



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 Guide (April - June 2026)

Senior Active Living Centre Programs Registration

Register SALC Programs and Events on-line (see more information on the last page)

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

For Program description and more information about
Senior Active Living Centre Programs & Events,
Please visit our Program Guide online at salc.splc.ca"







SALC SPRING PROGRAM SCHEDULE - (APRIL - JUNE 2026)

Art Programs 	# Sess.	Fee	Days	Dates	Location	Time 
Crafts & Art Club (Dolly) 	12	\$ 0	MON	Apr 6 - June 29	Activity Room	11:00 AM - 2:00 PM
Sip & Paint with Lily	5	\$15	THU	Apr 9 - May 7	Activity Room	11:30 AM - 12:30 PM
Paint Club - Acrylic Painting (Susan)	1 - 3	\$ 15	2nd FRI	Apr 10, May 8 & June 12	Activity Room	10:00 AM - 12:30 PM
Paint Club Practice (self serve)	1 - 3	\$ 5	3rd FRI	Apr 17, May 15 & June 19	Activity Room	10:00 AM - 12:30 PM
Computer Programs	# Sess.	Fee	Days	Dates	Location	Time 
One-on-One Tech Support - English / Chinese (Kevin) 	1	\$ 2	THU	Apr 9 – June 25	Computer Room	9:30 - 10/ 10 -10:30/ 10:30 - 11 /11 - 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 	# Sess.	Fee	Days	Dates	Location	Time 
Line Dance Level 1 (Irene) 	10	\$ 80	TUE	Apr 7 – June 9	Recreation Room	10:00 AM -11:00 AM
Line Dance Level 2 A (Irene)	10	\$ 80	TUE	Apr 7 – June 9	Recreation Room	11:30 AM -12:30 PM
Line Dance Level 2 B (Irene)	10	\$ 80	THU	Apr 9 – June 11	Recreation Room	11:30 AM -12:30 PM
Get Fit to the Beat (Lea)	10	\$ 50	THU	Apr 9 – June 11	Recreation Room	3:00 PM - 4:00 PM
Line Dance Level 1 (Yvonne)	10	\$ 80	FRI	Apr 10 – June 12	Recreation Room	2:00 PM - 3:00 PM
Line Dance Level 2 (Yvonne)	10	\$ 80	FRI	Apr 10 – June 12	Recreation Room	12:30 PM - 1:45 PM

Education Programs	# Sess.	Fee	Days	Dates	Location	Time 
Fingertip Acupressure Therapy (Philip Mo) 	10	\$ 100	MON	Apr 6 - June 15	Activity Room	9:30 - 10:45 AM
Spanish Learning (Margarita) 	8	\$ 100	MON	Apr 13 – June 22	Activity Room	3:00 PM - 4:15 PM

Music Programs 	# Sess.	Fee	Days	Dates	Location	Time 
People Link Choir	12	\$ 40	THU.	Apr 2 – June 25	St Paul's Church Chapel	10:00 AM -12:00 PM
Vocal Training	8 (Every other wk.)	\$ 90	TUE	Mar 10 - June 30	Activity Room	12:30 - 3:00 PM & 3:30 - 6:00 PM

🌸 SALC SPRING PROGRAM SCHEDULE - (APRIL - JUNE 2026)

Fitness Programs 🏃	# Sess.	Fee	Days	Dates	Location	Time 🌸
Tai Chi (WU) (Philip MO)	10	\$ 100	MON	Apr 6 - June 15	Recreation Room	11:00 AM - 12:15 PM
Gentle Fitness (Lea) 🧘	10	\$ 50	TUE	Apr 7 - June 9	Recreation Room	1:00 PM - 2:00 PM
Table Tennis A (self-served)	10	\$ 20	WED	Apr 8 - June 17	Recreation Room	2:15 PM - 3:30 PM
Table Tennis B (self-served)	10	\$ 20	WED	Apr 8 - June 17	Recreation Room	3:45 PM - 5:00 PM
Mini Tennis (self-served)	10	\$ 20	THU	Apr 9 - June 18	Recreation Room	9:00 AM - 11:00 AM
Simplified Tai Chi (Joanna)	14	\$ 50	FRI	Apr 10 - July 31	Recreation Room	9:00 AM - 10:30 AM
Games 🎲	# Sess.	Fee	Days	Dates	Location	Time 🌸
Afternoon Board Games	10	\$ 5	MON	Apr 6 - June 22	Recreation Room	1:00 - 3:30 PM
Bridge BBO Internet Group (Stephen) 🧑🏻🧑🏻🧑🏻	12	\$ 0	TUE	Apr 7 - June 30	Internet	12:30 PM - 3:00 PM
Chess for Connection	12	\$ 0	WED	Apr 1 - June 24	Activity Room	6:00 PM - 7:00 PM
Bingo A (SALC Volunteers)	5	\$ 10	THU	Apr 9 - May 7	Recreation Room	1:30 PM - 2:30 PM
Bingo B (SALC Volunteers)	5	\$ 10	THU	May 14 - June 11	Recreation Room	1:30 PM - 2:30 PM
Social Programs	# Sess.	Fee	Days	Dates	Location	Time 🌸
Virtual Travelogue (Taraana)	3	\$ 0		To be finalized with volunteer	Zoom	10:00 AM - 11:00 AM
Filipino Gathering (Lea) 🧑🏻🧑🏻🧑🏻	3	\$ 0	2nd TUE	Apr 14, May 12 & June 9	Recreation Room	2:30 PM - 4:00 PM
Sri Lankan Gathering (Siva)	3	\$ 0	Last MON	May 25 & June 29	Recreation Room	4:30 PM - 5:30 PM
Movie Afternoon (Siva) 🎬	3	\$ 0	Last FRI	Apr 24, May 29 & June 26	Recreation Room	3:30 PM - 5:30 PM
Special Events (April)	# Sess.	Fee	Days	Dates	Location	Time 🌸
Easter Music by Simon & Jenifer	1	\$ 0	WED	April 1	Recreation Room	1:30 PM - 2:30 PM
Art & Craft Session (DP & SALC) 🎈	1	\$ 0	THU	April 2	Recreation Room	12:30 PM - 2:30 PM
Tamil New Year Celebration	1	\$ 5	FRI	April 17	Recreation Room	5:30 PM - 6:30 PM
Caitlin's Spring Piano Session	2	\$ 0	WED	April 22	Activity Room	10:00 AM - 11:00 AM



