

APPLEGROVE SENIORS



60 Woodfield Rd
M4L 2W6 Toronto, ON

MAY 2026 CALENDAR

MON	TUE	WED	THU	FRI
				1 Spanish 10 AM BEG 11:30 AM INT Book Club 12-2:30 PM
4 Registration opens for the Alpaca Farm Trip 9 AM	5 Line Dance 10 AM-12 PM	6 Ukulele Club 10:15-11:15 AM	7 Line Dance 10 AM-12 PM The Social Circle 11:30 AM-1:30 PM	8 Spanish 10 AM BEG 11:30 AM INT BINGO 1:30-2:30 PM
11 Movie Matinee 11:30 AM-1:30 PM	12 Line Dance 10 AM-12 PM Food Champions 11 AM-2 PM	13 Ukulele Club 10:15-11:15 AM Fall Prevention and Concussion Workshop 12-1:30 PM	14 Line Dance 10 AM-12 PM The Social Circle 11:30 AM-1:30 PM	15 Spanish 10 AM BEG 11:30 AM INT BINGO 1:30-2:30 PM
18 Victoria Day Applegrove is closed.	19 Line Dance 10 AM-12 PM Cooking Workshop 11 AM-2 PM	20 Ukulele Club 10:15-11:15 AM Eye Health Workshop 12:30- 2:00 PM	21 Line Dance 10 AM-12 PM The Social Circle 11:30 AM-1:30 PM	22 Spanish 10 AM BEG 11:30 AM INT Device Accessibility Workshop 1:15-2:15PM
25 Seniors' Cafe 3-5 PM 	26 Line Dance 10 AM-12 PM Food Champions 11 AM-2 PM	27 Ukulele Club 10:15-11:15 AM Harmony Meadows Alpaca Trip 7:45 AM-5:30 PM	28 Line Dance 10 AM-12 PM The Social Circle 11:30 AM-1:30 PM	29 Spanish 10 AM BEG 11:30 AM INT

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

MOVIE MATINEE



Monday, May 11, 11:30 AM-1:30 PM. Location: Applegrove Lounge, 60 Woodfield Rd.

Fee: \$10 includes lunch. Register by May 7. NO REFUNDS.

The Joy Luck Club is a moving drama that weaves together the lives of four Chinese-American daughters and their immigrant mothers. Through a series of interwoven stories, the film explores themes of identity, cultural heritage, generational conflict, and the sacrifices made by women across time.

WORKSHOP



Wednesday, May 13, 12-1:30 PM. Location: Applegrove Lounge, 60 Woodfield Rd.

NO FEE. Register by May 11. Light refreshments provided.

Fall Prevention and Concussion Workshop: Emphasis on most common causes of falls, steps that can be taken to prevent falls, and what to do when a fall occurs. Additionally, how to identify concussion in yourself and others, and steps to take when a concussion is suspected.

COOKING WORKSHOP



Tuesday, May 19, 11 AM-2 PM. Location: East End Food Hub, 1470 Gerrard St East. Lower level.

NO FEE. Register by May 14.

Bold, vibrant flavours come together in Tava, a sizzling Syrian one-pan dish of roasted vegetables and perfectly spiced meat. It's easy, comforting and full of fresh ingredients with a vegetarian option and crisp salad to round out the meal. Join Chef Nataly Tchamichian and enjoy lunch with the group.

EYE HEALTH WORKSHOP



Wednesday, May 20, 12:30-2 PM. Location: Applegrove Lounge, 60 Woodfield Rd.

NO FEE. Register by May 13.

Conquering the Villain CVS: Computer Vision Syndrome. Please join us for a fun, interactive session on improving vision and eye comfort in relation to digital device use and other activities. There will also be information on age related eye conditions, managing dry eyes, and tips to get the best out of your eyewear. In partnership with registered optician Dale Cotnam.

DEVICE ACCESSIBILITY WORKSHOP



Friday, May 22, 1:15-2:15 PM. Location: Applegrove Lounge 60 Woodfield Rd.

NO FEE. Register by May 15.

Device Set Up & Accessibility (Android & iPhone) Join us to learn simple ways to make your Android or iPhone more user-friendly. We will show you how to change your settings so the screen is easier to read, the sound is easier to hear, and your favorite apps are easier to find.

TRIP



Wednesday, May 27, 7:45 AM-5:30 PM Meet outside Applegrove at 7:45 AM.

Fee: \$40 includes farm admission fee. Register by May 20. NO REFUNDS.

Join us as we visit Harmony Meadows Alpaca farm and Fergus Marketplace by coach bus. You will be up close and personal with the alpacas in their pasture. Rubber boots are not essential but we do strongly recommend closed toed shoes. However, it is a farm and might be wet/muddy or dusty, plus the entire experience is outside, so please dress accordingly. Please note that we are a SCENT FREE agency.

SENIORS' CAFE



Monday, May 25, 3-5 PM. Location: East End Food Hub, 1470 Gerrard St E. Lower Level.

NO FEE. Drop in program.

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. Stay afterwards and enjoy the free Nourish East End Community Dinner.

Icon Guide:



In-person



Fee

