



salc.splc.ca



SALC@splc.ca



(416) 493-3333 x 802



fb.com/splcweb



3333 Finch Avenue East
Scarborough, Ontario
M1W 2R9

SALC Fall Program Guide

(Oct - Dec 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)

Art By: SUSAN KELLY

SALC FALL PROGRAM SCHEDULE - (OCT - DEC 2026)

Art Programs	# Sess.	Fee	Days	Dates	Location	Time
Paint Club - Acrylic Painting (Susan)	1 - 3	\$ 15	2nd FRI	Oct 9, Nov 13, & Dec 11	Activity Room	10:00 AM - 12:30 PM
Paint Club Self Practice	1 - 3	\$ 5	3rd FRI	Oct 16 & Nov 20 & Dec 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	Oct 8 - Oct 29	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)	11	\$ 88	TUE	Oct 6 - Dec 15	Recreation Room	10:00 AM -11:00 AM
Line Dance Level 2 A (Irene)	11	\$ 88	TUE	Oct 6 - Dec 15	Recreation Room	11:30 AM -12:30 PM
Line Dance Level 2 B (Irene)	11	\$ 88	THU	Oct 8 - Dec 17	Recreation Room	11:30 AM -12:30 PM
Line Dance Level 1 (Yvonne)	8	\$ 64	FRI	Oct 2 - Nov 20	Recreation Room	2:00 PM - 3:00 PM
Line Dance Level 2 (Yvonne)	8	\$ 64	FRI	Oct 2 - Nov 20	Recreation Room	12:30 PM - 1:45 PM
Education Programs	# Sess.	Fee	Days	Dates	Location	Time
Fingertip Acupressure Therapy (Philip Mo)	10	\$ 100	MON	Oct 5 - Dec 14	Activity Room	9:30 - 10:45 AM
Spanish Learning	8	\$ 120	MON	Oct 5 - Dec 14	Activity room	3:00 PM - 4:30 PM
Music & Singing Programs 	# Sess.	Fee	Days	Dates	Location	Time
Vocal Training	8	\$ 90	TUE	Sept 1 - Dec 22	Activity Room	11:00 AM – 1:30 PM & 2:00 - 4:30 PM
People Link Choir	12	\$ 40	THU	Oct 1 - Dec 31	St Paul's Church Chapel	10:00 AM -12:00 PM
Karaoke (Multilingual)	5	\$ 10	WED	Oct 7 - Nov 4	Activity Room	2:30 PM - 4:00 PM

SALC FALL PROGRAM SCHEDULE - (OCT - DEC 2026)						
Fitness Programs 	# Sess.	Fee	Days	Dates	Location	Time
Tai Chi (WU) (Philip MO)	10	\$ 100	MON	Oct 5 - Dec 14	Recreation Room	11:00 AM - 12:15 PM
Gentle Fitness (Lea)	10	\$ 50	TUE	Oct 6 - Dec 8	Recreation Room	1:00 PM - 2:00 PM
Table Tennis A (self-served)	12	\$ 20	WED	Oct 7 - Dec 23	Recreation Room	2:15 PM - 3:30 PM
Table Tennis B (self-served)	12	\$ 20	WED	Oct 7 - Dec 23	Recreation Room	3:45 PM - 5:00 PM
Mini Tennis (self-served)	12	\$ 20	THU	Oct 8 - Dec 24	Recreation Room	9:00 AM - 11:00 AM
Strength & Stretch (Lea)	10	\$ 50	THU	Oct 8 - Dec 10	Recreation Room	3:00 PM - 3:45 PM
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	Oct 5 - Dec 14	Recreation Room	1:00 - 3:00 PM
Bridge BBO (Stephen)	12	\$ 0	TUE	Oct 6 - Dec 22	Internet	12:30 PM - 3:00 PM
Chess for Connection	12	\$ 0	WED	Oct 7 - Dec 23	Activity Room	6:00 PM - 7:00 PM
Bingo (SALC Volunteers)	5	\$ 10	THU	Oct 8 - Nov 5	Recreation Room	1:30 PM - 2:30 PM
Social Programs	# Sess.	Fee	Days	Dates	Location	Time
Filipino Gathering (Lea)	3	\$ 0	2nd TUE	Oct 13 & Nov 10 & Dec 8	Recreation Room	2:30 PM - 4:00 PM
Sri Lankan Gathering (Siva)	3	\$ 0	Last MON	Oct 26 & Nov 30 & Dec 21	Recreation Room	4:30 PM - 5:30 PM
Movie Afternoon (Siva)	3	\$ 0	Last FRI	Oct 30 & Nov 27 & Dec 18	Recreation Room	3:30 PM - 5:30 PM
Special Events	# Sess.	Fee	Days	Dates	Location	Time
Mid - Autumn Festival (By Julia Wong & Friends - Opera One)	1	\$ 0	WED	Sept 30, 2026	Recreation Room	2:30 PM - 4:00 PM
SALC Holiday Party	1	\$ 12	THU	Dec 17, 2026	Recreation Room	1:00 PM - 2:30 PM



salc.splc.ca



SALC@splc.ca



(416) 493-3333 x 802



fb.com/splcweb



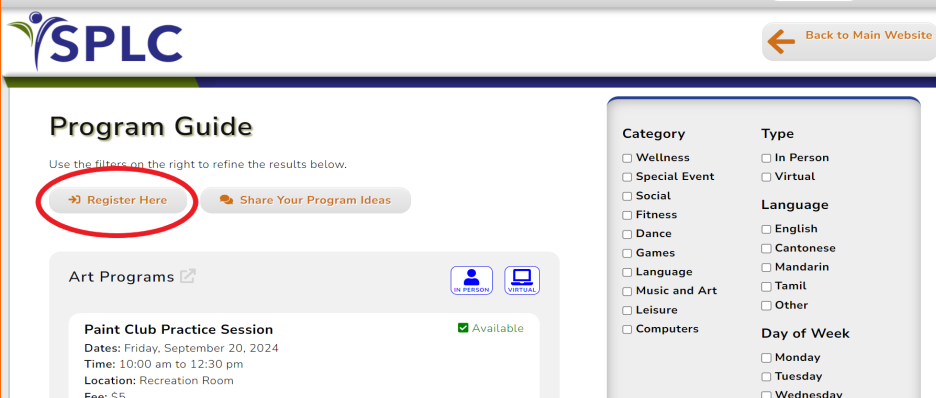
3333 Finch Avenue East
Scarborough, Ontario
M1W 2R9

SALC Program Registration Information

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"](#)

Payments & Options:

1. 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.)
2. For amounts **under \$10**, you can pay:
 - a) Online with a credit card
 - b) In-person with cash at SALC office or with a credit card at the CSR, Monday-Friday 9:30am-4pm.
3. Payment In person with a cheque, made payable to Senior Persons Living Connected, pay at the recreation office Monday-Friday 9:30am-4pm.
4. 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.



Class Withdrawal / Refund Policy

SPLC Senior Active living Centre Department reserves the right to cancel or reschedule programs, should the minimum class requirement during registration not be met, or due to reasons such as poor weather, or site unavailability. In cases of class cancellation, refunds will be given according to the number of classes remaining.

To ensure everyone has an equal opportunity to enrol in a class, a \$10.00 administrative fee will be charged for each withdrawal. Notification of withdrawal is required at least 3 business days at the SALC office prior to the second class. Refunds will be issued within three weeks.

Registration for Special Events is non-refundable

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

