



**University
Settlement**
FOUNDED 1910

Older Adult and Senior Programs – SEPTEMBER 2026

Last updated on: **AUGUST 28, 2026**

Language: EN – English, CH – Chinese

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

Regular Program		
Program	Date & Time	Location
Exercise & Physical Activity		
Tai Chi Sword (EN, CH)	Monday, 8AM – 9AM	Gym
Qigong (EN, CH)	Tuesday, Wednesday & Thursday, 8AM – 9AM	Gym
Tai Chi (EN, CH)	Monday – Friday, 9AM – 10AM	Gym
Tai Chi Kung Fu Fan (EN, CH)	Monday, Wednesday & Friday, 10AM – 11AM	Gym
Line Dance (EN, CH)	Thursday, 10AM – 12PM	Gym
Pickleball (EN, CH)	Tuesday, 2PM – 4PM (starts on Sept. 8) Wednesday, 3PM – 5PM (starts on Sept. 9)	Gym
Music, Arts & Crafts		
Paint Together (EN, CH)	Self-Guide Practice: Tuesday, 1PM – 3PM (starts on Sept. 8)	B2
Crochet Program (EN, CH)	Monday, 1PM – 3PM (starts on Sept. 14) Wednesday, 10AM – 12PM (starts on Sept. 9)	B1
Chinese Calligraphy (CH)	Self-Guided: Tuesday, 1PM – 3PM	Board Room
Digital Literacy		
Seniors Digital Connect – Intermediate Level (CH)	Friday, 10AM – 11AM	Online
Food, Entertainment & Learning		
Mahjong and Cards (EN, CH)	Monday, 10AM – 12PM (starts on Sept. 14)	B2

MAY Special Program		
Program	Date & Time	Location
Online Workshop: Urban Design and Strategies	Wednesday, September 9, 10AM – 11AM	Online/Zoom

Summer City Walk—Allan Garden	Thursday, September 17, 10AM – 12PM	meet up time and location will be shared with successfully registered participants
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ANNOUNCEMENT

Due to the Labor Day long weekend, University Settlement will be closed from September 5th to September 7th. All Senior activities will be suspended. Activities will resume on Tuesday, September 8th.

Starting August 31st, all activities will gradually return to indoors. However, due to deep cleaning of University Settlement during the first week of September, some activities will be suspended. Please carefully read the activity schedules and notices.

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/Ab3XqYzGsj>

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.

