



salc.splc.ca



SALC@splc.ca



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3333 Finch Avenue East
Scarborough, Ontario
M1W 2R9

SALC Summer Program Guide

(July - Sept 2026)

Senior Active Living Centre Programs Registration

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

SALC Office Hours: 9:00 AM - 4:30 PM
(Monday - Friday)



SALC SUMMER PROGRAM SCHEDULE - (JULY - SEPT 2026)



Art Programs 	# Sess.	Fee	Days	Dates	Location	Time
"Unleash Your Inner Artist" with Lili	5	\$ 15	THU	July 16 - Aug 13	Activity Room	11:30 AM - 12:30 PM
Paint Club - Acrylic Painting (Susan)	1 - 2	\$ 15	2nd FRI	Aug 14 & Sep 11	Activity Room	10:00 AM - 12:30 PM
Paint Club Self Practice	1 - 3	\$ 5	3rd FRI	July 17 & Aug 21 & Sep 18	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	July 5 - July 31	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	July 7 - Sep 8	Recreation Room	10:00 AM -11:00 AM
Line Dance Level 2 A (Irene)	10	\$ 80	TUE	July 7 - Sep 8	Recreation Room	11:30 AM -12:30 PM
Line Dance Level 2 B (Irene) 	10	\$ 80	THU	July 9 - Sep 10	Recreation Room	11:30 AM -12:30 PM
Get Fit to the Beat (Lea)	10	\$ 50	THU	July 9 - Sep 10	Recreation Room	3:00 PM - 4:00 PM
Line Dance Level 1 (Yvonne)	10	\$ 80	FRI	July 10 - Sep 11	Recreation Room	2:00 PM - 3:00 PM
Line Dance Level 2 (Yvonne)	10	\$ 80	FRI	July 10 - Sep 11	Recreation Room	12:30 PM - 1:45 PM
Education Programs	# Sess.	Fee	Days	Dates	Location	Time
Fingertip Acupressure Therapy (Philip Mo) 	10	\$ 100	MON	July 6 - Sep 21	Activity Room	9:30 - 10:45 AM
Music & Singing Programs 	# Sess.	Fee	Days	Dates	Location	Time
People Link Choir	12	\$ 40	THU	July 2 - Sep 24	St Paul's Church Chapel	10:00 AM -12:00 PM
Karaoke (Multilingual)	5	\$ 10	WED	July 8 - Aug 5	Activity Room	2:30 PM - 4:00 PM

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Fitness Programs 	# Sess.	Fee	Days	Dates	Location	Time
Tai Chi (WU) (Philip MO)	10	\$ 100	MON	July 6 - Sep 21	Recreation Room	11:00 AM - 12:15 PM
Gentle Fitness (Lea) 	10	\$ 50	TUE	July 7 - Sep 8	Recreation Room	1:00 PM - 2:00 PM
Table Tennis A (self-served)	12	\$ 20	WED	July 8 - Sep 23	Recreation Room	2:15 PM - 3:30 PM
Table Tennis B (self-served)	12	\$ 20	WED	July 8 - Sep 23	Recreation Room	3:45 PM - 5:00 PM
Mini Tennis (self-served)	12	\$ 20	THU	July 9 - Sep 25	Recreation Room	9:00 AM - 11:00 AM
Simplified Tai Chi (Joanna)	18	\$ 60	FRI	Aug 14 - Dec 11	Recreation Room	9:00 AM - 10:30 AM
Games 	# Sess.	Fee	Days	Dates	Location	Time
Afternoon Board Games 	10	\$ 5	MON	July 6 - Sep 21	Recreation Room	1:00 - 3:00 PM
Bridge BBO (Stephen)	12	\$ 0	TUE	July 7 - Sep 15	Internet	12:30 PM - 3:00 PM
Chess for Connection	12	\$ 0	WED	July 8 - Sep 23	Activity Room	6:00 PM - 7:00 PM
Bingo B (SALC Volunteers)	5	\$ 10	THU	July 9 - Aug 6	Recreation Room	1:30 PM - 2:30 PM
Social Programs 	# Sess.	Fee	Days	Dates	Location	Time
Filipino Gathering (Lea) 	3	\$ 0	2nd TUE	July 9 & Aug & 11 Sep 8	Recreation Room	2:30 PM - 4:00 PM
Sri Lankan Gathering (Siva)	3	\$ 0	Last MON	July 27 & Aug 24 & Sep 28	Recreation Room	4:30 PM - 5:30 PM
Movie Afternoon (Siva)	3	\$ 0	Last FRI	July 31 & Aug 28 & Sep 25	Recreation Room	3:30 PM - 5:30 PM
Special Events - June 2026	# Sess.	Fee	Days	Date	Location	Time
Pride Month Documentary (1) - "Secret Love"	1	\$0	TUE	June 2	Recreation Room	3:00 PM - 4:20 PM
Pride Month Art & Craft - Colourful Painting	1	\$0	TUE	June 16	Recreation Room	1:00 PM - 2:00 PM
Summer Tea Party	1	\$ 12	THU	June 18	Recreation Room	1:30 PM - 3:00 PM
Pride Month Documentary (2) - Queer acts of love &	1	\$0	Fri	June 19	Recreation Room	3:30 PM - 5:00 PM



