APPLEGROVE SENIORS CALENDAR – NOVEMBER 2026

Bus Trip - Paris, ON

Meet at Applegrove, 60 Woodfield Rd at 9:45 AM. Drop off at McDonalds, 31 Woodward Ave, at 8 PM. We will visit the Paris Wincey Mills and a Christmas Market at the Paris Fairgrounds. November 13. Fee: $30 Last day to register and pay is November 9.

Please register for all programs to help us with our planning.

Everyone is welcome to join our activities. If you have financial or other barriers preventing you from joining, please contact us to discuss.

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60 Woodfield Rd.
Toronto, ON. M4L2W6

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Peer-Facilitation Session 2** 11 AM-1:30 PM	3 **Line Dance** 10 AM-12 PM **Registration starts for the Paris, ON Trip.** 9 AM-3PM	4 **Ukulele** 1-2:30 PM	5 **Line Dance** 10 AM-12 PM **Chair Dance** 10:50-11:30 AM **The Social Circle** 11:45 AM-1:45 PM	6 **Spanish Social** 10:30-11:45 AM
9 **Peer-Facilitation Session 3** 11 AM-1:30 PM	10 **Line Dance** 10 AM-12 PM **Food Champions** 11 AM-2 PM	11 **Remembrance Day**  **Applegrove Closed**	12 **Line Dance** 10 AM-12 PM **Chair Dance** 10:50-11:30 AM **The Social Circle** 11:45 AM-1:45 PM	13 **Paris, Ontario Trip** 9:45 AM-8 PM
16 **Peer-Facilitation Session 4** 11 AM-1:30 PM	17 **Line Dance** 10 AM-12 PM **Movie Matinee** 11:30 AM-2 PM	18 **Helping an Older Adult Stay Safe and Independent at Home** 10:30-11:30 AM **Ukulele** 1-2:30 PM	19 **Line Dance** 10 AM-12 PM **Chair Dance** 10:50-11:30 AM **The Social Circle** 11:45 AM-1:45 PM	20 **Spanish Social Movie Matinee** 10:30 AM-12:30 PM
23 **Peer-Facilitation Session 5** 11 AM-1:30 PM **Seniors' Café** 3-5 PM	24 **Line Dance** 10 AM-12 PM **Bingo** 1-2 PM	25 **Ukulele** 1-2:30 PM **Flu Clinic** 9:30 AM-12 PM	26 **Line Dance** 10 AM-12 PM **Chair Dance** 10:50-11:30 AM **The Social Circle** 11:45 AM-1:45 PM	27 **Spanish Social** 10:30-11:45 AM **Book Club** 1-2 PM
30 **Peer-Facilitation Session 6** 11 AM-1:30 PM	***Workshop - Helping an Older Adult Stay Safe and Independent at Home.*** The session covers early signs that someone may need extra support, how families can start a respectful conversation, support for family caregivers, preparing for a return home after hospital and questions to ask when choosing home care. Nov 18. 10:30-11:30 am. Register by November 12.			

With support provided by the Government of Ontario.

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Programs	Time & Location	Description
Book Club	November 27: 1-2 PM Lounge - 60 Woodfield Rd.	A monthly gathering to socialize about books and have open discussions about the book of the month.
The Social Circle	Thursdays: 11:45 AM-1:45 PM Lower Hall - 1470 Gerrard St E.	Join us for friendly fun with board games, card games, mahjong, puzzles and more. Light refreshments provided.
Food Champions	November 10: 11 AM-2 PM Lower Hall - 1470 Gerrard St. E.	Come together to cook, share recipes, enjoy delicious meals, and socialize in a warm and welcoming atmosphere.
Ukulele	Wednesdays: 1-2:30 PM Lounge - 60 Woodfield Rd.	Learn fundamentals through popular songs and activities in a fun and supportive environment. Ukuleles provided or bring your own. No previous experience required.
Line Dancing	Tuesdays & Thursdays: 10 AM-12 PM SH Armstrong - 56 Woodfield Rd.	Join Dance Instructor Yvonne for intermediate and advanced Line dancing sessions.
Movie Matinee	November 17: 11:30 AM-2 PM Lounge - 60 Woodfield Rd.	Come join us for a movie and lunch! This month's feature film is "Hotel Mumbai". Fee: $10. Last day to register and pay is November 12.
Spanish Social	Fridays: 10:30-11:45 AM Lounge - 60 Woodfield Rd.	Practice your Spanish exploring traditions, activities, and good company while making new friends in the community. A basic level of Spanish language comprehension is recommended.
Hybrid Chair Dance	Thursdays: 10:50-11:30 AM Lower Hall - 1470 Gerrard St E.	Our Hybrid Chair Dance by Daily Dance Connect (DDC) and Dancing With Parkinson's (DWP) is open to all seniors! Dance along as we play the live streamed class on our big screen!
Seniors' Café	November 23: 3-5 PM Lower Hall - 1470 Gerrard St. E	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.
Workshop	November 18: 10:30-11:30 AM Lounge - 60 Woodfield Rd.	*"Helping an Older Adult Stay Safe and Independent at Home".* Discover early signs someone may need extra support, how families can start a respectful conversation, support for family caregivers, preparing for a return home after hospital and choosing home care. Register by November 12.
Flu Clinic	November 25: 9:30 AM-12:00 PM Lounge - 60 Woodfield Rd.	Get your flu shot from our partners at South Riverdale Community Health Centre. Register by November 20.
Bus Trip – Paris, ON	November 13: 9:45 AM-8 PM Paris, ON. Meet at Applegrove.	Meet at 60 Woodfield Rd at 9:45 AM. Drop off at McDonalds, 31 Woodward Ave, at 8 PM. Visit the Paris Wincey Mills and a Christmas Market at the Paris Fairgrounds. Fee: $30. Last day to register and pay is November 9.
Bingo	November 24: 1-2 PM Lounge - 60 Woodfield Rd.	Connect and have fun playing Bingo and enjoying tea, coffee and snacks. Register by November 17.

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