

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

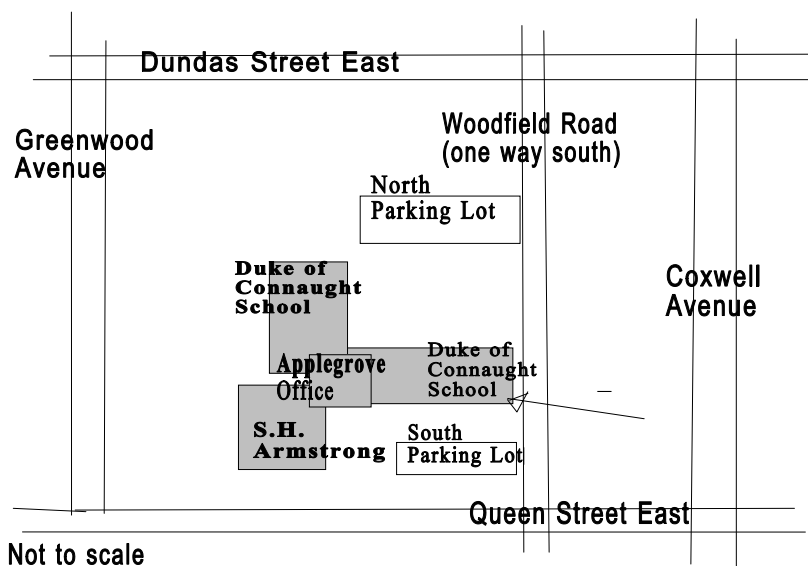
Tel: 416-461-8143 Fax: 416-461-5513

www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”



## Older Adult Activities (55+) October 2017



Please call Renate or the office (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.

Put this on your calendar!

Participatory arts, wellness and learning

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



## Nordic Pole Walking

*A smarter way to walk!*

October 2, 16, 23 and 30 from 10 - 11:30 a.m.

Learn Nordic Walking techniques and  
Practice skills on neighbourhood walks.

Nordic poles are available for practice walks.

Location: Meet at Applegrove office.  
Cost: \$10 for 4 sessions (or 4 squares on activity card).  
Contact: For information and to register, call 416-461-8143.



## Crafts Room

Mondays, October 2, 16, 23, and 30 from 1 - 3 p.m.

Learn how to create paper flower centrepieces for any  
holiday table and contribute to Applegrove at the same time.

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



## Writing Your Autobiography

Wednesdays, October 11, 18, 25, November 1, 8 and 15  
from 1 - 3 p.m.

Learn how to write about your life and personal history  
with instruction and fun prompts to bring your stories alive.

Create a legacy of your own writings for use in  
scrapbooks or notes as gifts to yourself and others.

Instructor: Susan Siddeley, Autobiographer and Author  
Location: Applegrove Lounge.  
Cost: \$15 for 6 sessions (or 6 squares on activity card).  
Contact: To register, call 416-461-8143.

## Recurring Activities

Please register for all activities by calling 416-461-8143.

### Euchre - Tuesdays from 12:00 p.m. - 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.

### 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 one square on Activity Card).

### Show 'n' Tell at Applegrove - Thursdays 10:00 a.m. - noon.

Bring an object that has meaning to you, tell a story and connect  
with others. Offered by a group from the U of T.  
Location: Applegrove Lounge. Cost: Free.

### Game Days - Thursdays from 1:00 - 3:00 p.m.

Enjoy an afternoon of board and card games, old and new  
(e.g., Rummoli, Dominoes, Crazy Eights, Yahtzee).  
Location: Applegrove Lounge. Cost: Free.

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

For \$2.50 (or one square on Activity Card), 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 fall session runs from September 18 to November 6.  
Cost: \$24 for 8 sessions. Location: Applegrove Lounge.  
Activity Card does not apply to this program.

**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.

## International Day

Wednesday, October 11 from 11 a.m. - 1 p.m.



Bring an object that has personal meaning and share your story about your heritage, travel or experience. Refreshments from different cultures are provided.

Location: SH Armstrong Games Room.  
Contact: To register, call 416-461-8143.  
Cost: \$4.

