



Fall 2026 Newsletter

Events & Projects

For event or project information:
call 647-564-8144 or email initiatives@applegrovecc.ca



East End Music Fest 2026 - October 17 Line up announced and tickets on sale!

This year's event will feature performances by Maurice Gordon & Friends (celebrating the music of Harry Belafonte and Jimmy Cliff) and Foster Motel (outlaw indie folk and roots rock). Both acts will play multiple sets featuring special guests. Watch the Music Fest page on our website or our social media (links below), for details and some familiar names! Jerry Leger, who played at our very first Music Fest will be a guest with Foster Motel.

Special thanks to our sponsors Bridge, Camp Can-Aqua and Red Tape Brewery, as well as to our event donor Honest Impact Initiative!

Tickets (\$30): www.canadahelps.org/en/charities/applegrove-community-complex/events/east-end-music-fest-2026/

We are also looking for event volunteers. If interested email nboghossian@applegrovecc.ca or call 437-326-8143.



East End Music Fest Jr

This year, for the first time there will be a special East End Music Fest just for the kids (yes, parents are welcome too)! Taking place during what would otherwise be the Gross Motor Program, Saturday October 3, 2026 starting at 10 AM at the East End Food Hub (1470 Gerrard St E) . This is a free event with no tickets required. Bring your kids and have a good time listening to [Ned Music](#) and [Sing Along Tim](#).


applegrove
events & projects

Cooking to Nourish

NEW VOLUNTEER COOKING PROGRAM



September 22 11 AM - 1 PM 1 - 3 PM	EAST END FOOD HUB - 1470 GERRARD ST. E. For more information: nboghossian@applegrovecc.ca • 437-326-8143
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***New Volunteer Program* - Cooking to Nourish**

Cooking to Nourish is a new monthly volunteer program starting September 22. We will gather to prepare and package meals for our community, with most of the meals going to Nourish East End.

Whether you love to cook or are just happy to lend a hand, there's a place for you! We'll be working alongside Chef Judy to prep, cook, portion, and package meals - and have a little fun while we're at it. No cooking experience necessary! Hosted at the East End Food Hub – 1470 Gerrard St. E.

The program runs from 11 AM - 3 PM. You can join us for the whole session or choose a shift that works for you: 11 AM–1 PM or 1–3 PM.

Cook, connect, and help nourish our community!

For more information message us on social, email nboghossian@applegrovecc.ca or call 437-326-8143.



New East End Food Hub Newsletter

This summer the East End Food Hub launched a monthly newsletter! It's a great way to get info on upcoming programs and events, partner updates, behind-the-scenes and community stories.

As a quick refresher, the East End Food Hub is a collaborative community space where food, people and ideas come together. Home to Applegrove, the Leslieville Farmers' Market, Nourish East End and East End United Regional Ministry, the Hub brings together four organizations working side by side to strengthen food access, support local food systems, and create a stronger, more connected community. Everything you'll see in our joint newsletter, from

community meals and workshops to markets, volunteer opportunities, special events, and community initiatives, is led by one or more of these partners, all working together under one roof.

With many of our regular programs returning indoors this fall, it's a great time to subscribe!
[SUBSCRIBE NOW](#)

Child & Youth

For program information and registration:
call **416-461-8019** or email childandyouth@applegrovecc.ca



Back to School and Thank You to Silverstrand Production Services!

Summer is officially over, so hustle and bustle has returned to the halls of Duke of Connaught school. Welcome back everyone and we hope that you are well rested and ready for the coming school year.

We would also like to extend a very special thank you to Silverstrand Production Services, who used Duke as a film location this summer, for their very generous donation which allowed our Summer Camp to take the kids for some amazing trips to Treetop Trekking, Wild Water Kingdom and The Toronto Zoo.



Youth Leadership

Our Tuesday evening program for teens (13 – 16) starts up again for the school year on October 6. This program is an ideal place for youth who want to become more resilient and independent, learn life skills, and aspire to be leaders in their communities. Participants will develop a variety of skills through activities, workshops, events, and trips guided by experienced staff and youth leaders from the community.

