



APRIL 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 |
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| MONDAY, MARCH 31 | Tai Chi – Level I (<i>Beginner</i>) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |
| | Mind Games | 1:10 PM to 2:00 PM | Staff | No Fee (<i>Open only to UCCS members</i>) | Online via Zoom |
| | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| | Zumba Fitness Fun | 2:10 PM to 3:00 PM | CHATS | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | <u>Let's Play Games: Bowling</u> | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Coffee & Chit Chat | 3:10 PM to 4:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| TUESDAY, APRIL 1 | Tai Chi – Level II (<i>Intermediate</i>) | 12:45 PM to 2:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Line Dancing | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 3:10 PM to 4:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| WEDNESDAY, APRIL 2 | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |

Podiatry Clinic with Ed Chung, DPM
1:00 PM to 3:00 PM (By Appointment Only)
Central United Church

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| | Podiatry Clinic with Ed Chung, DPM 1:00 PM to 3:00 PM (By Appointment Only) Central United Church | | | | |
| | <u>Asian Social Gathering:</u> <i>Art and Painting</i> | 2:00 PM to 4:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| THURSDAY, APRIL 3 | Tai Chi – Level I (<i>Beginner</i>) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |
| | Afternoon Trivia | 1:10 PM to 2:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| | Harmony Hangout (Formerly known as <i>Singing through the Decades</i>) | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| MONDAY, APRIL 7 | Tai Chi – Level I (<i>Beginner</i>) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |
| | Mind Games | 1:10 PM to 2:00 PM | Staff | No Fee (<i>Open only to UCCS members</i>) | Online via Zoom |
| | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | 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 | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |

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| TUESDAY APRIL 8 | Breakfast Club 10:00AM-11:30 AM Bethesda Evangelical Lutheran Church Member: \$10.00 Non-Member: \$15.00 | | | | |
| | Fraud Prevention with The Ontario Securities Commission 2:00 PM- 3:00 PM Central United Church No Fee - Registration Required | | | | |
| WEDNESDAY APRIL 9 | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (Open only to UCCS members) | Central United Church |
| | <u>Asian Social Gathering: IT & Communications</u> | 1:00 PM to 3:00 PM | Volunteer | No Fee (Open only to UCCS members) | Online via Zoom |
| THURSDAY, APRIL 10 | Tai Chi – Level I (Beginner) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |
| | Complimentary Hearing Test and Hearing Aid Services- Boris Chang, M.CI.Sc, Reg. CASLPO 12:45 PM to 4:00 PM(By Appointment Only) Central United Church | | | | |
| | Afternoon Trivia | 1:10 PM to 2:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 1:10 PM to 2:00 PM | Novo Peak | No Fee (Open only to UCCS members) | Central United Church |
| | Harmony Hangout | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| MONDAY APRIL 14 | Tai Chi – Level I (Beginner) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |

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| | Mind Games | 1:10 PM to 2:00 PM | Staff | No Fee (<i>Open only to UCCS members</i>) | Online via Zoom |
| | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| | Zumba Fitness Fun | 2:10 PM to 3:00 PM | CHATS | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | <u>Let's Play Games: Bowling</u> | 2:10 PM to 3:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Coffee and Chat | 3:10 PM to 4:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| Tuesday, APRIL 15 | Tai Chi – Level II (<i>Intermediate</i>) | 12:45 PM to 2:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Line Dancing | 2:10 PM to 3:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 3:10 PM to 4:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| WEDNESDAY, APRIL 16 | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| | <u>Asian Social Gathering: Art & Painting</u> | 2:00 PM to 4:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| THURSDAY, | Tai Chi – Level I (<i>Beginner</i>) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |

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| APRIL 17 | Afternoon Trivia | 1:10 PM to 2:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open only to UCCS members</i>) | Central United Church |
| | Harmony Hangout | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| MONDAY APRIL 21 | Tai Chi – Level I (Beginner) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Blossom Spring Lunch 12:30 PM to 2:00 PM Central United Church Members \$15.00 Non-Members- \$20.00 | | | | |
| | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| TUESDAY APRIL 22 | Tai Chi – Level II (Intermediate) | 12:45 PM to 2:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Line Dancing | 2:10 PM to 3:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 3:10 PM to 4:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| WEDNESDAY, APRIL 23 | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| | <u>Asian Social Gathering:</u> <i>IT & Communications</i> | 1:00 PM to 3:00 PM | Volunteer | No Fee (<i>Open to UCCS members only</i>) | Online via Zoom |
| | Snack and Speak Spotlight with CHATS: Stroke Stoppers! A Wellness Seminar 2:10 PM to 3:30 PM Central United Church Member: \$5.00 Non-Member: 7.00 | | | | |

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| THURSDAY, APRIL 24 | Tai Chi – Level I (<i>Beginner</i>) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |
| | Afternoon Trivia | 1:10 PM to 2:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Posture and Balance | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| | Harmony Hangout | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| MONDAY APRIL 28 | Tai Chi – Level I (<i>Beginner</i>) | 10:00 AM to 11:45 AM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Bethesda Evangelical Lutheran Church |
| | Mind Games | 1:10 PM to 2:00 PM | Staff | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| | <u>Let's Play Games: Bowling</u> | 2:10 PM to 3:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Zumba Fitness Fun | 2:10 PM to 3:00 PM | CHATS | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Coffee and Chat | 3:10 PM to 4:00 PM | Staff | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| TUESDAY, APRIL 29 | Tai Chi – Level II (<i>Intermediate</i>) | 12:45 PM to 2:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |
| | Line Dancing | 2:10 PM to 3:00 PM | Volunteer | Member: \$2.00 Non-Member: \$4.00 | Central United Church |

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| | Posture and Balance | 3:10 PM to 4:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| WEDNESDAY, APRIL 30 | Move to Stay Fit | 1:10 PM to 2:00 PM | Novo Peak | No Fee (<i>Open to UCCS members only</i>) | Central United Church |
| | Make and Take - Banana Bliss! Loaf it up! At Central United Church Members - \$10.00 Non-Members \$15.00 | | | | |