



salc.splc.ca



SALC@splc.ca



(416) 493-3333 x 802



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3333 Finch Avenue East  
Scarborough, Ontario  
M1W 2R9



### SALC SPRING PROGRAM SCHEDULE - (APRIL - JUNE 2025)

Programs / Events (by)	# of Sessions	Fee	Days	Dates	Location	Time
<b>Art &amp; Crafts Programs</b>						
Paint Club - Acrylic Painting (Susan)	1	\$ 15	2nd FRI	Apr 11, May 9 & June 13	Activity Room	10:00 AM - 12:30 PM
Paint Club Practice Session (No Guidance)	1	\$ 5	3rd FRI	Apr 18, May 16 & June 20	Activity Room	10:00 AM - 12:30 PM
Craft & Arts Group	10	\$ 0	WED	Apr 2 - June 25	Activity Room	10:30 AM - 2:00 PM
Digital Art	5	\$20	FRI	May 2 - May 30	Zoom	4:00 PM - 5:00 PM
<b>Computer Programs</b>						
One-on-One Tech Support - English (Sipan)	6	\$5	WED	Apr 2 - June 25	Computer Room	10:00 AM - 12:00 PM
One-on-One Tech Support - English / Chinese (Kevin)	6	\$5	THU	Apr 3 - June 26	Computer Room	9:30 AM - 11:30 AM
Register and book your one-on-one 20 or 30 minutes hour time slots in advance and Please be present on time						
<b>Dance Programs</b>						
Line Dance Level 1 (Irene)	12	\$ 96	TUE	Apr 1 - June 17	Recreation Room	10:00 AM -11:00 AM
Line Dance Level 2 A (Irene)	12	\$ 96	TUE	Apr 1 - June 17	Recreation Room	11:30 AM -12:30 PM
Line Dance Level 2 B (Irene)	12	\$ 96	THU	Apr 3 - June 19	Recreation Room	11:30 AM -12:30 PM
Line Dance Intermediate (Lily)	12	\$ 40	WED	Apr 2 - June 25	Recreation Room	9:45 AM - 11:00 AM
Get Fit To The Beat (Lea)	10	\$ 50	THU	Apr 10 - June 12	Recreation Room	3:00 PM - 4:00 PM
Line Dance Level 1 (Yvonne)	10	\$ 80	FRI	Mar 28 -June 13	Recreation Room	2:00 PM - 3:00 PM
Line Dance Level 2 (Yvonne)	10	\$ 80	FRI	Mar 28 -June 13	Recreation Room	12:30 PM - 1:45 PM
<b>Education Programs</b>						
Fingertip Acupuncture Therapy (Philip Mo)	10	\$ 100	MON	Apr 7 - June 16	Activity Room	9:30 - 10:45 AM
Spanish Learning (Margarita)	10	\$ 80	MON	Apr 7 - June 16	Activity Room	3:00 PM - 4:00 PM



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<b>Fitness Programs</b>						
Tai Chi (WU) Advanced (Philip Mo)	10	\$ 100	MON	Apr 7 - June 16	Recreation Room	11:00 AM -12:15 PM
Gentle Fitness (Lea)	10	\$ 50	TUE	Apr 8 - June 10	Recreation Room	1:00 PM - 2:00 PM
Table Tennis A	12	\$ 24	WED	Apr 2 - June 25	Recreation Room	2:00 PM - 3:30 PM
Table Tennis B	12	\$ 24	WED	Apr 2 - June 25	Recreation Room	3:30 PM - 5:00 PM
Mini Tennis	12	\$ 24	THU	Apr 3 - June 26	Recreation Room	9:00 AM - 11:00 AM
Simplified Tai Chi	14	\$ 50	FRI	May 2 - Aug 8	Recreation Room	9:00 AM - 10:00 AM
<b>Games</b>						
Afternoon Board Games	12	\$ 5	MON	Apr 7 - June 30	Recreation Room	1:00 - 3:30 PM
Bridge BBO Internet Group (Stephen)	12	\$ 0	TUE	Apr 1 - June 24	Internet	12:30 PM - 3:00 PM
Bingo A (SALC Volunteers)	5	\$ 10	THU	Apr 10 - May 8	Recreation Room	1:30 PM - 2:30 PM
Bingo B (SALC Volunteers)	5	\$ 10	THU	May 22- June 19	Recreation Room	1:30 PM - 2:30 PM
Trivia Afternoon	3	\$ 10		TBC	Zoom	
<b>Music Programs</b>						
Vocal Training	8	\$ 90	TUE	Mar 4 - June 24	Activity Room	12:30 - 3:00 PM & 3:30 - 6:00 PM.
People Link Choir	12	\$ 40	THU.	Apr 3 - June 26	St Paul's Church Chapel	10:00 AM -12:00 PM
<b>Social / Leisure Programs - Monthly</b>						
Filipino Gathering (Lea)	2	\$ 0	2nd TUE	Apr 8, May 13 & June 10	Recreation Room	2:30 PM - 4:00 PM
Latin Dancers Gathering	2	\$ 0	3rd TUE	Apr 15, May 20 & June 17	Recreation Room	2:30 PM - 4:00 PM



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<b>Social / Leisure Programs - Monthly continue...</b>						
Sri Lankan Gathering (Siva)	2	\$ 0	3rd TUE	May 20 & June 17	Recreation Room	4:30 PM - 5:30 PM
Afternoon Movie (Siva)	3	\$ 0	Last FRI	Apr 25, May 30 & June 27	Recreation Room	3:30 PM - 5:30 PM
<b>Special Events</b>						
Tamil New Year Celebration	1	\$ 5	MON	April 21	Recreation Room	5:30 PM - 6:30 PM
Mother's Day Celebration & Spring Tea Party	1	\$10	THU	May 15	Recreation Room	1:00 PM - 2:30 PM

