

# APPLEGROVE SENIORS - JULY 2022

MON	TUE	WED	THU	FRI
				1 Canada Day No Program
4 YOGA 11 AM	5 Line Dance 10 AM	6 Games Day 11 AM	7 Line Dance 10 AM Walking Club 11:30 AM	8 Spanish 10 AM
11 YOGA 11 AM	12 Line Dance 10 AM Food Champions 11 AM	13 Games Day 11 AM Pickleball 1 PM	14 Line Dance 10 AM	15 Spanish 10 AM
18 YOGA 11 AM	19 Line Dance 10 AM Food Champions 10 AM	20 Games Day 11 AM	21 Line Dance 10 AM Walking Club 11:30 AM Pickleball 1 PM	22 Spanish 10 AM
25 YOGA 11 AM	26 Line Dance 10 AM Movie Matinee 11 AM	27 Games Day 11 AM	28 Line Dance 10 AM Walking Club 11:30 AM Pickleball 1 PM	29

## 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](mailto:seniors@applegrovecc.ca) for log-in information.



**applegrove**  
adults & seniors



647 – 548 – 8143



[seniors@applegrovecc.ca](mailto:seniors@applegrovecc.ca)

All Applegrove programs will be over the phone or online unless otherwise noted.

# PROGRAM DESCRIPTIONS - JULY 2022



## YOGA



This Gentle Yoga session is offered in the green space in front of SH Armstrong.  
Cost \$15/per month

## LINE DANCE



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

## FOOD CHAMPIONS



Looking to volunteer in your community and learn about food handling and safety? This ongoing volunteer opportunity starts with a June 7th introduction.  
Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

## GAMES DAY



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

## PICKLEBALL



A fun sport that combines many elements of tennis, badminton and ping-pong. Can be enjoyed by all ages and skill levels.  
Location: Applegrove Gym

## 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!  
Cost: \$12/per month Location: Queen St & Coxwell Ave. (south-west corner)

## MOVIE MATINEE



Join us Tuesday, July 26th for an afternoon of laughs and a light lunch. Watch a movie with friends.  
Cost: \$4 Location: Applegrove Lounge

## SPANISH LANGUAGE CLASSES



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

Icon Guide:



In-person



Virtual- Zoom



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