

Applegrove welcomes adults age 55 and over to activities to keep minds, bodies and creativity active!



APPLEGROVE COMMUNITY COMPLEX

60 Woodfield Road, Toronto, Ontario M4L 2W6

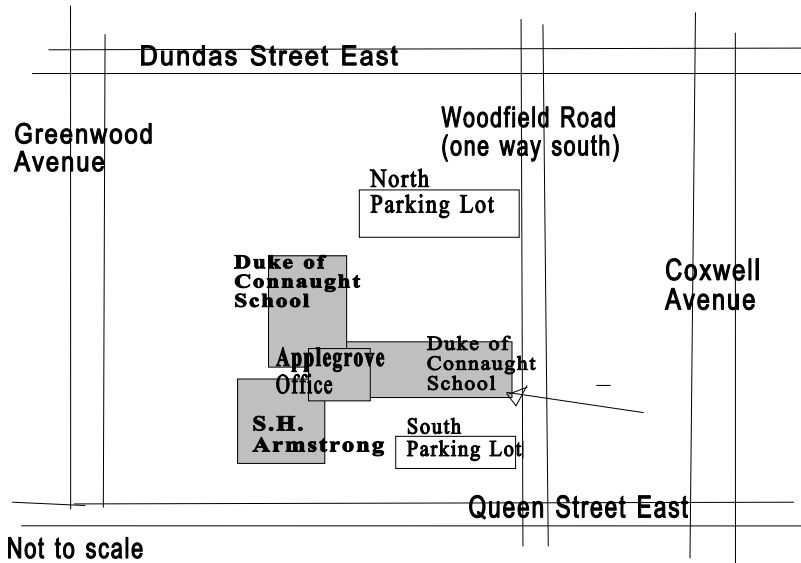
Tel: 416-461-8143 Fax: 416-461-5513

www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”



Older Adult Activities (55+) August 2017



Please call Applegrove (416-461-8143) in advance to reserve your spot for all activities.

All activities are subject to change without notice.

To receive a monthly brochure by mail, please come to our office and complete a membership form.

Enjoy the summer with fun activities!

August 2017

Seniors Advisory Council Meeting

“Meet and Greet”

Thursday, August 17, 10:30 a.m. - noon



Join this social event for advisory council members and interested new participants.

Light refreshments are provided.

Location: Applegrove Lounge.
Contact: To register, call 416-461-8143.
Cost: Free.

Lunch ‘n’ Learn: Personal Journeys

Wednesday, August 23, 1 - 3 p.m.



- Storytelling presented by Applegrove older adults.
- Learn how to age well and define or redefine your journey along the way.
- Learn how to create satisfying post-retirement living options that maintain or improve the quality of your life.
- Remember that keeping active is key to aging well.

Light refreshments are provided.

Contact: For information or to register, please call Applegrove at 416-461-8143.
Location: Applegrove Lounge.
Cost: \$4

Recurring Activities

Please register for all programs and activities by calling Applegrove at 416-461-8143.

Euchre -Tuesdays noon - 3:00 p.m.

Euchre is closed during the summer and will return in September.

Chronic Pain Workshops - Thursday from 10 a.m. - 12:30 p.m.

This six-session workshop series helps people with chronic pain manage their health and quality of life with confidence. These workshops are offered by the Toronto Central Self-Management Program. The workshops started on July 6 and will conclude on August 10. Registration is full.

Games - Thursdays from 1 - 3 p.m. Enjoy an afternoon of board games and card games (excluding Euchre) that rely on team work and strategy. Cost: FREE.

Conversational Spanish Club - Fridays

10:00 a.m. - 11:30 a.m. for beginners.

11:30 a.m. - 1:00 p.m. for intermediate.

The Spanish Club is closed during the summer and will return in September.

B-I-N-G-O - Every Friday from 1:30 p.m. - 3:00 p.m.

Bingo is closed during the summer and will return in September.

