

Applegrove welcomes adults age 55 and over to activities to keep minds, bodies and creativity active!
The only entrance for the Applegrove Lounge is the Woodfield Door.
(See arrow on map below)



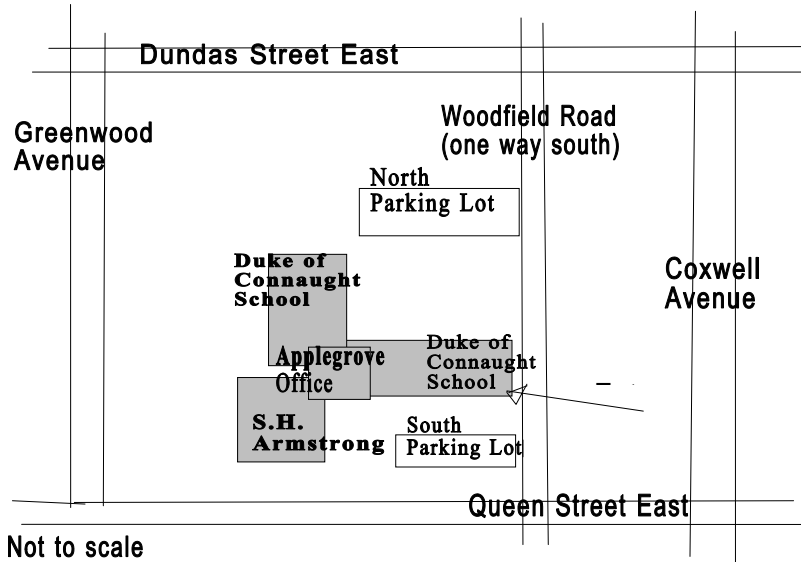
APPLEGROVE COMMUNITY COMPLEX

60 Woodfield Road, Toronto, Ontario M4L 2W6

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

www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”



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

All activities are subject to change without notice

Applegrove has a new phone system!

Our number is still 416-461-8143.

To reach the Older Adults program directly, press 2.

If no one is able to answer your call, leave a message or press the * key.

Older Adult Activities (55+) February 2018



For all programs and activities, please contact Applegrove at 416-461-8143 for information or to register.

February 2018

55+ Mini-Olympics: Fun Day

Tuesday, February 13, 12 - 2 p.m.

In honour of the 23rd Winter Olympic Games, Applegrove's 55 + Program will be hosting its first Mini-Olympics. Enjoy various mental, physical and creative stations, to keep your mind & body active!



Contact: For information and to register, call 416-461-8143.
Cost: \$2 on Activity Card or \$2.50 cash.
Location: Lounge

Seniors Council Meeting

Thursday, February 15, 11:00 a.m. – 12:30 p.m.



Highlights:

- Planning ahead to the spring season
- Sharing experiences in the program
- Informaion about Applegrove Membership
- Update on initiatives, programs and participation

Location: Applegrove Lounge. Light refreshments provided.
Contact: Please call Applegrove at 416-461-8143 to register.

Location: Applegrove Lounge
Cost: Free

Recurring Activities

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

Colour Crafters - Mondays from 1:00 p.m. - 2:45 p.m.

Enjoy a variety of creative arts activities (e.g., scrapbooking, seasonal crafts) in the company of fellow crafters.
Cost: \$2 on Activity card (or \$2.50 cash) per session.
Location: Applegrove Lounge.

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

For \$2 on Activity Card (or \$2.50 cash), come and try your luck at winning a prize. Enjoy some coffee/tea with friends!!
Location: Applegrove Lounge

Conversational Spanish Club - Fridays

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

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

Instructor Aida is continuing to teach conversational Spanish. The current session cycle runs from January 27 to March 31.
Cost: \$24 for 8 sessions. Location: Applegrove Lounge.



Computer Tutoring - By appointment only.

Come learn what you need: E-mail, Internet, uploading photos & more. Individual tutoring. By appointment only. Cost \$2.50 or \$2 on Activity Card.

Connecting Through Technology (CTT)

Keep an eye out; this program will be back in April. This session will include an intergenerational piece. You will learn about mobile tech and the internet through lessons and one on one sessions with youth.

Please note: EUCHRE has moved:

Please join Euchre participants at the Hanson House, 7 Coatsworth Crescent in the REC room. Tuesdays 12 - 3 p.m. Contact Barb at 416-698-3536 for more information.

To receive a monthly brochure by mail, please complete and return a membership form.

