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SALC@splc.ca



(416) 493-3333 x 802

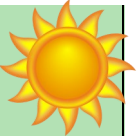







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3333 Finch Avenue East
Scarborough, Ontario
M1W 2R9

SALC SUMMER PROGRAM SCHEDULE - (JULY - SEPTEMBER 2025)



Programs / Events (by)	# of Sessions	Fee	Days	Dates	Location	Time
Art & Crafts Programs 						
Paint Club - Acrylic Painting (Susan)	1	\$ 15	2nd FRI	July 11, Aug 8 & Sept 12	Activity Room	10:00 AM - 12:30 PM
Paint Club Practice Session (No Guidance)	1	\$ 5	3rd FRI	July 18, Aug 15 & Sept 19	Activity Room	10:00 AM - 12:30 PM
Chinese Brush Painting (Amy) 	5	\$ 60	THU	July 17 - Aug 14	Activity Room	10:00 AM - 11:00 AM
Computer Programs 						
One-on-One Tech Support - English / Chinese (Kevin)	NA	\$ 10	THU	July 3 - Sept 25	Computer Room	9:30 AM - 11:30 AM
Register and book your one-on-one 30 minutes time slots in advance and Please be present on time (\$2/ Session)						
Dance Programs 						
Line Dance Level 1 (Irene)	12	\$ 96	TUE	July 8 - Sept 23	Recreation Room	10:00 AM - 11:00 AM
Line Dance Level 2 A (Irene)	12	\$ 96	TUE	July 8 - Sept 23	Recreation Room	11:30 AM - 12:30 PM
Line Dance Level 2 B (Irene)	12	\$ 96	THU	July 10 - Sept 25	Recreation Room	11:30 AM - 12:30 PM
Line Dance Intermediate (Lily)	12	\$ 40	WED	July 2 - Sept 24	Recreation Room	9:45 AM - 11:00 AM
Get Fit To The Beat (Lea)	10	\$ 50	THU	July 17 - Sept 18	Recreation Room	3:00 PM - 4:00 PM
Line Dance Level 1 (Yvonne)	10	\$ 80	FRI	June 27 - Sept 5	Recreation Room	2:00 PM - 3:00 PM
Line Dance Level 2 (Yvonne)	10	\$ 80	FRI	June 27 - Sept 5	Recreation Room	12:30 PM - 1:45 PM
Education Programs 						
Fingertip Acupuncture Therapy (Philip Mo)	10	\$ 100	MON	July 7 - Sept 22	Activity Room	9:30 - 10:45 AM



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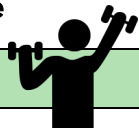




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SALC SUMMER PROGRAM SCHEDULE - (JULY - SEPT 2025)



Programs / Events (by)	# of Sessions	Fee	Days	Dates	Location	Time
Fitness Programs 						
Gentle Motion - Strength & Stretch (Lea) 	6	\$ 30	Mon	July 14 - Aug 25	Recreation Room	9:45 AM - 10:30 PM
Tai Chi (WU) Advanced (Philip Mo)	10	\$ 100	MON	July 7 - Sept 22	Recreation Room	11:00 AM -12:15 PM
Gentle Fitness (Lea)	10	\$ 50	TUE	July 15 - Sept 16	Recreation Room	1:00 PM - 2:00 PM
Table Tennis A (self-served)	12	\$ 20	WED	July 2 - Sept 24	Recreation Room	2:00 PM - 3:30 PM
Table Tennis B (self-served)	12	\$ 20	WED	July 2 - Sept 24	Recreation Room	3:30 PM - 5:00 PM
Mini Tennis (self-served)	12	\$ 20	THU	July 3 - Sept 25	Recreation Room	9:00 AM - 11:00 AM
Simplified Tai Chi (Joanna HO)	14	\$ 50	FRI	May 2 - Aug 8	Recreation Room	9:00 AM - 10:00 AM
Games 						
Afternoon Board Games (self-served)	12	\$ 5	MON	July 7 - Sept 29	Recreation Room	1:00 - 3:30 PM
Bridge BBO Internet Group (Stephen)	12	\$ 0	TUE	July 8 - Sept 30	Internet	12:30 PM - 3:00 PM
Chess for Connection (Volunteers)	12	\$ 0	WED	July 3 - Sept 25	Activity Room	6:00 PM - 7:00 PM
Bingo (SALC Volunteers)	10	\$ 20	THU	July 17 - Sept 18	Recreation Room	1:30 PM - 2:30 PM
Music Programs 						
People Link Choir	12	\$ 40	THU.	July 3 - Sept 25	St Paul's Church Chapel	10:00 AM -12:00 PM
Social / Leisure Programs - Weekly / Monthly						
Virtual Travelogue (Taraana)	3	\$ 0	Last MON	July 28, Aug 25 & Sept 29	Zoom	11:00 AM - 12:00 PM
Karaoke / Sing along 	6	\$ 10	MON	July 15 - Sept 16	Activity Room	2:00 PM - 4:00 PM



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SALC SPRING PROGRAM SCHEDULE - (JULY - SEPT 2025)



