

APPLEGROVE SENIORS

-MAR 2024

MON	TUE	WED	THU	FRI
	Free Income Tax Clinic on Wednesdays. By Appointment Only. Call 647-548-8143		Line Dance 10 AM - 12 PM Games - 11 AM	1 Spanish 10 AM Beg 11:30 AM Inter
4 Yoga 11 AM - 12 PM (at NFH)	5 Line Dance 10 AM - 12 PM ** Knit/Crochet Social 10:30 AM - 12 PM	6 Income Tax Clinic 9:30 AM- 4:30 PM	7 Line Dance 10 AM - 12 PM ** Games - 11 AM	8 Spanish 10 AM Beg 11:30 AM Inter ** Book Club 1 PM
11 Yoga 11 AM - 12 PM (at NFH) Fee: \$ 30/8 consecutive sessions	12 Food Champions 11 AM	13 Income Tax Clinic 9:30 AM- 4:30 PM	14 Trip to St. Jacobs Market 9 AM - 4:30 PM Travel by Coach Bus Fee: \$ 20	15
18 Yoga 11 AM - 12 PM (at NFH) ** Mural Art Experience	19 Line Dance 10 AM - 12 PM ** Birthday Celebration 12 PM - 2 PM Fee: \$ 5 Register by Mar 12	20 Health Workshop Series 1 PM - 2:30 PM ** Income Tax Clinic 9:30 AM- 4:30 PM	21 Line Dance 10 AM - 12 PM ** Games - 11 AM ** Spring High Tea 11 AM-2PM	22 Spanish 10 AM Beg 11:30 AM Inter New sessions
25 Yoga 11 AM - 12 PM (at NFH)	26 Line Dance 10 AM - 12 PM ** Food Champions 11 AM ** Knit/Crochet Social 10:30 AM - 12 PM	27 TRIP to NIAGARA FALLS 9 AM - 5 PM Fee: \$ 20 ** Income Tax Clinic 9:30 AM-4:30 PM	28 Line Dance 10 AM - 12 PM Games - 11 AM	29 Good Friday -NO PROGRAMS



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



Please register for all programs to help us with our planning.

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.