No fee. Registration is required.

Adults & Seniors

For program information and registration:
call 416-461-5526 or email seniors@applegrovecc.ca



Hybrid Chair Dance Class

NEW LOCATION Due to great demand we needed a large space so Chair Dance is now taking place at the East End Food Hub (1470 Gerrard St E) on Thursdays 10:50 AM to 11:30 PM.

Open to all seniors, Hybrid Chair Dance class is brought to you by Daily Dance Connect and Dancing With Parkinson's. 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 class to participate in the Social Circle program.

No fee. Registration is required.



For more information or to register contact us at: (647) - 548 - 8143 or seniors@applegrovecc.ca

The Social Circle

NEW LOCATION The Social Circle is moving to East End Food Hub (1470 Gerrard St E) to eliminate the need to travel between locations if you're also attending Chair Dance. Still on Thursdays at 11:45 AM.

The Social Circle is a warm and welcoming 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.

No fee. Registration is required.



Arts Workshops

We are launching a new monthly program focusing on the visual arts. Starting off September 21 (10 AM to 2 PM in the Applegrove Lounge) with a scrap booking workshop. Learn different binding and paper decorating techniques and create your own note/memories book.

No fee. Registration is required.

Families & Early Years

For program information call **416-461-5043** or email frp@applegrovecc.ca.
Follow the Applegrove Early-On program on Instagram [@applegrove_earlyon](https://www.instagram.com/applegrove_earlyon)




EarlyON
Child and Family Centre
ON y va
Centre pour l'enfant et la famille

Free programs for children 0-6 and their families & caregivers

Applegrove Location:
Monday- Thursday
9:00 am - 2:00 pm

East End Food Hub Location:
Starting Sept 11 Thursday-Friday
9:30 am - 1:00 pm

@applegrove_earlyon

Back to Regular Hours for the EarlyON

Summer is over so we are back to our normal hours and locations starting Sept 11:

- Applegrove location (60 Woodfield Rd) : Monday to Thursday 9 AM to 1 PM
- East End Food Hub (1470 Gerrard St E): Thursday & Friday 9:30 AM to 1 PM

These are free drop in programs.

We've also had some staffing changes in the wake of Jen's retirement, with Shernel joining the team on a permanent basis. We will miss Shernel in the Afterschool program but are so glad to have her in the EarlyON program as regular staff!



Return of The Gross Motor Program

We are back with the new school year! Starting Saturday September 12, and continuing every Saturday (October 3 and 17 excepted for our East End Music Fest events) and continuing through to next summer.

Build strength, agility and dexterity in our large indoor open space where your little one can run, jump and play with their peers! Opportunities to use the large muscle groups in the arms, legs and torso are essential for developing body awareness and balance. Light refreshments provided.

This is a free drop-in program.

Meet Our Team



Nanor Boghossian

I'm very excited to step into my new role as Volunteer Coordinator at Applegrove Community Complex! Previously I've had the opportunity to be part of many different programs at Applegrove, including working as the Seniors Program Coordinator, After-School Lead, Camp Coordinator, and relief staff for the office and programs. For the past four years, I've had the joy of working at the East End Food Hub as the Community Food Programs Coordinator, where I've seen firsthand how much community engagement has grown at the Hub and across Applegrove.

One of my favourite things about working at Applegrove is the lasting connections we build. Some of the kids I worked with in after-school programs have come back to volunteer at our programs, and I love knowing that Applegrove can be a place people return to and feel connected to at different stages of their lives.

I'm excited to build a passionate community of volunteers who want to support Applegrove, share their skills, and help strengthen and elevate the programs and services we offer. I'm looking forward to meeting more of our community, creating new opportunities to get involved, and seeing what we can build together! Can't wait to talk soon!

Do you follow us on social media? Find us on Instagram and Facebook [@applegrovecc](#)



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