Upcoming in September

Welcome Back Party – Wednesday, September 13 from 11 a.m. to 1 p.m. Join your friends and peers to enjoy a theatre skit and learn about upcoming programs in the fall.

Show ‘n’ Tell at Applegrove – Thursdays, September 14 to October 12 from 10 a.m. to noon. Bring an object, share a story, make a connection. Everybody has a story to tell. Make connections with others in your community while working with researchers from the University of Toronto to shape your stories and mementoes into a digital display. Cost: FREE.

Crafts Room

Monday, August 14, 21 and 28 from 10 a.m. - noon



“Stories for your photos,
homes for your memories”

Perfect for writers and artists.

Three workshops to create your memories on paper.

Learn about art journals, scrapbooks or other memory books.

Location: Applegrove Lounge.
Contact: To register, call 416-461-8143.
Cost: \$7.50 cash (or 3 squares on Activity Card).

Day Trip to the CNE

Tuesday, August 29, 9:30 a.m. - 4 p.m.

Cost: \$10 per person



Highlights:

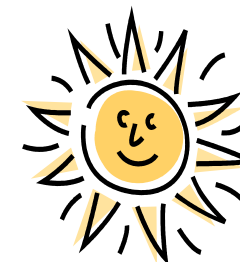
- Start out the day with coffee/brunch at the Food Building.
- Explore the many attractions at the CNE, from acrobatics to animal shows, celebrity experts and exhibits of Canadian and international treasures.
- Bring your own refreshments or purchase at one of the many CNE eateries.

Contact: For information and to register, call 416-461-8143.
Cost: \$10 must be paid by Thursday, August 24.
Location: We leave Applegrove at 9:30 a.m. Travel is by TTC. Bring your own TTC tickets.

Day Trip Camp Sunshine

Thursday, August 24
8 a.m. - 4 p.m.

Cost: \$10 per person



Join us for this day of cottage life at “Camp Sunshine”, to enjoy the fun and wonderful atmosphere of Ward’s Island.

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8:00 a.m. Departure from Applegrove by TTC.

9:30 a.m. - 10 a.m. Enjoy the ferry ride to Ward’s Island.

10 a.m. - 12 p.m. Coffee/tea and cookies on arrival at Camp. Explore the Camp and gardens and participate in activities to celebrate Canada Week.

12 p.m. - 1 p.m. BBQ Lunch

1 p.m. - 3 p.m. Activities and relaxation.

3 p.m. - 3:30 p.m. Ferry ride back to the city.

4 p.m. Arrival at Applegrove Office

Bring your own TTC tickets. Please call Renate at 416-461-8143 to reserve your spot. Spaces are limited.

Payment must be received by Thursday, August 17, or your space will be given to someone on the wait list.

Applegrove Older Adults Program (August 2017)

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1	2	3 Chronic Pain Workshops 10 a.m. - 12:30 p.m. Games 1 - 3 p.m.	4
7 Civic Day Applegrove Closed	8	9	10 Chronic Pain Workshops 10 a.m. - 12:30 p.m. Games 1 - 3 p.m.	11
14 Crafts Room 10 a.m. - noon	15	16	17 Seniors Advisory Council Meeting "Meet and Greet" 10:30 a.m. - noon Games 1 - 3 p.m.	18
21 Crafts Room 10 a.m. - noon	22	23 Lunch 'n' Learn Personal Journeys 1 - 3 p.m.	24 Day Trip Camp Sunshine 8 a.m. - 4 p.m. Games 1 - 3 p.m.	25
28 Crafts Room 10 a.m. - noon	29 Day Trip to the CNE 9:30 a.m. - 4 p.m.	30	31 Games 1 - 3 p.m.	

Unless specified, all activities are at
Applegrove Community Complex
60 Woodfield Road, Toronto
Call Applegrove at 416-461-8143.



Please note all Applegrove programs and events are scent-free and nut-free.