### Senior Active Living Centre Programs Registration & Assistance

Register SALC Programs and Events on-line (see more information at the back of this Guide)

If you need assistance for Registering Programs / Events, Please

Call 416 493 3333 Ext 802 or Email: [salc@splc.ca](mailto:salc@splc.ca)

SALC Office hours Monday - Friday from 9:00 AM - 4:30 PM

Note: "For Program description and more information about SALC program & Events, Please visit our Program Guide online at [salc.splc.ca](http://salc.splc.ca)"



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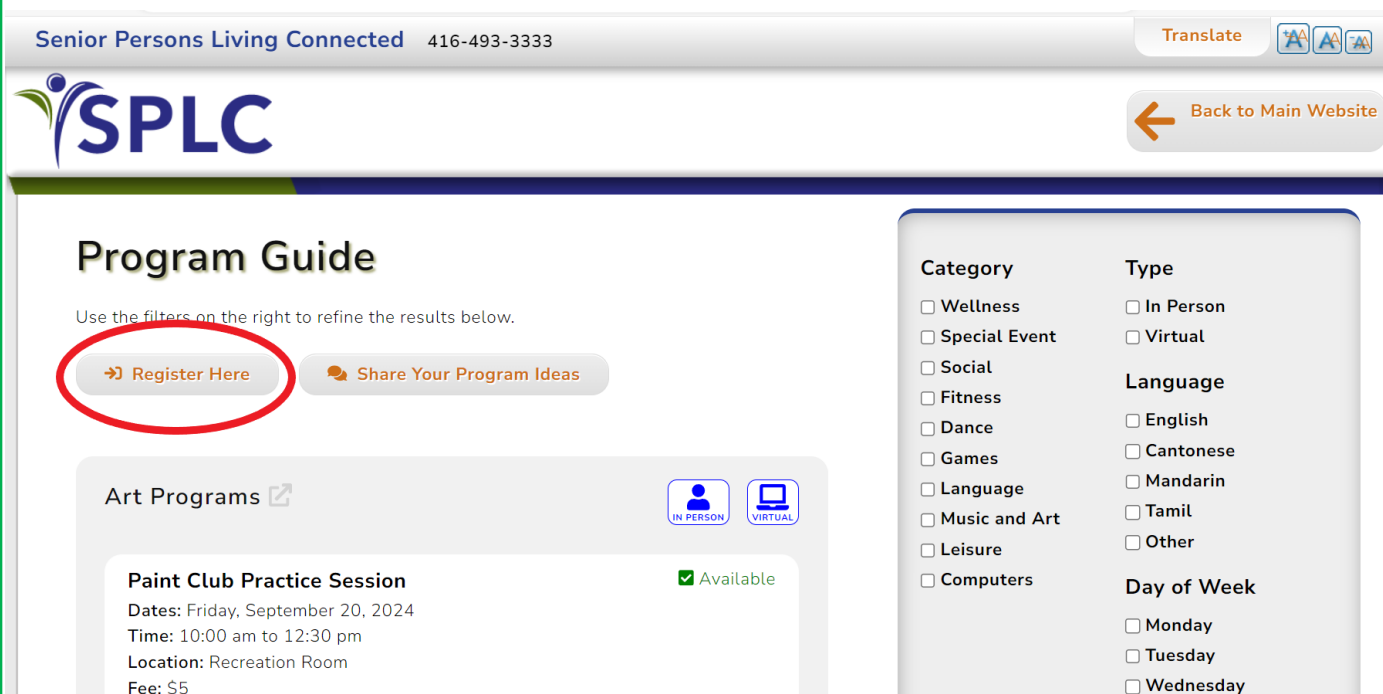


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### How to register for SALC Programs through the SPLC website



The screenshot shows the SPLC website's 'Program Guide' page. At the top, there's a header with the SPLC logo and a 'Back to Main Website' button. Below the header, the 'Program Guide' section is visible, featuring a 'Register Here' button circled in red. To the right of the 'Register Here' button is a 'Share Your Program Ideas' button. Below these buttons, there's a section for 'Art Programs' with a 'Paint Club Practice Session' listed. The session details include: Dates: Friday, September 20, 2024; Time: 10:00 am to 12:30 pm; Location: Recreation Room; Fee: \$5. To the right of the program details, there's a filter sidebar with categories like Wellness, Special Event, Social, Fitness, Dance, Games, Language, Music and Art, Leisure, and Computers. It also has filters for Type (In Person, Virtual), Language (English, Cantonese, Mandarin, Tamil, Other), and Day of Week (Monday, Tuesday, Wednesday).

**Step 2:** You will now see the Web Registration Receipt page. Please enter your contact details in the fields indicated. \*are mandatory fields that must be entered.

**Step 3:** Once you have filled out your information scroll down to Programs. You will see different program categories in blue: [Computers](#), [Dance](#), [Education](#), [Fitness](#), [Music](#), [Games](#), [Social](#), [Special Event](#) Ex: For Line Dance, select "Dance" and select your preferred dance class.

**Step 4:** Once you have made your program selection, please verify the total amount (to avoid duplicate)

**Step 5:** Move to the next section marked **Payment Method**. Select how you will be paying.

(If the total is \$0.00, select "in-person" and you do not need to do anything. All amounts over \$10 must be paid online by Credit Card. For In person Pay Option - Cash / Cheque / Credit Card - please go to the Recreation office to Pay / for payment arrangement) Then Click on **"Submit"**. You will see an acknowledgement message and receive an emailed receipt.

(When you see something in **Red** at the bottom, please review and fix any wrong/missing information.)