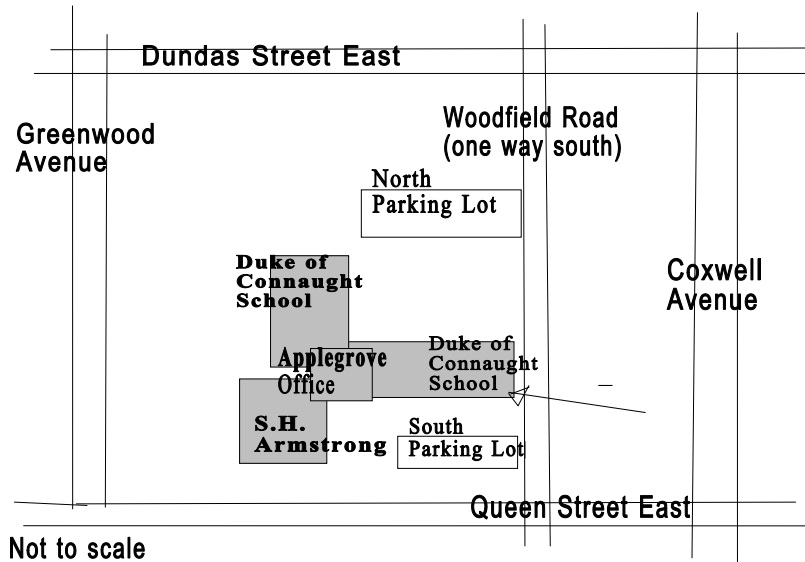


Applegrove welcomes adults age 55 and over to activities to keep minds, bodies and creativity active!

Note: entry to all programs in the Applegrove Lounge is through the Woodfield doors only (at the arrow).

For activities in S.H. Armstrong, entry is through the S.H. Armstrong door.



APPLEGROVE COMMUNITY COMPLEX

60 Woodfield Road, Toronto, Ontario M4L 2W6

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

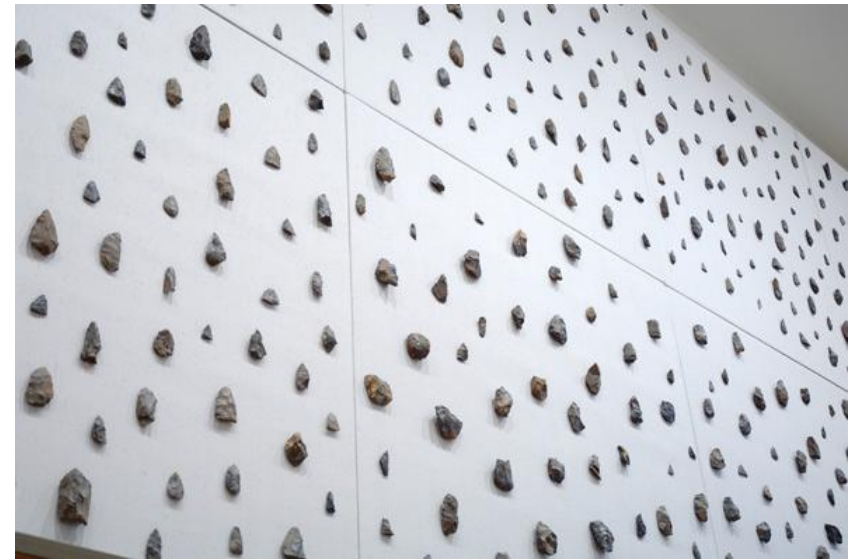
www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”



An Agency of the City of Toronto

Older Adult Activities (55+) November 2017



Join us for arts, wellness and connecting to community.

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

All activities are subject to change without notice.



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

November 2017

Connecting Through Technology (CTT)

Thursdays, November 2, 9, 16, 23, 30 and December 7
10 - 11:30 a.m.



Get connected through mobile tech and the internet.
Lessons and practice exercises, individual
and group work.

Devices are provided or bring your own!

Contact: Pre-registration is required. Let us know what topics
are of interest to you. To register, call 416-461-8143
Cost: \$ 15 for six sessions (or 6 squares on activity card).

Mental Aerobics

Monday, November 6
10:30 a.m. - noon



Join this workshop with stimulating exercises to
stretch and sharpen your brain.

Tips to improve your memory and recall are provided.

Location: Applegrove Lounge.
Contact: To register, call 416-461-8143.
Cost: \$2.50 (or 1 square on activity card).

