

# Applegrove Newsletter

www.ApplegroveCC.ca

"TOGETHER, BUILDING OUR COMMUNITY"

August 2012

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## From the Director's Chair

This summer, at the Olympics, we saw amazing athletes accomplish extraordinary things. Most of us will never be able to do anything like them. But extraordinary stories happen right here in our neighbourhood, every day in Applegrove. Some of our stories include:



- Carmi who started working summers in Applegrove's day camp. She later ran the after-school program, teen program and summer camp while finishing university. She works in community services, is returning to school for additional training and volunteers on Applegrove's Board of Directors.
- the day care professional who bypasses programs across the street from her home so she can bring her daughter to an Applegrove program.
- all the parents and caregivers who attend Applegrove's family resource programs to support their children's development in the crucial pre-school years.
- hundreds of volunteers who sort the Clothing Exchange, run special events, serve on advisory committees, wash dishes, cook hot dogs, lead the organization's decision-making, and who usually find they gain more than they give.
- the City of Toronto which provides the administrative funding that keeps Applegrove's doors open; this allows 100% of donors' gifts to support programming.

These extraordinary stories lie beneath what you will read in the rest of the newsletter, and what you see every day in the centre. Applegrove is an extraordinary part of this neighbourhood and I feel privileged to be part of it.

## Edgewood Drop-In



Thank you to everyone who supported Edgewalk2 on June 20<sup>th</sup>! The day of the walk was extremely hot, but we had freezies to keep cool and raised \$1975.00!

The program will re-open on September 4<sup>th</sup> for the 2<sup>nd</sup> year in our new home at Corpus Christi Church Hall and we look forward to seeing old friends and meeting new ones too.

We are making some changes to our program. We are making a dedicated "Baby Area" on the stage; it will be a safety gated space just for babies and toddlers up to 16 months where they can play with age appropriate toys away from the big kids. But we did not forget the big kids! New toys and equipment will make our great program even better. Looking forward to fun fall crafts and of course Applicious on September 15<sup>th</sup>. In October, we will make turkeys for Thanksgiving, have a Taco Fundraising Lunch and make lots of spooky and fun decorations for Halloween.

The Edgewood Connection is a free program for children up to 6 and the grown ups who care for them. Please help us raise money by becoming a frequent donor and supporting fundraising lunches.

Join us every Tuesday and Wednesday from 10:00 a.m. – 2:00 p.m. at Corpus Christi School Church Hall, 1810 Queen Street East. BUT, remember to call before just in case we have to close for Church business.

Program Cell Phone: 416-459-0231, Applegrove Office 416-461-8143.

## Applegrove Afterschool Program



The afterschool program offers a safe and friendly environment and allows children the opportunity to explore a wide variety of activities such as baking, crafts, games, cooking and active gym time. The participants also have a chance to decide what type of activities and what they are cooking once a month with our “kids choice” option. They enjoy trips and outings when they go skating, swimming, and to the movies. The staff enjoy the program and are always positive and encourage the children to participate in daily activities. The program also offers a daily healthy snack followed by a short discussion on the importance of eating healthy. The afterschool program has always been a huge success and the constant positive feedback lets us know we're successful.

To meet a huge community demand, we opened up another 16 spaces to the afterschool waitlist. Those spaces are now full so Applegrove will have 36 afterschool participants starting in September. We are excited and happy to meet the needs of the community and look forward to working with new participants and parents. Although we are currently full, if you are interested in the afterschool program, please call to put your child's name on the waitlist. For more details, please call the Applegrove office at 416-461-8143 and speak to the Program Director.

## Applegrove Parent-Child Drop-in

- Do you have a young baby and want to meet other parents?
- Are you a grandparent helping with childcare?
- Would you like a place where your child can meet friends and prepare for school?
- Are you providing home childcare for a group of children?
- Are you a live-in caregiver and would like some interesting activities?
- Would you like some information on child development?



Then the Parent/Child Drop-in is the place for you! We provide a comfortable place with a full range of activities for infants through kindergarten-aged children. There are staff ready to listen in several languages. We sing and read books. We have parenting workshops, public health nurse visits, information and opportunities to chat. Plus puzzles, different art experiences every day, lots of toys to explore, a sandbox, coffee and tea.

You provide the enthusiasm to learn with your child, an interest in getting to know others and a willingness to pitch in and make it all work.

