


# APPLEGROVE SENIORS - JUNE 2023

MON	TUE	WED	THU	FRI
<b>June 29</b> St. Jacob's Market Bus Trip - Meet at Applegrove for 8:30 am. Cost is \$20/person. Register & pay by June 20 to secure your spot. Subsidies are available to those in need - please speak to May.			1 <b>Line Dance</b> 10 AM <b>Games - 11 AM</b> <b>Walking - 1:30 PM</b>	2 <b>Spanish</b> 10 AM - 1 PM <b>Book Club</b> 1 PM
5 <b>Yoga</b> 11 AM	6 <b>Line Dance</b> 10 AM <b>Food Champions</b> 11 AM	7	8 <b>Line Dance</b> 10 AM <b>Games - 11 AM</b> <b>Walking - 1:30 PM</b>	9 <b>Spanish</b> 10 AM - 1 PM
12 <b>Yoga</b> 11 AM <b>Naturopathy Workshop</b> 1 - 2:30 PM	13 <b>Line Dance</b> 10 AM	14 <b>Seniors Month Celebration</b> 11 AM - 1 PM SH Armstrong	15 <b>Line Dance</b> 10 AM <b>Games - 11 AM</b> <b>Walking - 1:30 PM</b>	16 <b>Spanish</b> 10 AM - 1 PM <b>Japanese Cooking</b> 11 AM - 2 PM
19 <b>Yoga</b> 11 AM	20 <b>Food Champions</b> 11 AM	21 <b>Good Food Market</b> 11 AM - 12 PM Archive Room	22 <b>Games - 11 AM</b> <b>Walking - 1:30 PM</b>	23 <b>Spanish</b> 10 AM - 1 PM
26 <b>Yoga</b> 11 AM <b>Naturopathy Workshop</b> 1 - 2:30 PM	27 	28 <b>Movie Matinee "Book Club"</b> 11 am - 1 pm	29 <b>Bus Trip to St. Jacob's Market</b> 8:30 am - 5:30 pm Register by calling 416-461-8143	30 <b>Spanish</b> 10 AM - 1 PM



## GOOD FOOD MARKET

Affordable and local produce for seniors to access. Come by from 11-12 on June 21 to buy some fresh fruit and vegetables.

## SENIORS MONTH CELEBRATION

Join us for a seniors celebration!! Food, fun and entertainment on June 14 from 11 am - 1 pm at SH Armstrong Multi-purpose Room

Please register for all programs to help us with our planning.

Everyone is welcome to join our activities. If you have financial barriers preventing you from joining, please call May to discuss.

 647 - 548 - 8143

 seniors@applegrovecc.ca

# PROGRAM DESCRIPTIONS

JUNE 2023



## YOGA



This gentle Yoga session is offered at the Neighbourhood Food Hub (NFH).  
Cost \$30/8 classes Location: (NFH) - 1470 Gerrard St. E.

## LINE DANCING



Enjoy music, movement and community with instructor Yvonne. Beginner and Intermediate levels. Cost: \$20/annually. Location: SH Armstrong. Limited space available.

## GAMES



Have you missed playing Bridge, Gin, and Euchre? Join us Thursdays for a friendly game of cards, dominos, or jigsaw puzzles, good conversation and some light snacks.  
Location: Applegrove Lounge

## FOOD CHAMPIONS



Looking to volunteer in your community and make meal kits for those in need? This ongoing intergenerational volunteer opportunity continues every other Tuesday in June.  
Location: Neighbourhood Food Hub (NFH) - 1470 Gerrard St. E.

## WALKING CLUB



Join us for neighbourhood walks and get active! Spring is here and the perfect opportunity to enjoy a walk in the community and great conversation with others.  
Location: Queen St & Coxwell Ave. (south-west corner) - meet by the TTC shelter

## SPANISH LANGUAGE CLASSES



With 2 levels (beginner and intermediate) challenge yourself to learn some Spanish! Cost: \$30/8 classes (New 8 week session starts June 2 - via ZOOM call 647-548-8143 for info)

## WORKSHOPS



**Naturopathy: Traditional and Natural Medicines for Everyday Health Concerns**  
June 12: Treating Common Skeletal & Muscular Concerns Naturally  
June 26: Treating Common Digestive & Urinary Concerns Naturally  
Location: Neighbourhood Food Hub - 1470 Gerrard St. E., Narthex Room

## COOKING



Cooking: Japanese Cuisine (Cost: \$5) Location: NFH - 1470 Gerrard St. E.

## BOOK CLUB



Book Club: "The Inconvenient Indian" by Thomas King Location: Applegrove Lounge

## MOVIE MATINEE



Come join us for a movie and lunch - "Book Club" featuring Diane Keaton, Jane Fonda..etc.  
Cost: \$5 Location: Applegrove Lounge

Icon Guide:



In-person



Virtual- Zoom



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