

APPLEGROVE SENIORS - JUNE 2022

MON	TUE	WED	THU	FRI
		1 Community Cooking 11 AM - 1 PM	2 Line Dance 10 AM Walking Club 12 PM	3 Spanish 10 AM - 1 PM
6 YOGA 11 AM	7 Line Dance 10 AM Food Champions 11 AM	8 Community Cooking 11 AM - 1 PM	9 Line Dance 10 AM Walking Club 12 PM	10 Spanish 10 AM - 1 PM
13 YOGA 11 AM	14 Line Dance 10 AM Gardening 11 AM	15 Games Day 11 AM - 1 PM PARTICIPATION 3:30 - 5 PM	16 Line Dance 10 AM Walking Club 12 PM	17 Spanish 10 AM - 1 PM
20 YOGA 11 AM	21 Food Champions 11 AM	22 Games Day 11 AM - 1 PM	23 Walking Club 12 PM	24 Spanish 10 AM - 1 PM
27 YOGA 11 AM	28 Movie Matinee 11 AM	29 Games Day 11 AM - 1 PM	30 Walking Club 12 PM	

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.



applegrove
adults & seniors



647 - 548 - 8143



seniors@applegrovecc.ca

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

PROGRAM DESCRIPTIONS - JUNE 2022



YOGA



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

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.

GARDENING



Helping plant the Glen Rhodes mini-garden. **Location: Neighbourhood Food Hub - 1470 Gerrard St. E.**

PARTICIPATION



PARTICIPATION Community Better Challenge. GET ACTIVE with this intergenerational Fun Day. Stations include Tai Chi, Yoga, Pickleball, a healthy snack and more!

Location: DUKE Backfield - 60 Woodfield Rd.

MOVIE MATINEE



Join us **Tuesday, June 28th** for an afternoon of laughs and a light lunch. Watch a move with friends.

Cost: \$4 Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

LINE DANCE



Enjoy music, movement and community with instructor Yvonne. Beginner and Intermediate levels.

Cost: \$20/annually Location: SH Armstrong. Limited space available.

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**

COMMUNITY COOKING



Get the most out of your food! Community Cooking continues in-person! Cook a delicious meal with friends and take some home! **Location: Toronto Formosan Presbyterian Church (31 Eastwood Rd.)**

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)

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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