


APPLEGROVE SENIORS

- MAY 2024

MON	TUE	WED	THU	FRI
<p>JOIN US ON OUR ELORA TRIP ON MAY 21 FEE: \$ 20 REGISTER BY MAY 14 MEET AT APPLEGROVE AT 8:45 AM ~NO REFUNDS~ BRING YOUR OWN LUNCH TRAVEL BY MOTOR COACH BUS</p>				
			2 Line Dance 10 AM - 12 PM ** Games - 11 AM	3 Spanish 10 AM Beg 11:30 AM Inter
6 Yoga 11 AM - 12 PM (at FH)	7 Line Dance 10 AM - 12 PM ** Food Champions 11 AM ** Knit/Crochet Social 10:30 AM - 12 PM	8 Health Workshop Series Diet & Nutrition 1 PM - 2:30 PM	9 Line Dance 10 AM - 12 PM ** Games - 11 AM	10 Spanish Social Especial Día de las Madres Both groups 11 AM 🌸🌸 Book Club 1 PM
13 Yoga 11 AM - 12 PM (at FH) New 8 Sessions 	14 Line Dance 10 AM - 12 PM	15	16 Line Dance 10 AM - 12 PM Games ** 11 AM ** Vietnamese Cuisine Workshop Fee: \$ 5	17 Spanish 10 AM Beg 11:30 AM Inter
20 Victoria Day -Applegrove Closed	21 Line Dance 10 AM - 12 PM ** Social Food Champions 11 AM ** Trip To Elora 8:45 AM - 5 PM Fee: \$ 20	22	23 Line Dance 10 AM - 12 PM	24
27 Yoga 11 AM - 12 PM (at FH)	28 Line Dance 10 AM - 12 PM ** Knit/Crochet Social 10:30 AM - 12 PM	29 Movie Matinee "Mamma Mia 1" 11 AM - 1 PM Fee: \$ 5 Please register by May 22	30 Line Dance 10 AM - 12 PM ** Games - 11 AM	31 Spanish 10 AM Beg 11:30 AM Inter Fee: \$ 15/4 new sessions



60 Woodfield Rd
Toronto, ON. M4L 2W6



Vietnamese Cuisine
Bánh Mì Chicken & Vegetarian
Sandwiches
Fee: \$ 5 Register by May 9
11 AM - 2 PM
Location: 1470 Gerrard St E.
The East End Food Hub



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

MAY 2024

HEALTH WORKSHOP SERIES



Topic of the month: Diet & Nutrition

Let's talk about the importance of diet and healthy living. The presentation is specified on Eating for Healthy Aging, which has information on Diabetes, High Cholesterol, and High Blood Pressure. May 8 1 PM - 2:30 PM Registration required. Location: Applegrove Lounge. NO FEE.

BOOK CLUB



Book Club resumes Friday, May 10 at 1 pm Location: Applegrove Lounge
Book for May: **Cooking for Picasso by Camille Aubray**

MOVIE MATINEE



"Mamma Mia": The plot follows a young bride-to-be who invites three men to her upcoming wedding, with the possibility that any of them could be her father. The film is based on the songs of pop group ABBA. With Meryl Streep, Pierce Brosnan, Amanda Seyfried, Julie Walters, and Colin Firth
May 29 11 AM - 1 PM Location: Applegrove Fee: \$ 5 includes lunch. **REGISTER BY MAY 22**

CHAIR YOGA



This gentle chair yoga session is offered at the FH 2nd Floor
Cost \$30/8 consecutive classes Location: The East End Food Hub (FH) 1470 Gerrard St. E
Please register now for 8 new chair yoga consecutive sessions starting on May 13.

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. May 7 & 28 10:30 AM - 12 PM Location: Applegrove Lounge

GAMES



Join us on Thursdays 11 AM to 1 PM for a friendly game of cards, dominos, or jigsaw puzzles, good conversation and some light snacks. Location: Applegrove Lounge