Family Day				
Tuesday, February 18	Tai Chi – Level II (Intermediate)	12:45 PM to 2:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	2:10 PM to 3:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Bingo and a Beverage	3:10 PM to 4:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	3:10 PM to 4:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
WEDNESDAY, FEBRUARY 19	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
	Mahjong	1:10 PM to 4:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Asian Social Gathering: Art & Painting	1:00 PM to 3:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Make and Take: Culinary Series	2:00 PM to 3:30 PM	UCCS Staff	Member: \$10.00 Non-Member: \$15.00	Central United Church
THURSDAY, FEBRUARY 20	Tai Chi – Level I (Beginner)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Afternoon Trivia	1:10 PM to 2:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open only to UCCS members)	Central United Church
	Sing Through the Decades	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
MONDAY FEBRUARY 24	Tai Chi – Level I (Beginner)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	1:10 PM to 2:00 PM	UCCS Staff	No Fee (Open only to UCCS members)	Online via Zoom
	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open to UCCS members only)	Central United Church

	Move to Music	2:10 PM to 3:00 PM	CHATS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	<u>Let's Play Games: Bowling</u>	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Coffee and Chat	3:10 PM to 4:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
TUESDAY FEBRUARY 25	Tai Chi – Level II (Intermediate)	12:45 PM to 2:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Line Dancing	2:10 PM to 3:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Let's Play Games: CornHole	3:10 PM to 4:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	3:10 PM to 4:00 PM	Carefirst Staff	No Fee (Open to UCCS members only)	Central United Church
WEDNESDAY, FEBRUARY 26	Move to Stay Fit	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open to UCCS members only)	Central United Church
	<u>Asian Social Gathering: IT & Communications</u>	1:00 PM to 3:00 PM	UCCS Volunteer	No Fee (Open to UCCS members only)	Online via Zoom
	Mahjong	1:10 PM to 4:00 PM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Snack and Speak Spotlight with CHATS: Markham Public Library	2:10 PM to 3:30 PM	CHATS Staff	Member: \$5.00 Non-Member: 7.00	Central United Church

THURSDAY FEBRUARY 27	Tai Chi – Level I (Beginner)	10:00 AM to 11:45 AM	UCCS Volunteer	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Afternoon Trivia	1:10 PM to 2:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	1:10 PM to 2:00 PM	Carefirst Staff	No Fee (Open to UCCS members only)	Central United Church
	Sing Through the Decades	2:10 PM to 3:00 PM	UCCS Staff	Member: \$2.00 Non-Member: \$4.00	Central United Church
FRIDAY FEBRUARY 28	Carnival de UCCS 1:30PM to 3:00 PM UCCS Staff Member: \$10.00 Non-Member: \$15.00 Central United Church				