














APPLEGROVE SENIORS

April 2025

MON	TUE	WED	THU	FRI
<p>Tell us about what physical activities you are interested in:</p> 	1 Line Dance 10 AM-12 PM	2 Income Tax Clinic 9:30 AM-4 PM	3 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	4 Spanish 10 AM BEG 11:30 AM INT
	8 Line Dance 9:30-11:30 AM  Knit/Crochet Social 10:30 AM - 12 PM	9 Income Tax Clinic 9:30 AM-4 PM	10 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	11 Spanish 10 AM BEG 11:30 AM INT
14 Chair Yoga 11 AM - 12 PM The Narthex \$30/8 classes Register by April 11 	15 Line Dance 10 AM-12 PM  Food Champions 11 AM-2 PM	16 Income Tax Clinic 9:30 AM-4 PM	17 Line Dance 10 AM-12 PM  St Jacob's Market Trip 8 AM-5 PM \$40 includes tour	18  GOOD FRIDAY Applegrove is closed.
21  Easter Monday Applegrove is closed.	22 Line Dance 10 AM-12 PM  Knit/Crochet Social 10:30 AM - 12 PM	23 Movie Matinee: Hachi: A Dog's Story 11 AM- 1 PM Fee: \$8 Register by April 18	24 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	25 Spanish 10 AM BEG 11:30 AM INT
28 Chair Yoga 11 AM - 12 PM The Narthex  Seniors' Cafe 3-5 PM The Narthex	29	30	<p>APRIL IS THE LAST MONTH OF OUR FREE INCOME TAX CLINIC WEDNESDAYS & THURSDAYS 9:30 AM-4 PM BY APPOINTMENT ONLY CALL TO REGISTER: 416-461-8092 OR 647-548-8143 (LOW INCOME INDIVIDUALS/FAMILIES)</p>	



applegrove
adults & seniors


60 Woodfield Rd
M4L 2W6 Toronto, ON



Happy Easter

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

Learn more about our programs and activities: www.applegrovecc.ca

PROGRAM DESCRIPTIONS

 April 2025

ST JACOB'S MARKET TRIP



Enjoy with us a visit to the St Jacob's Farmer's Market.

Explore the market, have lunch and then take the tour. (Lunch is not included.)

We will take a guided tour through the Mennonite Community and rural countryside. You can see the beauty of the countryside, while hearing about the storied history, culture and faith of the Mennonite & Amish communities in this region. Thursday, April 17. Fee: \$40 Register by April 11. NO REFUNDS.

Meet outside Applegate at 8 AM. 60 Woodfield Rd. Return by 5 PM depending on traffic.

CHAIR YOGA



Chair yoga for seniors is a modified form of traditional yoga that allows individuals to practice poses while seated or standing with the support of a chair, making it more accessible and gentle for those with limited mobility or balance. Mondays, 11 AM-12 PM. Fee: \$30 8/consecutive sessions.

Location: The Narthex, The East End Food Hub. 1470 Gerrard St E. 2nd. Floor.

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. Tuesday, April 8 & 22. 10:30 AM-12 PM

Location: Applegate Lounge, 60 Woodfield Rd.

MOVIE MATINEE



Hachikō (ハチ公, November 10, 1923 – March 8, 1935) was a Japanese Akita dog remembered for his remarkable loyalty to his owner, Hidesaburō Ueno, for whom he continued to wait for over nine years following Ueno's death. With Richard Gere, Joan Allen, Cary-Hiroyuki Tagawa and Jason Alexander.

Wednesday, April 23. 11 AM-1 PM. Fee: \$8 includes lunch. Register by April 18.

Location: Applegate Lounge, 60 Woodfield Rd.

ACTIVE PROGRAMMING SURVEY



We are interested in finding out about the kinds of physical activities that older adults do as part of their everyday lives and would like to see at Applegate. Please fill out our Active Programming Survey. Fill out the survey here:

<https://forms.gle/tLk9zbvfFYrKWshk6>

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 Tuesday, April 15. 11 AM-2 PM. No Fee.

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

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. Annual Fee: \$20 Jan-Dec 2025.

Location: SH Armstrong Multipurpose Room, 56 Woodfield Rd.