

# APPLEGROVE SENIORS

- MAY 2023

MON	TUE	WED	THU	FRI
1 Yoga 11 AM	2	3	4 Line Dance 10 AM Games - 11 AM Walking - 1:30 PM	5 Spanish 10 AM - 1 PM Book Club 1 PM
8 Yoga 11 AM	9 Line Dance 10 AM Food Champions 11 AM	10 Good Food Market 11 AM - 12 PM Archive Room	11 Line Dance 10 AM Games - 11 AM Walking - 1:30 PM	12 Spanish 10 AM - 1 PM
15 Yoga 11 AM	16 Line Dance 10 AM	17	18 Line Dance 10 AM Games - 11 AM Walking - 1:30 PM	19 Spanish 10 AM - 1 PM Thai Cooking 11 AM - 2 PM
22 Victoria Day Applegrove Closed	23 Line Dance 10 AM Food Champions 11 AM	24 Movie Matinee "The Greatest Showman" 11 AM - 1 PM	25 Line Dance 10 AM Games - 11 AM Walking - 1:30 PM	26 Spanish 10 AM - 1 PM
29 Yoga 11 AM Naturopathy Workshop 1 - 2:30 PM	30 Line Dance 10 AM	31	<div data-bbox="848 1328 1453 1544" data-label="Text"> <p><b>GOOD FOOD MARKET</b> Affordable and local produce for seniors to access. Come by from 11-12 on May 10 to buy some fresh fruit and vegetables.</p> </div>	



**applegrove**  
adults & seniors

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

All Applegrove programs are now in person unless otherwise indicated.



647 - 548 - 8143



seniors@applegrovecc.ca

## Connect to ZOOM:

### 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 for log-in information.

# PROGRAM DESCRIPTIONS

MAY 2023



## YOGA



This gentle Yoga session is offered in the Narthex Space at the NFH.  
Cost \$30/8 classes Location: Neighbourhood Food Hub (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 meals kits for those in need? This ongoing intergenerational volunteer opportunity continues every other Tuesday in May.  
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 Location: via ZOOM (see steps to connect to ZOOM)

## WORKSHOP



Naturopathy: Traditional and Natural Medicines for Everyday Health Concerns  
Intro session: What is Naturopathic Medicine and when is it useful?  
Location: Neighbourhood Food Hub - 1470 Gerrard St. E.

## COOKING BOOK CLUB



Cooking: Thai Cuisine Location: Neighbourhood Food Hub - 1470 Gerrard St. E.  
Book Club: "Scarborough" by Catherine Hernandez Location: Applegrove Lounge

## MOVIE MATINEE



Come join us for a movie and lunch - "The Greatest Showman"  
Cost: \$5 Location: Applegrove Lounge

Icon Guide:



In-person



Virtual- Zoom



Paid