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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 WINTER PROGRAM SCHEDULE - (JANUARY - MARCH 2026)

Programs / Events (by)	# of Sess.	Fee	Days	Dates	Location	Time	
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Art & Crafts Programs

Crafts & Art Club (Dolly)	12	\$ 0	MON	Jan 12 - Mar 30	Activity Room	11:00 AM - 2:00 PM	
Sip & Paint with Lily	5	\$15	THU	Feb 5 - Mar 5	Activity Room	11:30 AM - 12:30 PM	
Paint Club - Acrylic Painting (Susan)	1 - 3	\$ 15	2nd FRI	Jan 9, Feb 13 & March 13	Activity Room	10:00 AM - 12:30 PM	
Paint Club Practice (self serve)	1 - 3	\$ 5	3rd FRI	Jan 16, Feb 20 & March 20	Activity Room	10:00 AM - 12:30 PM	

Computer Programs



One-on-One Tech Support - English / Chinese (Kevin)	1	\$ 2	THU	Jan 8 - March 26	Computer Room	9:30 - 10 / 10 - 10:30 / 10:30 - 11 / 11 - 11:30 AM.	
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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)	11	\$ 88	TUE	Jan 6 - March 17	Recreation Room	10:00 AM - 11:00 AM	
Line Dance Level 2 A (Irene)	11	\$ 88	TUE	Jan 6 - March 17	Recreation Room	11:30 AM - 12:30 PM	
Line Dance Level 2 B (Irene)	11	\$ 88	THU	Jan 8 - March 19	Recreation Room	11:30 AM - 12:30 PM	
Get Fit to the Beat (Lea)	10	\$ 50	THU	Jan 8 - March 12	Recreation Room	3:00 PM - 4:00 PM	
Line Dance Level 1 (Yvonne)	10	\$ 80	FRI	Jan 9 - March 13	Recreation Room	2:00 PM - 3:00 PM	
Line Dance Level 2 (Yvonne)	10	\$ 80	FRI	Jan 9 - March 13	Recreation Room	12:30 PM - 1:45 PM	



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Education Programs						
Fingertip Acupressure Therapy (Philip Mo) 	10	\$ 100	MON	Jan 5 – March 16	Activity Room	9:30 - 10:45 AM
Spanish Learning (Margarita) 	8	\$ 100	THU	Jan 15, 22, 29, Feb 5, Mar 5, 12, 19 & 26	Activity Room	3:15 PM - 4:30 PM
Fitness Programs						
Tai Chi (WU) (Philip MO)	10	\$ 100	MON	Jan 5 – March 16	Recreation Room	11:00 AM - 12:15 PM
Gentle Fitness (Lea)	10	\$ 50	TUE	Jan 6 - March 10	Recreation Room	1:00 PM - 2:00 PM
Table Tennis A (self-served)	10	\$ 20	WED	Jan 7 – March 18	Recreation Room	2:15 PM - 3:30 PM
Table Tennis B (self-served)	10	\$ 20	WED	Jan 7 – March 18	Recreation Room	3:45 PM - 5:00 PM
Mini Tennis (self-served)	10	\$ 20	THU	Jan 8 – March 19	Recreation Room	9:00 AM - 11:00 AM
Games 						
Afternoon Board Games	12	\$ 5	MON	Jan 5 - March 23	Recreation Room	1:00 - 3:30 PM
Bridge BBO Internet Group (Stephen)	12	\$ 0	TUE	Jan 6 - March 24	Internet	12:30 PM - 3:00 PM
Chess for Connection	12	\$ 0	WED	Jan 7 – March 25	Activity Room	6:00 PM - 7:00 PM
Bingo (SALC Volunteers)	5	\$ 10	THU	Jan 8 – Feb 5	Recreation Room	1:30 PM - 2:30 PM
Music Programs 						
People Link Choir	12	\$ 40	THU.	Jan 8 – March 26	St Paul's Church Chapel	10:00 AM - 12:00 PM
Vocal Training	8 (Every other wk.)	\$ 90	TUE	To be confirmed	Activity Room	12:30 - 3:00 PM & 3:30 - 6:00 PM