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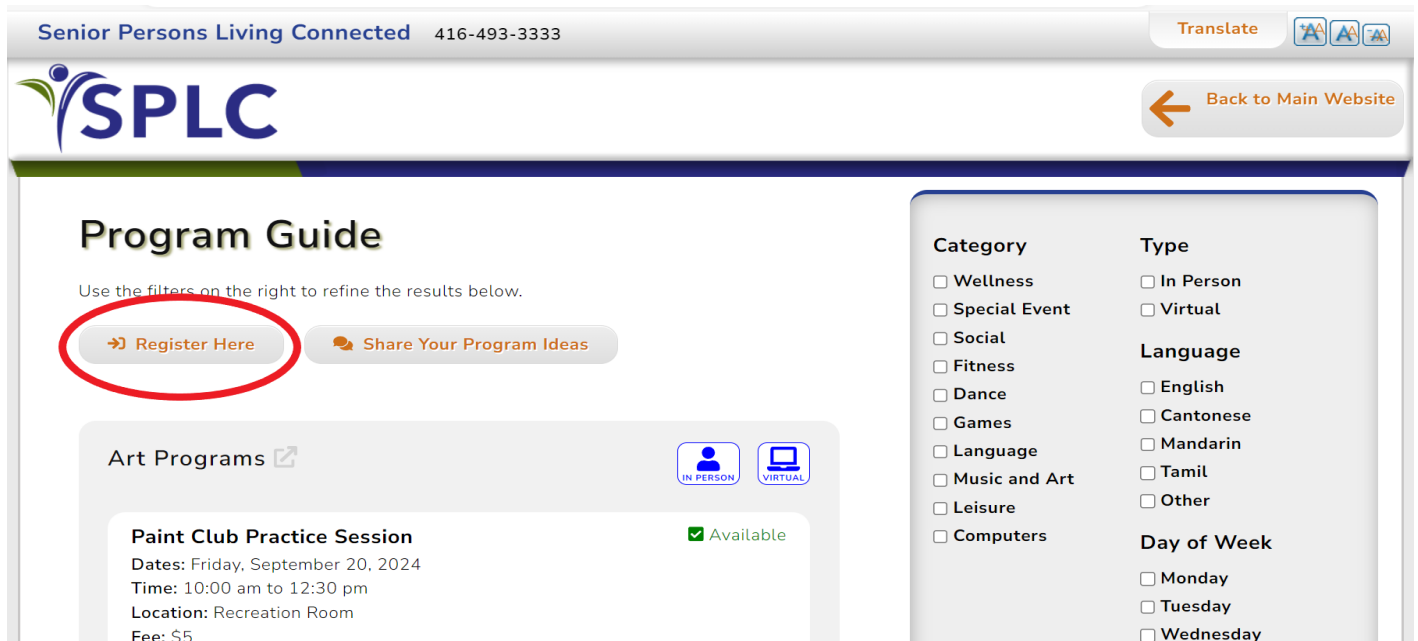


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How to register for SALC Programs through the SPLC website



Step 1: Go to salc.splc.ca and click "Register Here"



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	
<input type="checkbox"/> Fitness	Language
<input type="checkbox"/> Dance	<input type="checkbox"/> English
<input type="checkbox"/> Games	<input type="checkbox"/> Cantonese
<input type="checkbox"/> Language	<input type="checkbox"/> Mandarin
<input type="checkbox"/> Music and Art	<input type="checkbox"/> Tamil
<input type="checkbox"/> Leisure	<input type="checkbox"/> Other
<input type="checkbox"/> Computers	Day of Week
	<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.

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. 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).

Parking Update at SPLC - Facilities management has implemented QR code parking registration for all onsite parking. Limited Visitor Parking Spots are available onsite. Register your parking via the QR code

