






APPLEGROVE SENIORS

JAN 2025

MON	TUE	WED	THU	FRI
<p>Applegrove is back from the Holidays on January 6, 2025</p>			<p>Lunar New Year Celebration Jan 21 12-2 PM Fee: \$ 5 Location: SH Armstrong Multipurpose Rm 56 Woodfield Rd Register by Jan 14</p>	
<p>6 Chair Yoga 11 AM - 12 PM Applegrove Lounge \$30/8 classes</p> 	<p>7 Line Dance 10 AM-12 PM</p>	<p>8</p>	<p>9 Line Dance 10 AM-12 PM ★★★★★ Games 11 AM-1 PM</p>	<p>10 Spanish 10 AM BEG 11:30 AM INT</p>
<p>13 Chair Yoga 11 AM - 12 PM Applegrove Lounge \$30/8 classes</p> 	<p>14 Line Dance 10 AM-12 PM ★★★★★ Knit/Crochet Social 10:30 AM - 12 PM</p>	<p>15 Royal Ontario Museum 10:30 AM-2:30 PM Register by Jan 10</p>	<p>16 Line Dance 10 AM-12 PM ★★★★★ Games 11 AM-1 PM</p>	<p>17 Spanish 10 AM BEG 11:30 AM INT New Sessions Start BIENVENIDO</p>
<p>20 Chair Yoga 11 AM - 12 PM Applegrove Lounge \$30/8 classes</p> 	<p>21 Line Dance 9:30 AM-11:30 AM ★★★★★ Lunar New Year Party 12-2 PM Fee: \$5</p>	<p>22 Movie Matinee: One Life 11 AM- 1 PM Fee: \$ 5 Register by Jan 15</p>	<p>23 Line Dance 10 AM-12 PM ★★★★★ Games 11 AM-1 PM</p>	<p>24 Spanish 10 AM BEG 11:30 AM INT</p>
<p>27 Chair Yoga 11 AM - 12 PM Applegrove Lounge ★★★★★ Seniors' Cafe 3-5 PM (East End Food Hub)</p>	<p>28 Line Dance 10 AM-12 PM ★★★★★ Knit/Crochet Social 10:30 AM - 12 PM ★★★★★ Food Champions 11 AM-2 PM</p>	<p>29 Saving & Investing Workshop 11 Am-12 PM (Applegrove Lounge) Register by January 22 NO FEE</p>	<p>30 Line Dance 10 AM-12 PM ★★★★★ Games 11 AM-1 PM</p>	<p>31 Spanish 10 AM BEG 11:30 AM INT ★★★★★ Book Club 1-2 PM</p> 



60 Woodfield Rd
M4L 2W6 Toronto, ON

A new year, a new chapter and tons of new memories to be made together!



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

JAN 2025

LOCAL TRIP



The Royal Ontario Museum offers diverse exhibitions spanning ancient civilizations, natural history, and contemporary art. Meet at Coxwell Subway station at 9:30 AM. We travel by TTC, tokens and ROM General Admission tickets provided. Wednesday, January 15. Register by Jan 10.

LINE DANCE



A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

Intermediate level Tuesdays & Thursdays 10 AM - 12 PM

Location: SH Armstrong Multipurpose Room 56 Woodfield Rd Annual fee Jan-Dec: \$ 20

SAVING & INVESTING WORKSHOP



The principles of saving and investing have proven to provide enormous benefits for financial stability. Explore the discipline of saving and investing for your financial growth and success. In partnership with the YMCA. January 29. 11 AM to 12 PM No fee. Light refreshments provided.

Location: Applegrove Lounge, 60 Woodfield Rd.

FOOD CHAMPIONS



Looking to volunteer in your community and make meals kits for those in need? This ongoing intergenerational volunteer opportunity will take place once a month on a Tuesday.

Join us on January 28. 11 AM- 2 PM

Location: The East End Food Hub 1470 Gerrard St. E. Basement

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.

January 14 & 28 10:30 AM - 12 PM **Location: Applegrove Lounge 60 Woodfield Rd**

GAMES



Join us on Thursdays 11 AM to 1 PM for a friendly game of cards, dominos, rummy, or jigsaw puzzles, Good conversation and light refreshments. NO FEE.

Location: Applegrove Lounge 60 Woodfield Rd.

MOVIE MATINEE



"One Life": London broker Nicholas "Nicky" Winton helps rescue hundreds of predominantly Jewish children from Czechoslovakia in a race against time before the Nazi occupation closes the borders. With Anthony Hopkins, Helena Bonham, Lena Olin, Johnny Flynn . 11 AM - 1 PM Fee: \$ 5 includes lunch.

Register by January 15 **Location: Applegrove Lounge 60 Woodfield Rd.**



Icon Guide:



In-person



Fee