## Lunch 'n' Learn

Advance Care Planning Workshop  
Wednesday, October 25 from 11 a.m. - 1 p.m.



Get more information about what an Advance Care Plan is. Most people will develop a chronic disease over a life time. That's why it is important to plan ahead for a time when you may not be able to make your own healthcare decisions.

Presenter: East End Community Health Center  
Contact: To register, call 416-461-8143.  
Location: SH Armstrong Games Room.  
Cost: \$4.

## Advisory Council Meeting: Meet & Greet

Thursday, October 5 from 1 - 2:30 p.m.



Join this social and informative event about 55+ activities. All Applegrove participants are invited to attend.

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

## Day Trip St. Jacobs Farmer's Market

Thursday, October 26, 2017  
9 a.m. - 4:30 p.m.  
\$15 per person



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### ITINERARY

- 9 a.m. Departure from Applegrove (60 Woodfield Rd.)
- 10:30 a.m. - 1 p.m. St. Jacobs Market: Browse locally produced meats, cheese, baking, crafts, clothing and more. Bring Your own lunch or purchase lunch at the market.
- 1 - 3 p.m. The Village of St. Jacobs: Explore a variety of historical sites and stores. Visit one of the many cafes for afternoon tea or coffee.
- 4:30 p.m. Return: Approximate arrival back in Toronto is 4:30 p.m.

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Please call Renate at 416-461-8143 to reserve your spot.

Registration starts Tuesday, October 3 at 11 a.m.

Spaces are limited. Payment must be received by October 11 at 11 a.m. or your space will be given to someone on the waitlist.

**Please note: If we do not have enough participants by October 12, the trip may be cancelled.**

## Applegrove Older Adults Program (October 2017)

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
2  Nordic Pole Walking 10 - 11:30 a.m.  Crafts Room 1 - 3 p.m.	3  Euchre and Refreshments 12 - 3 p.m.	2          	5  Show 'n' Tell at Applegrove 10 a.m. - noon  Seniors Advisory Council Meeting 1 - 2:30 p.m.	6  BINGO 1:30 - 3 p.m.
9  Applegrove Closed  Thanksgiving	10  Euchre and Refreshments 12 - 3 p.m.	11  International Day 11 a.m. - 1 p.m.  Autobiography Writing Workshop 1 - 3 p.m.	12  Show 'n' Tell at Applegrove 10 a.m. - noon  Games 1 - 3 p.m.	13  Spanish Club (beg. & int.) 10 a.m. - 1 p.m.  BINGO 1:30 - 3 p.m.
16  Nordic Pole Walking 10 - 11:30 a.m.  Crafts Room 1 - 3 p.m.	17  Euchre and Refreshments 12 - 3 p.m.	18  Autobiography Writing Workshop 1 - 3 p.m.	19  Games 1 - 3 p.m.	20  Spanish Club (beg. & int.) 10 a.m. - 1 p.m.  BINGO 1:30 - 3 p.m.
23  Nordic Pole Walking 10 - 11:30 a.m.  Crafts Room 1 - 3 p.m.	24  Euchre and Refreshments 12 - 3 p.m.	25  Lunch n' Learn: Workshop on Advanced Care 11 a.m. - 1 p.m.  Autobiography Writing Workshop 1 - 3 p.m.	26  Day Trip St. Jacobs Market 9 a.m. - 4:30 p.m.  Games 1 - 3 p.m.	27  Spanish Club (beg. & int.) 10 a.m. - 1 p.m.  BINGO 1:30 - 3 p.m.
30  Nordic Pole Walking 10 - 11:30 a.m.  Crafts Room 1 - 3 p.m.	31  Euchre and Refreshments 12 - 3 p.m.	 Applegrove's Pasta Fest!!! Saturday, November 25 <sup>th</sup> Baron Byng Beaches Legion Hall (243 Coxwell Ave.) 5 p.m. - 9 p.m. Join us for this family event! Fun, Food, Entertainment, Silent Auction, Prizes. Tickets on sale in the office.		 *Please note all Applegrove programs and events are scent-free and nut-free.