

APPLEGROVE SENIORS

 **applegrove**
adults & seniors
60 Woodfield Rd
M4L 2W6 Toronto, ON

JULY 2026 CALENDAR

MON	TUE	WED	THU	FRI
 Come and dance with us in our hybrid chair dance class on most Thursdays 10:50-11:30 AM Applegrove Lounge		1  -Canada Day- Applegrove is Closed.	2 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM (\$ Line Dance 1-3 PM 	3
6	7 Registration Starts for the Niagara Falls Trip 9 AM	8 Social Time: Come and play Mah-jong, board games, jig saw puzzles or just have a nice conversation with us from 11 AM-1 PM Applegrove Lounge	9 Sincerely, E A musical at the Toronto Fringe Festival 11:45 AM-2 PM Line Dance 1-3 PM 	10 Book Club 1-2 PM 
13 BINGO 1:30-2:30 PM	14 (\$ Movie Matinee 11:30 AM-1:30 PM	15	16 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM (\$ Line Dance 1-3 PM 	17
20	21 Cooking Workshop 11 AM-2 PM East End Food Hub Register by July 14	22 BINGO 1:30-2:30 PM	23 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM (\$ Line Dance 1-3 PM 	24
27 BINGO 1:30-2:30 PM	28 Butterfly Conservatory and Niagara Falls Trip 7:45 AM-5:30 PM	29	30 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	31



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

Line Dance Summer Program
will be taking place at the
East End Food Hub
1470 Gerrard St East
1-3 PM

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

PROGRAM DESCRIPTIONS

JULY 2026 CALENDAR

HYBRID CHAIR DANCE CLASS



Thursdays, July 2, 16, 23 and 30. 10:50-11:30 AM Location: Applegrove Lounge, 60 Woodfield Rd.

Please call to register for each session. NO FEE.

Hybrid Chair Dance Class by Daily Dance Connect (DDC) and Dancing With Parkinson's (DWP) open to all seniors! We'll play the live streamed class on our big screen and follow along to the teacher's dance moves! Get a gentle work out and enjoy the music! Stay after the dance class and participate in our Social Circle program, light refreshments provided.

BOOK CLUB



Friday, July 10, 1-2 PM. Location: Applegrove Lounge, 60 Woodfield Rd. NO FEE.

Join our book club -a relaxed and friendly space to share the joy of reading. Just good books, good company, and plenty of engaging discussion. Come discover new perspectives and reconnect with the simple pleasure of a great story. Book for July: Shy Creatures by Clare Chambers.

MOVIE MATINEE



Tuesday, July 14, 11:30 AM-1:30 PM. Location: Applegrove Lounge, 60 Woodfield Rd.

Fee: \$10. Register by July 9. Includes lunch. NO REFUNDS.

The Good Night: Gary Shaller is at a crossroads in his life: his job is going nowhere, his wife, Dora, drives him crazy, and he passed his thirtieth birthday four years ago. Add to that his best friend Paul seems to become more successful every time he breathes. Gary is feeling depressed and dejected until he meets Anna. With Penelope Cruz, Danny DeVito, Gwyneth Paltrow.

COOKING WORKSHOP



Tuesday, July 21, 11 AM-2 PM. Location: East End Food Hub, 1470 Gerrard St East, Lower Level.

NO FEE. Register by July 14. Bring your own take away container.

Enjoy and learn how to prepare Thai food with us: Mango slaw, Thai green curry, chicken satay, Jasmine rice, Nutella and banana pancakes with evaporated milk.

NIAGARA FALLS TRIP



Tuesday, July 28, 7:45 AM-5:30 PM. Meet outside Applegrove at 7:45 AM, 60 Woodfield Rd.

Fee: \$40 includes the admission fee to the Butterfly Conservatory. NO REFUNDS.

Registration starts on July 7 at 9 am, call or email Aida: 647-548-8143 or seniors@applegrovecc.ca Register by July 21.

The Niagara Parks Butterfly Conservatory features over 2,000 vibrantly coloured butterflies fluttering freely throughout winding pathways adorned with lush vegetation and trickling waterfalls.

After the Butterfly conservatory we will go to the Niagara Falls.

THEATRE TRIP



Thursday, July 9, 11:45 AM-2 PM Meet at Applegrove at 11:45 AM, we travel by TTC to the Distillery.

NO FEE. Register by July 7.

Location: Soulpepper Theatre. 50 Tank House Lane, Distillery Historic District.

This musical-driven play is part of the Toronto Fringe Festival.

Sincerely, E is an intimate portrait of a young Caribbean woman forging a new life across oceans. Set between 1960s London and Toronto, it follows her journey through migration, love, and the search for belonging.

THE SOCIAL CIRCLE



Thursdays, 11:45 AM-1:45 PM. Location: Applegrove Lounge, 60 Woodfield Rd. No Session on July 9.

A warm and welcoming weekly drop-in program where seniors can come together to relax, socialize, and have fun. Whether you're into board games, cards, mahjong, crafts, or knitting, there's something here for everyone. Bring your current project, try something new, or just enjoy a cup of tea, snacks and good conversation.

Icon Guide:



In-person



Fee



applegrove
adults & seniors

