

Seniors Fall Schedule Fitness/Recreational Schedule

September 8th - December 20th, 2026

Day	Activity	Capacity	Time	Location	Notes
Monday	A Tech 101	10 People	8:30 am – 10:30 am	Activity Room 4	Adele
	South Asian – Social	20 People	10:30 am – 12:30 pm	Conference Room	
	A Total Fitness	50 People	10:00 am – 10:45 am	Gym	Lisa
	A Line Dancing	50 People	11:00 am – 11:45 am	Gym	Lorraine
	A Sit & Fit	50 People	12:30 pm – 1:15 pm	Gym	Patti
	A Dance, Move & Get Fit	50 People	1:30 pm – 2:30 pm	Gym	Donna
	Italian Association - Bingo	20 People	1:00 pm – 4:00 pm	Conference Room	
Tuesday	B Pickle Ball	30 People	8:30 am – 10:30 am	Gym	WSNCC
	Congregate Dining Program	40 People	10:00 am – 2:00 pm	Activity Room 1 & 2	
	A Chair Yoga	50 People	11:00 am – 11:45 am	Gym	Svetlana
	A Tai Chi	50 People	12:00 pm – 12:45 pm	Gym	Betty
	B Euchre	20 People	12:00 pm – 2:30 pm	Conference Room	
Wednesday	A Core Balance	50 People	10:00 am – 10:45 am	Gym	Rika
	B Bridge	20 People	12:00 pm – 2:30 pm	Conference Room	
	A HIIT Cardio	50 People	11:00 am – 11:45 am	Gym	Leanne
	A Strength & Stability	30 People	12:15 pm – 1:00 pm	Activity Room 1 & 2	Svetlana
	B Badminton	30 People	12:30 pm – 2:30 pm	Gym	WSNCC
	A Flex & Tone	30 People	1:30 pm – 2:30 pm	Activity Room 1 & 2	Donna
	South Asian Seniors Club	20 People	5:00 pm – 8:00 pm	Conference Room	Zarin
Thursday	A Sit & Fit	50 People	10:00 am – 10:45 am	Gym	Patti
	A Osteo Fit	50 People	11:00 am – 11:45 am	Gym	Patti
	B Bid Euchre	20 People	12:00 pm – 2:30 pm	Conference Room	
	A Mat Yoga	50 People	1:00 pm – 1:45 pm	Gym	Svetlana
	A Chair Pilates	50 People	2:00 pm – 2:45 pm	Gym	Svetlana
Friday	B Crafts	20 People	9:00 am – 11:30 am	Activity Room 3	
	A Cardio Dance & Weights	30 People	10:00 am – 10:45 am	Activity Room 1 & 2	Rika
	A Gentle Fitness & Stretch	30 People	12:00 pm – 12:45 pm	Activity Room 1 & 2	Rika
	B Cribbage	20 People	11:30 am – 2:00 pm	Activity Room 3	
	Italian Association - Bingo	20 People	1:00 pm – 4:00 pm	Conference Room	
Saturday	B South Asian Seniors	35 People	11:00 am – 3:00 pm	Activity Room 1 & 2	Zarin
	A Community Fitness	30 People	10:00 am – 10:45 am	Activity Room 1 & 2	Lisa
	B Badminton	30 People	10:00 am – 12:00 pm	Gym	SAS
	B Badminton	30 People	12:00 pm – 2:00 pm	Gym	
	B Pickle Ball	30 People	2:15 pm – 4:15 pm	Gym	
Sunday	B Pickle Ball	30 People	9:00 am – 11:00 am	Gym	

Seniors Fall – Swimming Pool Schedule

September 8th- December 18th, 2026

Day	Activity	Capacity	Time	Cost	Notes
Monday	Lane Swim	8 People	9:00 am – 9:45 am	Registered Program	Seniors Members
	Recreation Swim	25 People	10:00 am – 11:00 am	Registered Program	Seniors Members
Tuesday	Aquafit	25 People	9:00 am – 9:45 am	Registered Program	Patti
	Recreation Swim	25 People	10:00 am – 10:45 am	Registered Program	Seniors Members
Wednesday	Aquafit	25 People	9:00 am – 9:45 am	Registered Program	Rika
	Lane Swim	8 People	10:00 am – 10:45 am	Registered Program	Seniors Members
	Recreation Swim	25 People	11:00 am – 12:00 pm	Registered Program	Seniors Members
Thursday	Aquafit	25 People	9:00 am – 9:45 am	Registered Program	Patti
	Recreation Swim	25 People	10:00 am – 10:45 am	Registered Program	Seniors Members
Friday	Lane Swim	8 People	9:00 am – 9:45 am	Registered Program	Seniors Members
	Recreation Swim	25 People	10:00 am – 10:45 am	Registered Program	Seniors Members
	Aquafit	25 People	11:00 am – 11:45 am	Registered Program	Rika
Saturday	Open Swim	25 People	3:00 pm – 4:00 pm	FREE	Community Members
Sunday	Open Swim	25 People	1:30 pm – 3:30 pm	FREE	Community Members

All participants must register for each program. All fitness programs are open for community members.

For registration, please contact seniors' staff at (416) 755-9215

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