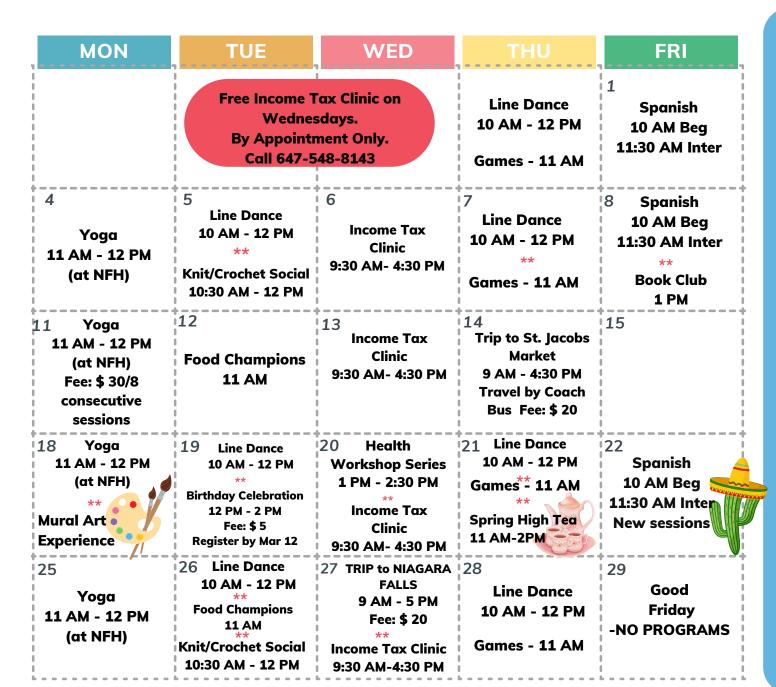
APPLEGROVE SENIORS

-MAR 2024





applegrove

adults & seniors

60 Woodfield Rd Toronto, ON. M4L 2W6

Let's welcome Spring with a
High Tea celebration! Join us
at the Food Hub 1470 Gerrard
St E. and enjoy delicious
homemade scones, tea
sandwiches, pastries, etc.
March 21 FEE: \$10
Register by March 13
11 AM- 2 PM



Everyone is welcome to join our activities. If you have financial barriers preventing you from joining, please call Aida to discuss.



647 - 548 - 8143



seniors@applegrovecc.ca

PROGRAM DESCRIPTIONS

MAR 2024

HEALTH WORKSHOP SERIES



Topic of the month: Self-Management & Caregivers. Let's talk about Care-Giving as a Senior. We'll have conversations around stress management, available resources and how to detect & prevent burn out. Join us on March 20. 1 PM - 2:30 PM Registration required. Location: Applegrove Lounge.

SPRING HIGH TEA



Bring a favourite teacup and fancy hat and join us for good food, conversation, fun games, prizes, and a treat bag to take home! March 21. 11 AM - 2 PM

Fee: \$ 10 Register and process your fee by March 13 to confirm your spot Location: Neighbourhood Food Hub (NFH) 1470 Gerrard St East

TRIP TO ST
JACOBS' MARKET



The St. Jacobs Farmers' Market is a much-loved tradition in the Waterloo Region. Still home to the largest population of Old Order Mennonites in Canada, you'll often see farmers on local roads traveling to the market by horse & buggy. Join us on March 14 Fee: \$20. Meet at Applegrove at 8:45 am. We are travelling by coach bus. Register and process your fee by March 7 NO REFUNDS.

TRIP TO NIAGARA FALLS



On March 27, come and see Niagara Falls with us. Enjoy the beautiful sight that everyone should experience at least once in their life. Meet at Applegrove at 8:45 AM We travel by Coach Bus. Fee: \$ 20 Register and process your fee by March 19 NO REFUNDS.

INCOME TAX
CLINIC



Our Free Tax Clinic takes place at Applegrove only on Wednesdays from 9:30 AM to 4:30 PM Please call us to make an appointment and check if you qualify for our services. The free tax clinic service is in person. Call: 647-548-8143 or 416-461-5046

KNITTING • & CROCHET SOCIAL



Meet other local people interested in knitting and crochet. Bring your own project and share experiences, inspire and encourage each other! Come along and join us for some 'me' time in the wonderful company of other lovely, crafty people. Coffee, tea, and light snacks provided. All levels welcome. March 5 & 26 10:30 AM - 12 PM Location: Applegrove Lounge

MURAL ART EXPERIENCE Applegrove is repainting the mural in the lounge and we need your help! We have the privilege of working with Mo Thunder, a well known artist, to refresh our main program space during the week of March 18-22! Join us on Monday and Tuesday at 3:30pm for two intergenerational consultation sessions with Mo to give your input, ideas and dreams into the mural design! Wednesday-Friday join us in the Lounge to help us paint the mural with Mo from 10 am – 5 pm.

Ontario 😵

Icon Guide:



In-person



Fee