



The South Asian Centre of Windsor's February 2026

Program Calendar

Monday

OFFICE DROP-IN HOURS

LOCATION: 101 TECUMSEH ROAD WEST - SACW OFFICE
TIME: 1:00 PM TO 5:00 PM

Tuesday

**PROGRAM: SPORTS/FITNESS CIRCLE FOR SENIORS
& COMMUNITY LUNCH**

LOCATION : BEDFORD UNITED CHURCH | 3340
SANDWICH STREET
TIME: 12:30 PM TO 3:00 PM

Wednesday (Online)

PROGRAM: RELAX WITH MUSIC

LOCATION : ONLINE VIA ZOOM
TIME: 1:00 PM TO 2:00PM

PROGRAM: NEPALESE AND BHUTANESE SENIORS GROUP

LOCATION : ONLINE VIA ZOOM
TIME: 2:00 PM TO 3:00 PM

Wednesday

PROGRAM: SOUTH ASIAN WOMEN'S NETWORK

LOCATION: BEDFORD UNITED CHURCH | 3340 SANDWICH ST.
TIME: 3:30 PM TO 4:30PM

PROGRAM: PAINTING CLASSES

LOCATION: BEDFORD UNITED CHURCH | 3340 SANDWICH ST.
TIME: 4:30PM TO 6:00 PM

Thursday

**PROGRAM: TAMIL SENIORS ART AND SOCIAL
CONNECTIONS PROGRAM**

LOCATION : ONLINE VIA ZOOM
TIME: 10:00 AM TO 11:00 AM

OFFICE DROP-IN HOURS

LOCATION: 101 TECUMSEH ROAD WEST - SACW OFFICE
TIME: 1:00 PM TO 5:00 PM

Friday

**PROGRAM: SENIORS DIGITAL LITERACY
PROGRAM**

LOCATION: 101 TECUMSEH ROAD WEST -
SACW OFFICE (VIRTUAL OPTIONS AVAILABLE)
TIME: 2:00 PM TO 4:00PM

Saturday

**PROGRAM: ZUMBA CLASS FOR SENIORS:
BHANGRA & BOLLYWOOD STYLE**

LOCATION: ONLINE VIA ZOOM
TIME: 10:30 AM TO 11:30 AM

**PROGRAM: THE GREEN ACTION
LEADERSHIP PROJECT**

LOCATION: BEDFORD UNITED CHURCH |
3340 SANDWICH STREET
TIME: 1:30PM TO 4:30PM

**PROGRAM: BANGLA ART & HERITAGE
CLASS**

LOCATION: BEDFORD UNITED CHURCH |
3340 SANDWICH STREET
TIME: 2:30PM TO 4:30PM

IF YOU ARE INTERESTED IN OUR PROGRAMS, PLEASE CONTACT US AT: INFO@SACWIN.ORG OR 519-252-7447