



**University
Settlement**
FOUNDED 1910

Older Adult and Senior Programs – OCTOBER 2026

Last updated on: **SEPTEMBER 17, 2026**

Language: EN – English, CH – Chinese

Location: 23 Grange Road, Toronto ON M5T 1cC3

New programs and changes are highlighted in **Yellow**.

Regular Program		
Program	Date, Time, Location	Description
Exercise & Physical Activity		
Tai Chi Sword (EN, CH)	Monday, 8AM – 9AM, Gym	A gentle exercise program that combines traditional Tai Chi movements with sword techniques.
Qigong (EN, CH)	Tuesday, Wednesday & Thursday, 8AM – 9AM, Gym	A gentle wellness program that combines slow movements, breathing exercises, and relaxation techniques.
Tai Chi (EN, CH)	Monday – Friday, 9AM – 10AM, Gym	A Chinese traditional martial art program featuring slow, flowing movements and controlled breathing.
Tai Chi Kung Fu Fan (EN, CH)	Monday, Wednesday & Friday, 10AM – 11AM, Gym	A lively exercise program that combines Tai Chi, traditional martial arts, and fan movements.
Line Dance (EN, CH)	Thursday, 10AM – 12PM, Gym	A fun and energetic group exercise program where seniors learn easy-to-follow dance routines set to music. Beginner friendly.
Pickleball (EN, CH)	Tuesday, 2PM – 4PM Wednesday, 2PM – 4PM Gym	An active racquet sport program where seniors can enjoy friendly games and socialize with others.
Music, Arts & Crafts		
Paint Together (EN, CH)	<i>Self-Guide Practice:</i> Tuesday, 1PM – 3PM, Room B1 & B2	A relaxing and creative program where seniors can explore painting techniques and express themselves through art. It encourages creativity, concentration, and social connection while providing an enjoyable and welcoming environment.
Crochet Program (EN, CH)	Monday, 1PM – 3PM Wednesday, 10AM – 12PM Room B2	Where seniors can practice crochet skills while working on their own projects.

Chinese Calligraphy (CH)	<i>Self-Guided: Tuesday, 1PM – 3PM, Board Room</i>	A culturally enriching program where seniors can practice traditional Chinese calligraphy.
3D Crafting (EN, CH)	<i>Tuesday, 10am to 11:30am, Room B2</i>	Seniors are invited to create three-dimensional art and craft projects using a variety of materials
Karaoke (CH)	<i>Friday, 1PM to 3PM (starting October 9) Mandarin Only in October Room B1</i>	A welcoming program where seniors can sing their favorite songs, socialize with others, and enjoy music together. The program encourages social connection, confidence, and an active community life. Mandarin ONLY in October, we will add Cantonese and English starting November.
Digital Literacy		
Seniors Digital Connect – Intermediate Level (CH)	Friday, 10AM – 11AM, Online	A practical learning program that helps seniors learning how to use computers and digital technology online.
Mahjong and Cards (EN, CH)	Monday, 10AM – 12PM, Room B2	A social program where seniors can enjoy Mahjong and a variety of card games with others

October Special Program		
Program	Date, Time, Location	
Online Workshop: Overview of Canadian Municipal Governments (CH)	Wednesday, October 14, 10AM – 11AM, Online	Briefly explore the Canadian Municipal Governments, what kind of services they provide, and what should we know.

Summer City Walk—Crothers Woods (CH)	Thursday, October 15, 10sAM – 1PM	Join us for a guided walk through Crothers Woods in Downtown Toronto.
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ANNOUNCEMENT

Due to the Thanksgiving long weekend, University Settlement will be closed from October 10 to October 12. All Senior activities will be suspended. Activities will resume on Tuesday, October 13.

Registration Information

All programs are open to individuals age 55+, unless otherwise specified.

All programs are **FREE** and require registration.

To register, please scan the following QR code or use the link:

<https://forms.cloud.microsoft/r/cGFMR4Bf5y>



For additional assistance, please contact:

Yechen Zhang at 416-598-3444 ext. 264 (English & Mandarin)

Simon Young at 416-598-3444 ext. 240 (Cantonese)

Or email our program assistant at sss.volunteer1@universitysettlement.ca.

Programs funded by Government of Canada, Ministry for Seniors and Accessibility, City of Toronto, and United Way.

