

APPLEGROVE SENIORS

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

AUG 2026 CALENDAR

MON	TUE	WED	THU	FRI
3 Civic Holiday, Applegrove is closed.	4 	5 Come and dance with us in our hybrid chair dance class every Thurs 10:50-11:30 AM Applegrove Lounge 	6 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM Line Dance 1-3 PM 	7 Dusk Dances at Withrow Park 6:30-9:30 PM
10 	11 Trivia Afternoon 1:30-2:30 PM 	12	13 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM Line Dance 1-3 PM 	14
17 BINGO 1:30-2:30 PM	18 Movie Matinee 11:30 AM-1:30 PM 	19  AGA KHAN MUSEUM Fasayfisá: Introduction to Mosaic Workshop 2-7 PM	20 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM Line Dance 1-3 PM 	21 Tech Support: Spam/Scam Attempts 1-2:30 PM Reg by Aug 14
24 Seniors' Cafe 3-5 PM East End Food Hub 1470 Gerrard St E.	25 Cobourg Beach Trip 7:45 AM-5:30 PM Fee: \$35 Reg by Aug 18	26 Shakespeare in The RUFF at Withrow Park 6:30-9 PM Reg by Aug 24	27 Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM Line Dance 1-3 PM 	28
31 BINGO 1:30-2:30 PM	 We invite you to our Trivia Afternoon! Join us for an engaging and enjoyable session featuring a variety of trivia questions, lighthearted competition, and an opportunity to connect with others. Aug 11 at Applegrove Lounge, 60 Woodfield Rd. 1:30-2:30 PM. Register by August 7			



Dusk Dances is one of Canada's longest running outdoor dance series, with its flagship week-long festival taking place at Withrow Park, Toronto, drawing thousands of audience members annually.

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 Thursdays, 1-3 PM


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

PROGRAM DESCRIPTIONS

AUGUST 2026 CALENDAR

HYBRID CHAIR DANCE CLASS

Thursdays, August 6, 13, 20 and 27. 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 to participate in our Social Circle program, light refreshments provided.

DUSK DANCES



Friday, August 7, 6:30-9:30 PM. Location: Withrow Park or if you want to walk down together meet us at 6:30 PM. outside Chester Subway Station. NO FEE. Last day to register is Thursday, August 6.

Spend an evening in the park watching a variety of Dance shows. We will provide the chairs so you just have to bring yourself! If you are meeting us at the park come to the north-east corner (Logan Ave and McConnell Ave.) and look for the Applegrove flag. The show will take place at the Park It site from 7:00 to 9:30 PM

MOVIE MATINEE



Tuesday, August 18, 11:30 AM-1:30 PM. Location: Applegrove Lounge, 60 Woodfield Rd.

Fee: \$10. Last day to register is August 12. Includes lunch. NO REFUNDS.

In the taut thriller *The Shallows*, when Nancy (Blake Lively) is surfing on a secluded beach, she finds herself on the feeding ground of a great white shark. Though she is stranded only 200 yards from shore, survival proves to be the ultimate test of wills, requiring all of Nancy's ingenuity, resourcefulness, and fortitude.

AGA KHAN MUSEUM



Wednesday, August 19, 2-7 PM. Location: Meet at 2 PM at Applegrove, 60 Woodfield Rd. Drop off at McDonalds (Queen/Coxwell.) We will travel to the Aga Khan museum by school bus. NO FEE. Last day to register is August 17.

Fasayfisa': Introduction to Mosaics. Through this hands-on workshop, participants will create a small ornament using vibrant glass tiles, inspired by the intricate patterns found in Islamic art and architecture. A spotlight tour, a wellness break, evaluation and reflection included. We'll be back around 7 pm, drop off location is at McDonalds, 31 Woodward Ave #29, Toronto, ON M4L 2Y5 (Queen/Coxwell)

TECH SUPPORT



Friday, August 21, 1-2:30 PM. Location: Applegrove Lounge, 60 Woodfield Rd.

NO FEE. Last day to register is August 14. Only 10 spots available.

Topic: Spam/Scam Attempts. Don't let fraudsters fool you! Join our friendly, free workshop to learn how to easily spot and block tricky spam calls, fake texts, and scam emails. Keep your private information safe. Bring your phone and your questions!

COBOURG BEACH TRIP



Tuesday, August 25, 7:45 AM-5:30 PM. Meet outside Applegrove at 7:45 AM, 60 Woodfield Rd.

Drop off location: McDonalds 31 Woodward Ave Unit 29, Toronto, ON M4L 2Y5 (Queen/Coxwell.)

Fee: \$35. NO REFUNDS. First day to register is August 10 at 9 AM. Last day to register is August 18.

The highlight of Cobourg's waterfront is a spectacular Victoria Beach, an expanse of natural white sand, part of 9 hectares of beautiful parkland. The park has more than a century old trees, and the trail is a very short walk away from Cobourg's heritage main street with its many fabulous restaurants and shops.

SHAKESPEARE IN THE RUFF



Wednesday, August 26, 6:30-9 PM. Location: Withrow Park. If you want to walk down together to the park, meet us at 6:30 PM outside Chester Subway Station. NO FEE. Last day to register is Monday, August 24.

If you are meeting us at the park come to the north-east corner (Logan Ave and McConnell Ave.) and look for the Applegrove flag. The show will take place at the Shakespeare in the Ruff site from 7:00 to 9:00 PM

Come to the park to watch *Pastoral*, a big-hearted sequel to Shakespeare's *As You Like It*, "Once upon a time, a young woman named Rosalind disguised herself as a boy and escaped persecution in the forest of Arden, where she fell in love with certified hunk Orlando. Years later, the now-married couple must return to where it all began, when they uncover an urgent threat to their beloved forest. Join us under the willows in Withrow Park for this comedic celebration of love and community.

Icon Guide:



In-person



Fee



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