Cook 'n' Learn:
Come & show us your cooking skills!

Wednesday, February 21, 11 a.m. - 1 p.m.



Let's put our chef hats on and see what we can whip up! Learn how to make some healthy snacks with friends! Ready. Set. COOK!

Presenter: Applegrove Community Complex
Location: SH Armstrong Multipurpose Room Cost: \$4.
Please enter through SH Armstrong
Contact: Call Applegrove at 416-461-8143 to register.

February Game Days

Thursdays, February 1, 8, 15 & 22
1 – 2:45 p.m.



*Enjoy an afternoon of board games and card games that rely on team work and strategy.
Guaranteed to make you laugh!*

Location: Applegrove Lounge Cost: Free

Colour Crafters

Mondays, February 5, 12 & 26
1 – 2:45 p.m.



Enjoy an afternoon of crafting, learn new hobbies, share and contribute to the community and have fun!

Contact: Call Applegrove at 416-461-8143 to register.
Location: Applegrove Lounge
Cost: \$2 on Activity Card (or \$2.50 cash) per session.

50+ Active Living Fair



Wednesday, March 14, 10:30 a.m.-2:30 p.m.



Applegrove's 50+ Active Living Fair features a trade show, presentations and workshops that open doors to healthy, active living. Enjoy a free light lunch, prizes, information bags and more! Please mark your calendar and bring friends and family!

The Fair is funded by OACAO and The Ministry of Seniors Affairs. For more information or to register, call the Applegrove Office at 416-461-8143.

Applegrove Older Adults Program (February 2018)

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>PLEASE MARK YOUR CALENDAR!</p>  <p>50+ Active Living Fair Wednesday, March 14th 10:30 a.m. - 2:30 p.m. Please register at 416-461-8143!</p>			<p style="text-align: right;">1</p> <p style="text-align: center;">Game Day 1 - 2:45 p.m.</p>	<p style="text-align: right;">2</p> <p style="text-align: center;">Spanish Club (beg. & int.) 10 a.m. - 1 p.m.</p> <p style="text-align: center;">BINGO 1:30 - 3 p.m.</p>
<p style="text-align: right;">5</p> <p style="text-align: center;">Colour Crafters: Valentines 101 1 - 2:45 p.m.</p>	<p style="text-align: right;">6</p>	<p style="text-align: right;">7</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">Game Day 1 - 2:45 p.m.</p>	<p style="text-align: right;">9</p> <p style="text-align: center;">Spanish Club (beg. & int.) 10 a.m. - 1 p.m.</p> <p style="text-align: center;">Valentine's BINGO 1:30 - 3 p.m.</p>
<p style="text-align: right;">12</p> <p style="text-align: center;">Colour Crafters: DIY Soap Making 1 - 2:45 p.m.</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Mini-Olympics: 12 - 2 p.m.</p>	<p style="text-align: right;">14</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Seniors Council Meeting 11 a.m. – 12:30 p.m.</p> <p style="text-align: center;">Game Day 1 - 2:45 p.m.</p>	<p style="text-align: right;">16</p> <p style="text-align: center;">Spanish Club cancelled today</p> <p style="text-align: center;">BINGO 1:30 - 3 p.m.</p>
<p style="text-align: right;">19</p> <p style="text-align: center;">Applegrove Closed for Family Day</p>	<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Lunch n Learn: Cook-Off 11 a.m. - 1 p.m.</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Game Day 1 - 2:45 p.m.</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">Spanish Club (beg. & int.) 10 a.m. - 1 p.m.</p> <p style="text-align: center;">BINGO 1:30 - 3 p.m.</p>
<p style="text-align: right;">26</p> <p style="text-align: center;">Colour Crafters: DIY Hot Pot Pads 1 - 2:45 p.m.</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">Income Tax Clinic 10:00 a.m. - 5 p.m.</p>	<p style="text-align: center;"><u>Income Tax Clinic (By Appointment Only)</u> Tuesdays from 10:00 a.m. to 5 p.m. starting February 27th. Please bring your tax slips and your donation and rent receipts. Call us at 416-461-8143 to book your appointment. Thank you.</p>		
<p>Unless specified, all activities are at Applegrove Community Complex 60 Woodfield Road, Toronto Phone Applegrove at 416-461-8143. Please remember to use the Woodfield doors.</p>			 <p>*Please note all Applegrove programs and events are scent-free and nut-free.</p>	