

APPLEGROVE SENIORS

- FEB 2023

MON	TUE	WED	THU	FRI
		1 Advisory Meeting 10 AM - 12 PM AG Lounge	2 Line Dance 10 AM Games 11 AM Walking Club 12:30 PM	3 Spanish 10 AM - 1 PM
6 YOGA 11 AM	7 Line Dance 10 AM Food Champions 11 AM	8 Movie & Lunch Matinee 11 AM	9 Line Dance 10 AM Games 11 AM Walking Club 12:30 PM	10 Spanish 10 AM - 1 PM
13 YOGA 11 AM	14 Line Dance 10 AM Food Champions 11 AM	15	16 Line Dance 10 AM Games 11 AM Walking Club 12:30 PM	17 Spanish 10 AM - 1 PM
20 FAMILY DAY Applegrove Closed	21 Line Dance 10 AM Food Champions 11 AM	22 Knitting 10 AM - 12 PM	23 Line Dance 10 AM Games 11 AM Walking Club 12:30 PM	24 Spanish 10 AM - 1 PM
27 YOGA 11 AM	28 Line Dance 10 AM Food Champions 11 AM		**NEW - Cooking Program** Join us February 16 from 11 to 1 at the NFH (1470 Gerrard St. E) for a session on how to make Asian dumplings (potstickers)	



applegrove
adults & seniors

Please register for all programs to help us with our planning.

All Applegrove programs are now in person unless otherwise indicated.

Steps to Connect:

With the phone

1. Dial 647-558-0588
2. Enter the 10-digit MEETING ID 977 7427 9888 then press #
3. Enter PASSWORD 0 then press #

Online

Call 647-548-8143 or email seniors@applegrovecc.ca for log-in information.



647 - 548 - 8143



seniors@applegrovecc.ca

PROGRAM DESCRIPTIONS

FEB 2023



YOGA



This gentle Yoga session is offered in the Narthex Space at the NFH.
Cost \$30/8 classes Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

LINE DANCING



Enjoy music, movement and community with instructor Yvonne. Beginner and Intermediate levels. Cost: \$20/annually.
Location: SH Armstrong. Limited space available.

GAMES



Have you missed playing Bridge, Gin and Euchre? Join us Tuesdays for a friendly game of cards, dominos, good conversation and some light snacks. Location: Applegrove Lounge

FOOD CHAMPIONS



Looking to volunteer in your community and learn about food handling and safety? This ongoing intergenerational volunteer opportunity continues on Tuesdays in February.
Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

WALKING CLUB



Join us for neighbourhood walks and get active! Sign up and receive a start-up kit: including a pedometer, water bottle and other goodies!
Location: Queen St & Coxwell Ave. (south-west corner)

SPANISH LANGUAGE CLASSES



With 2 levels (beginner and intermediate) challenge yourself to learn some Spanish!
Cost: \$30/8 classes Location: via ZOOM

MOVIE MATINEE



JUMANJI: The Next Level!! Come join us for some lunch and laughter as we watch this action-packed movie together. Cost: \$5 Location: Applegrove Lounge

NEW PROGRAMS



Seniors Cooking: Learn how to make Asian dumplings - Location: NFH - 1470 Gerrard St. E.
Knitting : All levels welcome or bring your current project. We will have needles and yarn available for those who cannot bring their own - Location: Applegrove Lounge

INCOME TAX CLINICS



Free income tax appointments on Wednesdays available to prepare your 2022 income tax return. Appointments are required and go fast, so please call the office at 416-461-8143 to secure your spot.

Icon Guide:  In-person  Virtual- Zoom  Paid