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Programs / Events (by)	# of Sess.	Fee	Day	Dates	Location	Time
Social / Leisure Programs						
Virtual Travelogue (Taraana)	3	\$ 0	Last MON	Jan 26, Feb 23 & Mar 30	Zoom	10:00 AM - 11:00 AM
Filipino Gathering (Lea) 	3	\$ 0	2nd TUE	Jan 13, Feb 10 & Mar 10	Recreation Room	2:30 PM - 4:00 PM
Sri Lankan Gathering (Siva)	3	\$ 0	3rd TUE	Jan 20, Feb 17 & Mar 17	Recreation Room	4:30 PM - 5:30 PM
Karaoke (Henry)	8	\$ 20	WED	Jan 14 - Mar 4	Activity Room	2:30 PM - 4:00 PM
Movie Afternoon (Siva) 	3	\$ 0	Last FRI	Jan 30, Feb 27 & Mar 27	Recreation Room	3:30 PM - 5:30 PM
Special Events						
Art & Craft by SALC Volunteers	1	\$5	TUESDAY	February 3	Activity Room	10:00 AM - 11:30 AM
Chinese New Year Celebration	1	\$ 0	FRIDAY	February 20	Recreation Room	3:30 PM - 5:00 PM
Black History Month Event	1	\$ 0	TUESDAY	February 24	Recreation Room	3:00 PM - 4:00 PM
International Women Day Event	1	\$ 0	MONDAY	March 9	Recreation Room	3:30 PM - 4:30 PM

Senior Active Living Centre Programs Registration & Assistance

Register SALC Programs and Events on-line

(see more information on the next page)

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

Parking Update at SPLC (Effective July 17, 2025)



Facilities management has implemented QR code parking registration for all onsite parking.

- Register your parking via the QR code
- Mark that you are "visiting" recreation under the SPLC program

For help, visit the customer service desk or SALC office.

Ensure you know your parking spot number and license plate



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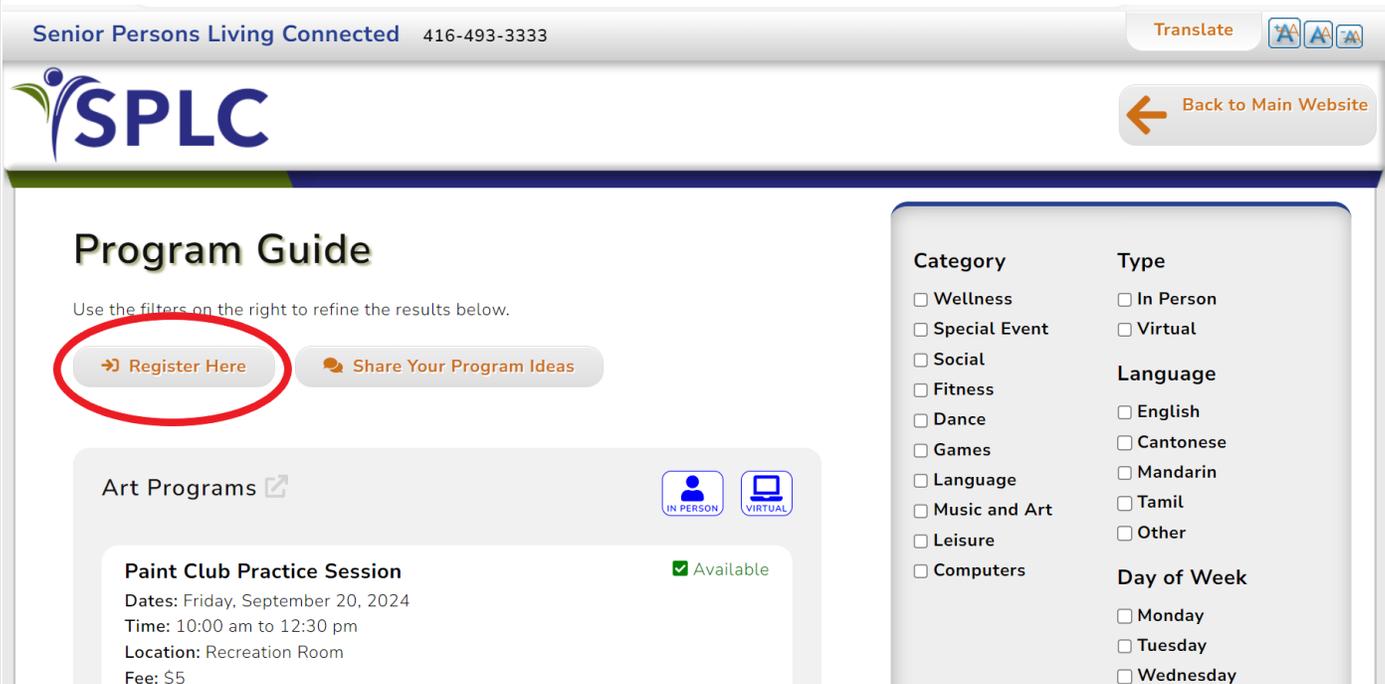
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For Program description and more information about Senior Active Living Centre Programs & Events,
Please visit our Program Guide online at salc.splc.ca"
[How to register for SALC Programs through the SPLC website](#)

Senior Persons Living Connected 416-493-3333 Translate

SPLC ← 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 IN PERSON VIRTUAL

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 (< \$10) or direct to pay at CSR). 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.)