

# APPLEGROVE SENIORS - AUG 2022

MON	TUE	WED	THU	FRI
1 CIVIC HOLIDAY CLOSED	2	3 Games Day 11 AM Walking Club 1:30 PM	4 Line Dance 10 AM Pickleball 1 PM	5
8 YOGA 11 AM	9 Food Champions 10 AM	10 Games Day 11 AM Walking Club 1:30 PM	11 Line Dance 10 AM Pickleball 1 PM	12
15 YOGA 11 AM	16 Food Champions 10 AM	17 Games Day 11 AM Walking Club 1:30 PM	18 Line Dance 10 AM Pickleball 1 PM	19
22 YOGA 11 AM	23 Camp Sunshine 10 AM	24 Games Day 11 AM Walking Club 1:30 PM	25	26
29	30	31		

## 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 - AUGUST 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: Applegrove Gym

## FOOD CHAMPIONS



Looking to volunteer in your community and learn about food handling and safety? This ongoing volunteer opportunity continues with out intergenerational activities on August 9 & 16  
Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

## GAMES DAY



Have you missed playing Bridge, Gin and Euchre? Join us Wednesdays 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)

## CAMP SUNSHINE



Join us Tuesday, August 23rd for an afternoon at the island with Camp Sunshine. Registration is required for this program  
Cost: \$10 Location: Participates can meet at Applegrove or ferry terminal

Icon Guide:



In-person



Virtual- Zoom



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