

APPLEGROVE SENIORS - SEPT 2022

MON	TUE	WED	THU	FRI
			1	2
5 Applegrove Closed No Program	6 Food Champions 11 AM	7 Games Day 11 AM Walking Club 1:30 PM	8	9 Spanish 10 AM
12 YOGA 11 AM	13 Food Champions 11 AM	14 Good Food Market 2:30 PM - 4 PM	15 Games Day 11 AM Walking Club 1:30 PM	16 Spanish 10 AM Book Club 1 PM
19 YOGA 11 AM	20 Pickleball 6 - 7:30 PM	21	22 Games Day 11 AM Walking Club 1:30 PM	23 Spanish 10 AM Movie Matinee 11 AM
26 YOGA 11 AM	27 Pickleball 6 - 7:30 PM	28	29 Games Day 11 AM Walking Club 1:30 PM	30 Spanish 10 AM

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 - SEPT 2022



YOGA



This Gentle Yoga session is offered in the green space in front of SH Armstrong.
Cost \$30/8 classes

BOOK CLUB



Come and join our brand new Book Club. We will meet every 6 weeks and chat about book themes, plot points and more over a cup of coffee. **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. This session will be from Sept 20 - Oct 25
Cost: \$20/6 sessions Location: Applegrove Gym

GAMES DAY



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

FOOD CHAMPIONS



Looking to volunteer in your community and learn about food handling and safety? This ongoing volunteer opportunity continues with activities on Sept 6 & 13
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!
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**

MOVIE MATINEE



Join us Friday, September 23rd for an afternoon of laughs and a light lunch. Watch a move with friends. **Cost: \$4 Location: Applegrove Lounge**

GOOD FOOD MARKET



The Good Food Market brings seasonal, local produce plus imported favourites to the neighbourhood. **Location: Entrance to market is behind 172 Leslie St.**

Icon Guide:  In-person  Virtual- Zoom  Paid