

APPLEGROVE SENIORS



OCTOBER 2026

MON	TUE	WED	THU	FRI
Peer-Facilitation training! Want to lead a workshop for your fellow seniors here at Applegrove? Join this 6 week course where you will learn how to design, plan and facilitate a successful workshop. Starting Monday Oct 26. Register by Oct 15.			1 \$ Line Dance 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	2 Spanish Social Outing 7:30-9 PM
5	6 \$ Line Dance 10 AM-12 PM BINGO 1-2 PM	7 Ukulele 1-2:30 PM	8 \$ Line Dance 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	9 Spanish Social 10:30-11:45 AM
12 	13 \$ Line Dance 10 AM-12 PM BINGO 1-2 PM	14 Ukulele 1-2:30 PM	15 Line Dance \$ 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	16 Spanish Social 10:30-11:45 AM
19 Seniors' Cafe 3-5 PM East End Food Hub 1470 Gerrard St E.	20 \$ Line Dance 10 AM-12 PM Food Champions 11 AM-2 PM	21 Ukulele 1-2:30 PM	22 Line Dance \$ 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	23 Spanish Social 10:30-11:45 AM Book Club 1-2 PM
26 Peer-Facilitation Training (First Class) 11 AM-1:30 PM Applegrove Lounge, 60 Woodfield Rd.	27 \$ Line Dance 10 AM-12 PM Cooking to Nourish 11 AM-3 PM	28 Ukulele 1-2:30 PM	29 Line Dance \$ 10 AM-12 PM Hybrid Chair Dance 10:50-11:30 AM The Social Circle 11:45 AM-1:45 PM	30 Disco Dance Party Day of the Dead/Halloween Theme 11 AM-1:30 PM Fee: \$5 Register by Oct 16

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



Disco Dance Party: Day of the Dead/Halloween Theme.
 A festive gathering filled with music, dancing, laughter, treats, and seasonal activities. Come celebrate, and dance with us!
 Costumes encouraged!

October 30
 11 AM-1:30 PM
 Location:

East End Food Hub
 1470 Gerrard St East
 Lower Level.
 Fee: \$5 Reg by Oct 16



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

PROGRAM DESCRIPTIONS

OCTOBER 2026 CALENDAR

HYBRID CHAIR DANCE CLASS

Thursdays, 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

Thursdays, 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, October 20, 11 AM-2 PM. Last day to register is October 13. NO FEE, but registration is required.

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

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, 10:30-11:45 AM. NO FEE, but registration is required. A few spots available.

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, 1-2:30 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.

SENIORS' CAFE

Monday, October 19, 3-5 PM

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

Seniors' Café is 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.

No fee. Drop in program.

COOKING TO NOURISH

Tuesday, October 27, 11 AM-3 PM

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

Join Chef Judy once a month to make and package meals for our community.

Please contact Nanor for more information: nboghossian@applegrovecc.ca or 437-326-8143

Icon Guide:



Fee to attend

Ontario 