

APPLEGROVE SENIORS

- NOV 2022

MON	TUE	WED	THU	FRI
	1 Line Dance 10 AM Food Champions 11 am	2 Good Food Market 2:30 PM - 4 PM	3 Line Dance 10 AM Games Day 11 AM Walking Club 1:30 PM	4 Spanish 10AM-1PM
7 YOGA 11 AM	8 Line Dance 10 AM Flu Shot Clinic 11 am - 1 pm	9 Good Food Market 2:30 PM - 4 PM	10 Line Dance 10 AM Games Day 11 AM Walking Club 1:30 PM	11 Spanish 10AM-1PM
14 YOGA 11 AM	15 Line Dance 10 AM Food Champions 11 am	16	17 Line Dance 10 AM Games Day 11 AM Walking Club 1:30 PM	18 Active Living Fair 10:30 AM - 2:30 PM
21 YOGA 11 AM	22 Line Dance 10 AM Food Champions 11 am	23	24 Line Dance 10 AM Games Day 11 AM Walking Club 1:30 PM	25 Spanish 10AM-1PM Book Club 1 PM
28 YOGA 11 AM	29 Line Dance 10 AM Food Champions 11 am	30		

Save the Date:

Friday, Nov 18th
10:30 am - 2:30 pm

Applegrove's Active Living
Fair is BACK - IN PERSON!
Presenters, Workshops,
Vendors, Lunch & more!

Registration is now open



applegrove
adults & seniors



647 - 548 - 8143



seniors@applegrovecc.ca



www.applegrovecc.ca

All Applegrove programs
will be in person unless
otherwise noted.

PROGRAM DESCRIPTIONS - NOV 2022



YOGA



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

FOOD CHAMPIONS



Looking to volunteer in your community and learn about food handling and safety? This ongoing volunteer opportunity continues with activities on Nov 1, 15, 22 & 29
Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

LINE DANCE



Line Dance is BACK! Enjoy music, movement and community with instructor Yvonne.
Cost: \$20/annually. Location: SH Armstrong Multi-Purpose Room. Limited space available.

GAMES DAY



Ready to play Bridge, Gin and Euchre? Join us Thursdays for a friendly game of cards, dominos, etc. and enjoy some light snacks. Location: Applegrove Lounge

GOOD FOOD MARKET



The Good Food Market brings seasonal, local produce plus imported favourites to the neighbourhood. Location: Nov. 2 1080 Eastern Ave. & Nov. 9 67 Curzon St.

WALKING CLUB



Join us for neighbourhood walks and get active! Receive a start-up kit: including a pedometer, water bottle, etc.! 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! This is a virtual class. Cost: \$30/8 classes

BOOK CLUB



We meet once a month and chat about book themes, plot points and more over a cup of coffee. Our book discussion will be on "*The Paris Apartment*" and our next book will be "*The Dress*" by Kate Kerrigan Location: Applegrove Lounge

FLU SHOT CLINIC



Protect yourself with a flu shot! A partnership with East End Health Centre. Appointments are encouraged. Location: Applegrove Lounge

ACTIVE LIVING FAIR



Join us for an exciting day filled with local vendors, free lunch, Good Food Market, Fraud prevention presentation, and more! Call to register. Location: SH Armstrong Gym

Icon Guide:



In-person



Virtual- Zoom



Paid