

APPLEGROVE SENIORS



SEPTEMBER 2026

MON	TUE	WED	THU	FRI
Interested in facilitating a workshop or activity for your peers? Please join us to discuss this exciting opportunity at our Peer-Facilitation Advisory Meeting Monday, September 14. 12:30-2:30 PM Location: Applegrove Lounge, 60 Woodfield Rd.		2 BINGO 1-2 PM	3 Line Dance 1-3 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1 PM	4 New location: East End Food Hub 1470 Gerrard St E.
7 Labour Day, Applegrove is closed.	8 Food Champions 11 AM-2 PM	9 Ukulele 1-2:30 PM 	10 Line Dance 1-3 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1 PM	11 Spanish Social 10:30-11:45 AM Registration Starts for Cruise Trip 1 PM 
14 Peer-Facilitation Advisory Meeting 12:30-2:30 pm Register by Sep 11	15 Line Dance 10 AM-12 PM AGA KHAN MUSEUM Decorate Your Own Tote Bag Workshop 10 AM-3 PM	16 Ukulele 1-2:30 PM 	17 Line Dance 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	18 Spanish Social 10:30-11:45 AM Cruise Trip Draw 3 PM 
21 Scrapbooking! 10 AM-2 PM Applegrove Lounge, 60 Woodfield Rd Register by Sep 14 	22 Line Dance 10 AM-12 PM	23 Ukulele 1-2:30 PM 	24 Line Dance 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	25 Spanish Social 10:30-11:45 AM Book Club 1:30-2:30 PM 
28 Seniors' Cafe 3-5 PM East End Food Hub 1470 Gerrard St E. 	29 Line Dance 9:30 AM-11:30 AM Back To School Memories 12:30-2:30 PM. Fee: \$5 SH Armstrong Reg by Sep 23	30 Grand River Cruise Trip 8:15 AM-5:30 PM 	Arts Workshop: Scrapbooking! Learn different binding and paper-decorating techniques and create your own notebook/memories book. Sep 21, 10 AM-2 PM @ Applegrove. 	

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
 60 Woodfield Rd
M4L 2W6 Toronto, ON


Back to School Memories, A Seniors' Celebration:
Come enjoy an afternoon of stories, laughter, and nostalgia as we discover what school was like "back in the day" and celebrate memories that have lasted a lifetime!


September 29
12:30-2:30 PM
Location: SH Armstrong,
Multipurpose Room
56 Woodfield Rd

Line Dance is back
at SH Armstrong, Multipurpose Room, 56 Woodfield Rd
Tuesdays and Thursdays from
September 15, 10 AM-12 PM

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

PROGRAM DESCRIPTIONS

SEPTEMBER 2026 CALENDAR

HYBRID CHAIR DANCE CLASS

New
location

Thursdays, September 3, 10, 17, and 24. 10:50-11:30 AM. NO FEE, but registration is required for each session.

Location: East End Food Hub, 1470 Gerrard St. East. Lower Level.

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.

THE SOCIAL CIRCLE

New
location

Thursdays, September 3 and 10 from 11:45 AM-1 PM. Thursdays, September 17 and 24 from 11:45 AM-1:45 PM

Location: East End Food Hub, 1470 Gerrard St East. NO FEE, but registration is required.

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 and good conversation.

FOOD CHAMPIONS

Tuesday, September 8. 11 AM-2 PM. Last day to register is September 4. NO FEE, but registration is required.

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

A friendly group of seniors who come together to cook, share recipes, enjoy delicious meals, and socialize in a warm and welcoming atmosphere. This activity will run once a month on a Tuesday.

SPANISH SOCIAL

Fridays starting September 11. 10:30 -11:45 AM. NO FEE, but registration is required.

Location: Applegrove Lounge, 60 Woodfield Rd.

A fun and welcoming social group for older adults and seniors that are interested in practicing their Spanish. Enjoy exploring Spanish traditions, activities, and good company while making new friends in the community. A basic level of Spanish language comprehension is recommended.

UKELE CLUB

Wednesdays starting September 9. 1:00 -2:30 pm. NO FEE, but registration is required.

Location: Applegrove Lounge, 60 Woodfield Rd.

Join us for a cheerful Ukulele Club designed to be relaxed and welcoming. We'll play familiar tunes, learn from each other, and enjoy making music together at an easy pace. Ukuleles provided or bring your own. No previous experience required.

AGA KHAN MUSEUM

Tuesday, September 15, 10 AM-3 PM.

Location: Meet at 10 AM at Applegrove, 60 Woodfield Rd. Drop off location: Applegrove.

We will travel to the Aga Khan museum by school bus. NO FEE. Last day to register is September 10.

Wearable Art: Decorate Your Own Tote Bag. In this session, participants can unleash their inner artist and turn an ordinary tote bag in a unique, wearable masterpiece with patterns and decorations inspired by Museum objects.

GRAND RIVER CRUISE TRIP



Wednesday, September 30, 8:15 AM-5:45 PM. Fee: \$ 70 Includes coach bus, lunch, Grand River Cruise & the Blazing Fiddles Show.

Location: Meet at 8:15 AM at Applegrove, 60 Woodfield Rd. Drop off location: McDonald's, 31 Woodward Ave.

Registration starts on September 11 at 1 pm. Last day to register is September 14. A draw will take place on September 18 at 3 PM. Subsidies available, call Aida for more information: 647-548-8143.

Icon Guide:



Fee to attend

Ontario