

Let's Get Active 2026



Chinese Cultural Center of Greater Toronto

5183 Sheppard Ave E, Scarborough, ON M1B 5Z5

June 22 2026
1 pm to 4 pm

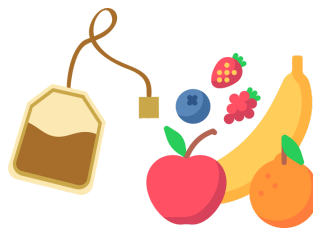


Events:

- Health and Community Safety Talks
- Tai Chi / Dance / Low-impact Exercises
- Table Tennis / Golf
- Tech Hub organized by youths for Seniors
- Healthy Refreshments

Enquires/ Registration: Simon.ip@cccgt.org

416-291-9293 Ext. 232



Funding Provided by:



大多倫多中華文化中心
Chinese Cultural Centre of Greater Toronto

Older Adults' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



Ontario

