

# OLDER ADULTS PROGRAM



## Drumming with East End CHC

Thursdays March 5 - 26  
1 pm – 2 pm

East End CHC brings their wellness drumming group to Applegrove! Led by your peers, experience the power of drumming and how it can positively impact your life.

Location: SH Armstrong Multi-purpose room  
56 Woodfield Rd.  
Contact: **416-461-5526 to register**  
Cost: FREE



## Connecting in the Kitchen: Food Fest

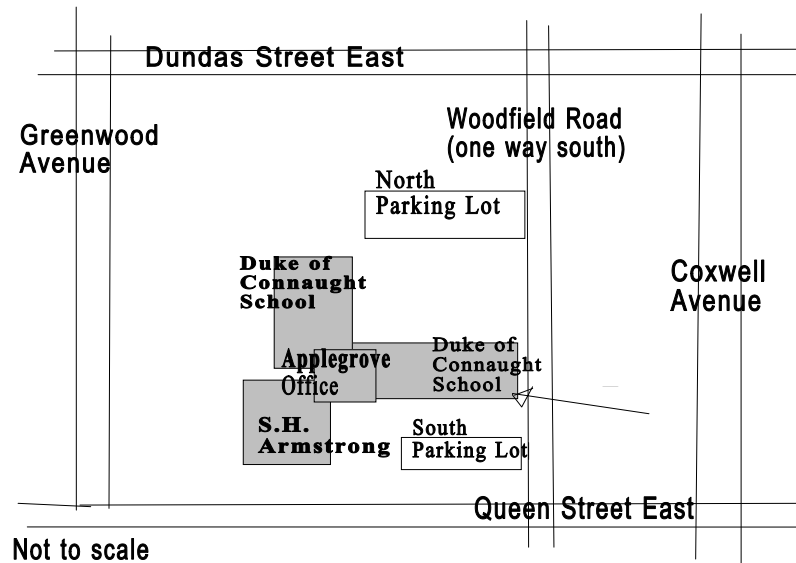
Tuesday March 17 & Friday March 20  
10 am – 12 pm

Tuesday March 17: Join Applegrove's campers and make 2 different dishes.  
Friday March 20: Taste foods from around the world!

Location: Applegrove Lounge  
Contact: **416-461-5526 to register**  
Cost: FREE

## Next session of Tai Chi at 67 Curzon St.!

Starting Wednesday March 11, Applegrove's Tai Chi program will move to St. Joseph's at 67 Curzon St. Toronto, ON M4M 3J3 for 8 weeks. All members are welcome to attend. If you are not a resident at St. Joseph's call us at **416-461-5526** to get more information on how to enter the building.



To contact the Applegrove Office:

Call 416-461-8143;

press 2 for the Seniors Program.

If no one is able to answer your call,  
leave a message or press the \* key.

Please remember to use the  
Woodfield doors unless otherwise  
indicated.

# APPLEGROVE COMMUNITY COMPLEX

APPLEGROVE COMMUNITY COMPLEX  
"TOGETHER, BUILDING OUR COMMUNITY"  
60 Woodfield Rd. Toronto, ON M4L 2W6

## Older Adult Activities

(55+)

March 2020



Contact the Seniors Program at:

416 - 461 - 5526

[seniors@applegrovecc.ca](mailto:seniors@applegrovecc.ca)

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# APPLEGROVE COMMUNITY COMPLEX

## Ongoing Programs at Applegrove:

- Games – Mondays & Thursdays from 11 am – 1 pm
- Line Dancing – Tuesdays from 1 – 2 pm
- Tai Chi – Wednesdays from 10 – 11 am (@ 67 Curzon)
- Spanish – Fridays from 10 am – 1 pm
- Computer Help – by appointment only

## **Connecting in the Kitchen: Cooking at East End CHC**

Friday March 27  
11 am – 2 pm



Come make a warm meal and take some home! Join Sudha from East End CHC as our Connecting in the Kitchen program prepares a healthy meal.

Location: East End CHC – 1619 Queen St. E.  
Contact: **416-461-5526 to register**  
Cost: FREE



### SAVE THE DATE!

Applegrove's Annual Active Living Fair  
March 18, 2020

10:30 am – 2:30 pm

Applegrove's Annual General Meeting  
April 2, 2020

Doors open at 5:30 pm  
Glen Rhodes United Church  
1470 Gerrard St. E.

## **March 2020**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2 Games: Bridge 11 am – 1 pm	3 Line Dancing 1 – 2 pm	4 Tai Chi 10 – 11 am	5 Games 11am – 1 pm Drumming 1 – 2 pm	6 Spanish 10 am – 1 pm
9 Games: Bridge 11 am – 1 pm	10 Line Dancing 1 – 2 pm	11 Tai Chi info & Sign-up @ 67 Curzon 10 – 11 am	12 Games 11 am – 1 pm Drumming 1 – 2 pm	13 Spanish 10 am – 1 pm
16 No Games program	17 Connecting in the Kitchen 10 am – 12 pm Line Dancing 1 – 2 pm	18 <b>Active Living Fair</b> <b>10:30 am –</b> <b>2:30 pm</b>	19 Games 11 am – 1 pm Drumming 1 – 2 pm	20 Connecting in the Kitchen 10 am – 12 pm No Spanish program
23 Games: Bridge 11 am – 1 pm	24 Line Dancing 1 – 2 pm	25 Tai Chi @ 67 Curzon 10 – 11 am	26 Games 11 am – 1 pm Drumming 1 – 2 pm	27 Spanish 10 am – 1 pm Cooking @ East End CHC 11 am – 2 pm
30 Games: Bridge 11 am – 1 pm	31 Line Dancing 1 – 2 pm	<b><u>Income Tax Clinic</u></b> By Appointment ONLY Please bring all relevant tax, rent and donation receipts. Call 416-461-5526 to book your appointment.		