

APPLEGROVE SENIORS



60 Woodfield Rd
M4L 2W6 Toronto, ON

JUNE 2025 CALENDAR

MON	TUE	WED	THU	FRI
2 Chair Yoga The Narthex 11 AM - 12 PM 	3	4	5 Line Dance 10 AM-12 PM Games 11 AM-1 PM	6 Spanish 10 AM BEG 11:30 AM INT
9 Chair Yoga The Narthex 11 AM - 12 PM 	10 Line Dance 10 AM-12 PM Knit & Crochet Social 10:30 AM - 12 PM	11	12 Line Dance 10 AM-12 PM Games 11 AM-1 PM	13 Spanish 10 AM BEG 11:30 AM INT
16 Chair Yoga The Narthex 11 AM - 12 PM 	17 Line Dance 10 AM-12 PM Knit & Crochet Social 10:30 AM - 12 PM	18 Movie Matinee: Father Hood 11 AM- 1 PM Fee: \$8 Register by June 12	19 Line Dance 10 AM-12 PM Games 11 AM-1 PM	20
23 Seniors' Cafe 3-5 PM The Narthex 1470 Gerrard St E (Drop-In Program)	24 Camp Sunshine Centre Wards Island \$11 no lunch \$20 with lunch Indigenous Peoples Week 10 AM-3 PM	25	26	27 Spanish 10 AM BEG 11:30 AM INT
30	Summer 2025: Applegrove will be hosting programs at our other location during July and August. The office will also be operating at The East End Food Hub, 1470 Gerrard St East. Please make sure you go to the right location when attending our programs.			

JUNE IS SENIORS MONTH

We would like to thank you for your enthusiasm in joining us in our activities. We look forward to keep providing programs that are of your interest and let you grow in the community. We highly appreciate your support and the opportunity to get to know you and share a lot of rich experiences with us. Once again, thank you for choosing to be a part of our Applegrove Seniors Program. We look forward to seeing you again at our future events. Stay tuned for updates on upcoming happenings. Happy Seniors' Month!



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

June 2025

WARD'S ISLAND TRIP



Camp Sunshine Centre at Ward's Island
Fee: \$11 no lunch \$20 with beef/veg burger lunch
Tuesday, June 24. 9 AM-3 PM.
(Includes ferry tickets) Register by June 19 NO REFUNDS
Meet at the docks at 10 AM or at Coxwell Subway Station at 9 AM

SENIORS' CAFE



Seniors' Café is a relaxed, supportive environment that fosters a sense of community and connection. Our gathering place is designed for seniors to socialize, enjoy refreshments, and participate in activities.
Monday, June 23. 3-5 PM. No fee. Drop in program.
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, June 10 & 17. 10:30 AM-12 PM
Location: Applegrove Lounge, 60 Woodfield Rd.

MOVIE MATINEE



Father Hood: Patrick Swayze plays a con man who tries to live up to the ideals of family values by kidnapping his son and daughter from the evil clutches of a corrupt orphanage and taking them on a cross-country trip in his vintage convertible. Halle Barry, Brian Bonsell, and Sabrina Lloyd.
Wednesday, June 18. 11 AM-1 PM. Fee: \$8 includes lunch. Register by June 12.
Location: Applegrove Lounge, 60 Woodfield Rd.

GAMES



Join us for a friendly game of cards, mahjong, dominos, rummykub, or jigsaw puzzles. Good conversation and light refreshments. Thursdays, 11 AM-1 PM. No Fee.
Location: Applegrove Lounge, 60 Woodfield Rd.

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. Last spring sessions are on Monday, June 2, 9 and 16. 11 AM-12 PM. Fee: \$12/3 sessions.
Location: The Narthex, The East End Food Hub. 1470 Gerrard St E. 2nd. Floor.

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.

Icon Guide:



In-person



Fee



applegrove
adults & seniors

Ontario