Recurring Activities

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

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

Come and join a friendly game of Euchre. Refreshments
provided. Members are happy to teach new Euchre players.
Location: Applegrove Lounge.

Autobiography Writing Workshops - Wednesdays from 1:00 p.m. - 3:00 p.m.

Author and autobiographer Susan Siddeley offers six writing
workshops. The weekly workshops start on October 19 and
conclude on November 16. Cost: \$12 on Activity Card for 6
sessions (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 September 16 to November
18. Sessions will resume in December. Cost: \$24 for 8
sessions. Location: Applegrove Lounge.

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

Note: \$20 Activity Cards can be purchased at the office and can
be used for 10 activities. The cards allow you to attend some
programs at a discounted fee.



Flu Clinic

An information session on free vaccinations followed by a free flu shot clinic.

Thursday, November 16, noon - 2 p.m.



Learn more about vaccinations and how they can benefit your health.
Get your flu shot!

A light lunch will be provided.

Presenter: Farzana Yousaf, EECHC
Contact: To register, call 416-461-8143.
Location: Applegrove Lounge.
Cost: \$4

Crafts Room

Mondays, November 6, 13, 20 and 27, 1 - 3 p.m.



Create magical decorative displays as gifts to yourself
Or others for the upcoming holiday season.

Location: Applegrove Lounge.
Cost: \$10 for 4 sessions (or 4 squares on activity card).
Contact: To register, call 416-461-8143.



Lunch 'n' Learn:

Learn some new steps,
sing some old songs at Applegrove
Wednesday, November 22, 11 a.m. - 1 p.m.

Cultural dance (salsa/interpretive)
and oldies from the 50s & 60s.

Presenter: Sunshine Centre for Seniors
Location: SH Armstrong Games Room.
Cost: \$4:00.

Mackenzie House in Toronto




Friday, November 17, 10 a.m. - 2:30 p.m.



Visit this historical site that interprets Victorian life of the 1860's.
Mackenzie House was the last home of Toronto's first mayor
William Lyon Mackenzie.

Contact: Registration is required. Call 416-461-8143.
Limited spots are available.
Departure: Time at the House is from 11 a.m. to noon.
Meet at the Applegrove office to leave by 10 a.m. Travel is by TTC. Bring your own TTC tickets. Return is at 2:30 p.m.
Refreshments: Bring your own lunch or purchase lunch in a local eatery after the visit
Cost: \$ 3 per person.

Applegrove Older Adults Program (November 2017)

Mon	Tue	Wed	Thu	Fri
		1 Autobiography Writing Workshop 1 - 3 p.m.	2 CTT 10 - 11:30 a.m. Games 1 - 3 p.m.	3 Spanish Club (beg. & int.) 10 a.m. - 1 p.m. BINGO 1:30 - 3 p.m.
6 Mental Aerobics 10:30 a.m. - noon Crafts Room 1 - 3 p.m.	7 Euchre and Refreshments noon - 3 p.m.	8 Autobiography Writing Workshop 1 - 3 p.m.	9 CTT 10 - 11:30 a.m. Games 1 - 3 p.m.	10 Spanish Club (beg. & int.) 10 a.m. - 1 p.m. BINGO 1:30 - 3 p.m.
13 Crafts Room 1 - 3 p.m.	14 Euchre and Refreshments noon - 3 p.m.	15 Autobiography Writing Workshop 1 - 3 p.m.	16 CTT 10 - 11:30 a.m. Flu Clinic Noon - 2 p.m. Games 2 - 3 p.m.	17 Visit to Mackenzie House 10 a.m. - 2:30 p.m. BINGO 1:30 - 3 p.m.
20 Crafts Room 1 - 3 p.m.	21 Euchre and Refreshments noon - 3 p.m.	22 Lunch 'n' Learn: Singing and dancing at Applegrove 11 a.m. - 1 p.m.	23 CTT 10 - 11:30 a.m. Games 1 - 3 p.m.	24 Spanish Club (beg. & int.) 10 a.m. - 1 p.m. BINGO 1:30 - 3 p.m.
27 Crafts Room 1 - 3 p.m.	28 Euchre and Refreshments noon - 3 p.m.	29	30 CTT 10 - 11:30 a.m.	
<p>Applegrove's Pasta Fest!!! Saturday, November 25, 5 p.m. - 9 p. m. Baron Byng Beaches Legion Hall (243 Coxwell Ave.) Tickets are available at the office.</p> 			<p>*Please note all Applegrove programs and events are scent-free and nut-free.</p>	