Programs / Events (by)	# of Sessions	Fee	Days	Dates	Location	Time
Social / Leisure Programs - Monthly continued...						
Filipino Gathering (Lea)	3	\$ 0	2nd TUE	July 15, Aug 12 & Sept 9	Recreation Room	2:30 PM - 4:00 PM
Latin Dancers Gathering (Lea)	3	\$ 0	3rd TUE	July 22, Aug 19 & Sept 16	Recreation Room	2:30 PM - 4:00 PM
Sri Lankan Gathering (Siva)	3	\$ 0	3rd TUE	July 22, Aug 19 & Sept 16	Recreation Room	4:30 PM - 5:30 PM
Afternoon Movie (Siva) 	3	\$ 0	Last FRI	July 25, Aug 29 & Sept 26	Recreation Room	3:30 PM - 5:30 PM
Special Events						
SALC Summer Tea Party - SALC Team	1	\$ 0	THU	September 25	Recreation Room	2:00 - 3:30 PM
National Day for Truth and Reconciliation - SALC 	1	\$ 0	TUE	September 30	Recreation Room	10:00 - 11:00 AM
Mid-Autumn Festival - Julia Wong & Friends	1	\$ 0	THU	October 3	Recreation Room	2:30 PM - 4:00 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

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"



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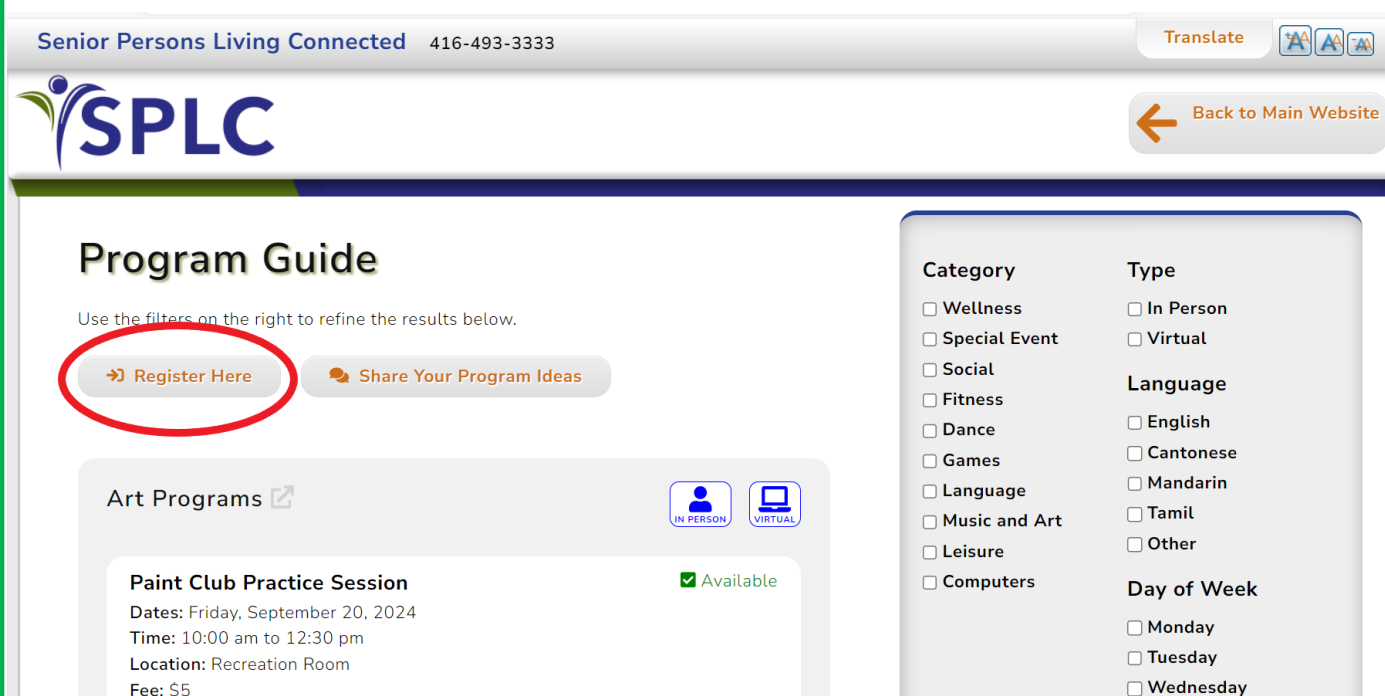
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How to register for SALC Programs through the SPLC website



Senior Persons Living Connected 416-493-3333



Translate 

 [Back to Main Website](#)

Program Guide

Use the filters on the right to refine the results below.

[➔ Register Here](#) [🗨️ Share Your Program Ideas](#)

Art Programs  

Paint Club Practice Session ✔️ Available

Dates: Friday, September 20, 2024
Time: 10:00 am to 12:30 pm
Location: Recreation Room
Fee: \$5

Category	Type
<input type="checkbox"/> Wellness	<input type="checkbox"/> In Person
<input type="checkbox"/> Special Event	<input type="checkbox"/> Virtual
<input type="checkbox"/> Social	Language
<input type="checkbox"/> Fitness	<input type="checkbox"/> English
<input type="checkbox"/> Dance	<input type="checkbox"/> Cantonese
<input type="checkbox"/> Games	<input type="checkbox"/> Mandarin
<input type="checkbox"/> Language	<input type="checkbox"/> Tamil
<input type="checkbox"/> Music and Art	<input type="checkbox"/> Other
<input type="checkbox"/> Leisure	Day of Week
<input type="checkbox"/> Computers	<input type="checkbox"/> Monday
	<input type="checkbox"/> Tuesday
	<input type="checkbox"/> 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.)