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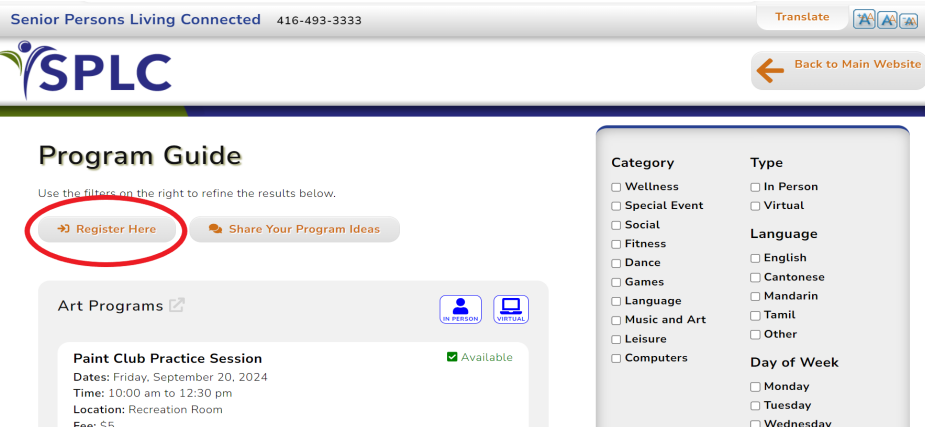
SALC SUMMER PROGRAM SCHEDULE - (JULY - SEPT 2026)

Summer Special / New Programs	# Sess.	Fee	Days	Dates	Location	Time
Gentle Motion - Strength and Stretch with Lea	7	\$35	Wed	Aug 12 - Sept 9	Recreation Room	10:00 AM - 10:45 AM
Arts & Crafts by Sandy & Sara	5	\$10	Mon	July 13 – Aug 17	Activity Room	11:30 AM - 1:30 PM

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

Payment Options:

- For amounts **\$10 and over**, you must pay with a credit card (online) or in-person at the Customer Service Desk (CSR), after confirming the receipt by SALC staff, (Monday-Friday 9:30am-4:00pm.)
- For amounts **under \$10**, you can pay:
 - Online with a credit card
 - In-person with cash at SALC office or with a credit card at the CSR, Monday-Friday 9:30am-4pm.
 - In person with a cheque, made payable to Senior Persons Living Connected, pay at the recreation office Monday-Friday 9:30am-4pm.
- For **free** events, Pre-registration is required. please select "in-person" to complete registration online, and there is no need to come onsite / get receipt.



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

