

















APPLEGROVE SENIORS

May 2025

MON	TUE	WED	THU	FRI
Free Concert Series -Canadian Opera Company: Artistic Director Jonathan Crow presents a sneak preview of the 20th Anniversary Toronto Summer Music Festival. May 6, 10AM-1PM. Meet at Coxwell Subway Station at 10 AM by the collector's booth. NO FEE. Bring your own lunch.			1 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	2 Spanish 10 AM BEG 11:30 AM INT
5 Chair Yoga The Narthex 11 AM - 12 PM 	6 Line Dance 10 AM-12 PM  Canadian Opera Company Free Concert 10 AM-1 PM	7	8 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	9 Spanish 10 AM BEG 11:30 AM INT
12 Chair Yoga The Narthex 11 AM - 12 PM 	13 Line Dance 10 AM-12 PM  Cooking Workshop Persian Menu 11 AM-2 PM	14	15 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	16 Spanish 10 AM BEG 11:30 AM INT
19  Victoria Day Applegrove is Closed	20 Line Dance 10 AM-12 PM  Food Champions 11 AM-2 PM  Knit & Crochet Social 10:30 AM - 12 PM	21 Movie Matinee: The Good Mother 11 AM- 1 PM Fee: \$8 Register by May 16	22 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	23 Spanish 10 AM BEG 11:30 AM INT (New Sessions Start) 
26 Chair Yoga The Narthex 11 AM - 12 PM  Seniors' Cafe 3-5PM The Narthex	27 Knit & Crochet Social 10:30 AM - 12 PM	28	29 Line Dance 10 AM-12 PM  Games 11 AM-1 PM	30 Spanish 10 AM BEG 11:30 AM INT  Book Club 

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



applegrove
adults & seniors

60 Woodfield Rd
M4L 2W6 Toronto, ON



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 2025

COOKING WORKSHOP



Persian Cuisine Cooking Workshop: Explore authentic Persian cuisine with our guest chef, Javad (chef/owner of Herby Persian Restaurant.) Join us cooking and sampling!

Tuesday, May 13. 11 AM-2 PM Fee: \$10 Register by May 9. NO REFUNDS. Only 20 spots available.

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

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, May 20 & 27. 10:30 AM-12 PM

Location: Applegrove Lounge, 60 Woodfield Rd.

MOVIE MATINEE



The Good Mother follows journalist Marissa Benning who, after the murder of her estranged son, forms an unlikely alliance with his pregnant girlfriend Paige to track down the killers. Together they confront a world of corruption and drugs in the seedy underbelly of a small city in upstate New York. As they get closer to the truth, they unearth an even darker secret. Starring two-time Academy Award Hilary Swank, Olivia Cooke and Jack Reynor.

Wednesday, May 21. 11 AM-1 PM. Fee: \$8 includes lunch. Register by May 16.

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.

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, May 20. 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.