

# APPLEGROVE SENIORS

**JAN 2023**

MON	TUE	WED	THU	FRI
<p><b>Happy New Year!</b>  <b>We hope you all had a safe and happy start to 2023!</b></p>				
9	10 Line Dance 10 AM Food Champions 11 AM	11	12 Line Dance 10 AM Games Day 11 AM	13
16 YOGA 11 AM	17 Line Dance 10 AM Food Champions 11 AM	18 Lunge N' Learn 12 - 2 PM	19 Line Dance 10 AM Games Day 11 AM Walking Club 12:30 PM	20 Spanish 10AM-1PM Book Club 1 PM
23 YOGA 11 AM	24 Food Champions 11 AM	25 New Years Party 11 AM - 1 PM Lunge N' Learn 12 - 2 PM	26 Line Dance 10 AM Games Day 11 AM Walking Club 12:30 PM	27 Spanish 10AM-1PM
30 YOGA 11 AM	31 Food Champions 11 AM			

## 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 JANUARY 2023



## YOGA



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

## LINE DANCING



Enjoy music, movement and community with instructor Yvonne. Beginner and Intermediate levels. **Cast: \$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**

## FOOD CHAMPIONS



Looking to volunteer in your community and learn about food handling and safety? This ongoing intergenerational volunteer opportunity continues on Tuesdays in January.  
**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!  
**Cost: \$30/8 classes**

## LUNGE N' LEARN



Join this free 6-week program to exercise and learn more about topics that impact your health. This program is being offered by East End Community Health Centre. Advance registration is required. Contact Sudha at 416-778-5858 x 218 or [sellie@eastendchc.on.ca](mailto:sellie@eastendchc.on.ca).  
**Location: East End CHC - 1619 Queen Street E. (at Coxwell).**

## BOOK CLUB



We meet once a month and chat about book themes, plot points and more over a cup of coffee. **Location: Applegrove Lounge**

**Icon Guide:**



In-person



Virtual- Zoom



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