University Settlement
FOUNDED 1910

Older Adult and Senior Programs – November 2026

Last updated on: October 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)	*Self-Guide Practice:* 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, EN)	*Self-Guided*: Tuesday, 1PM – 3PM, Board Room **Instructor:** Thursday, 10AM – 11:30AM (starts on Nov.12)	A culturally enriching program where seniors can practice traditional Chinese calligraphy. New instructor class starts on Nov.12, all materials are provided. English speakers friendly as well.
3D Crafting (EN, CH)	*Tuesday, 10am to 11:30am, Room B2*	In this program, seniors can create three-dimensional art and craft projects using a variety of materials.
Embroidery (EN, CH)	**Wednesday, 2PM to 3PM (starts on Nov.4), Room B2**	Seniors can learn and practice embroidery techniques to create beautiful decorative designs.
Karaoke(CH)	*Friday, 1PM to 3PM (starting October 9）, Room B1*	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.
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

November Special Program		
Program	**Date & Time**	**Description**
Online workshop: Canadian Bridging Culture – Understanding Waste Sorting and Recycling in Canada (CH)	Wednesday, November 11, 10AM – 11AM, Online	An informative workshop that helps participants understand waste sorting, recycling, and garbage disposal practices in Canada.

Online workshop: Canadian Bridging Culture – Exploring Canadian Culture and Customs (CH)	Wednesday, November 25, 10AM – 11AM, Online	An engaging workshop that introduces participants to Canadian traditions, cultural values, social etiquette, and everyday customs

ANNOUNCEMENT
No Special announcement in November.
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/KzN4K26aws 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.

Canada Ontario TORONTO United Way Greater Toronto