There is no need for an appointment. Just drop-in anytime!

We are open Tuesday and Friday from 9 to 12:30 and Wednesday and Thursday from 9 to 3:30.

## Helping our Babies Grow (HOBG)

Are you pregnant? Do you have questions? Are you scared? Do you want to talk to other women about what's going on with your body? Want to talk to Health Staff to ask them everything and anything? If you answered yes to any or all of these questions, we have a program for you.

Helping Our Babies Grow is a free program every Friday afternoon from 1:30 – 3:30 p.m. You can come and talk to Public Health Nurses, Breastfeeding Consultants, Dieticians and other women just like you. We offer healthy snacks, childcare for your older children, weekly workshops, referrals and support, grocery vouchers and TTC if needed.



Helping Our Babies Grow is a free pre-natal program funded in partnership by Public Health Agency of Canada, Toronto Public Health, East End Community Health Centre and Applegrove.

Please call Louise or May for more details or if you have any questions at 416-461-8143.

## Older Adults Program



This Program ran successfully over the spring and summer months. On June 10<sup>th</sup>, five older adults walked 5k in the annual “Toronto Challenge” event. They raised \$1,240 to support Applegrove programs for seniors in the community. Congratulations! We celebrated June Seniors Month with a pizza and ice cream party, and held a focus group to give input to the Seniors Strategy developed by the City of Toronto. Our Tour of Toronto City Hall provided opportunity to learn more about City services and ways to participate in the political process.

Our monthly Lunch n’ Learn events featured presentations on falls prevention, health coaching, healthy cooking, home organizing and summer safety. These events are always well attended and address the interests and needs of our membership. The most successful event this summer was our outing to the Sunshine Centre for Seniors on Ward Island. Everyone enjoyed the ferry ride in glorious sunshine, and there were many activities offered at the Centre, such as Tai Chi, crafts, nature walk, and a tour of the Island. Our hamburger luncheon was excellent! Special mention goes to the Spanish Program, which continued to be well attended throughout the hot summer months. Also noteworthy is our “Writing from Within” workshop series. Participants created some impressive poems and personal reflections, which were published in the chapbook “Poet-tree: Applegrove Senior Writing Circle Poems”.

The frequent heat alerts this summer kept many of our members indoors, and we had lower program participation rates than expected. We hope that upcoming events in September, such as Applegrove’s Applicious and the Seniors’ Program bus trip to St. Jacobs Market, will bring people out with renewed energy and enthusiasm.

## Over the Rainbow

Over the Rainbow (OTR) is a therapeutic play program for children 3-5 years old who are experiencing behavioural and/or emotional challenges. Children explore thoughts, feelings and experiences through drama, art, stories, and play, in a small group facilitated by a Creative Arts Therapist, and Program Worker. A parent group, facilitated by the Parent Worker, is offered simultaneously for parents to share and discuss experiences in a supportive environment. The Winter and Spring 2012 parent group sessions featured special topics such as anxiety in children, stress management, and increasing communication with your child(ren).



An exciting new format for OTR was introduced for Summer 2012: Family Group Therapeutic Play sessions. Winter and Spring 2012 OTR participants were invited to include all members of their family in a unique program that aimed to enhance communication, emotional expression, and connection within the context of the family. We were pleased to offer this innovative model, and are excited to continue offering programs that best serve our community!

Over the Rainbow allows children to grow, learn, heal and thrive. Children often do not have the ability to verbally express their thoughts and feelings. Creative arts therapy and play therapy offer children the opportunity to express themselves, learn appropriate coping skills, and resolve emotional difficulties.

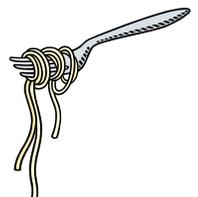
For more information, or to book an intake interview for the Fall or Winter sessions, please contact Michelle Baer, M.A., Creative Arts Therapist at 416-459-4769, or [michelle.baer@gmail.com](mailto:michelle.baer@gmail.com)

## Pasta Fest Silent Auction and Dinner - SAVE THE DATE!!

**Applegrove’s Pasta Fest Dinner and Silent Auction Fundraiser**  
**Corpus Christi Catholic Church**  
**1810 Queen Street East**

**Saturday, November 3rd from 5:30 - 9:30 p.m.**

**Come for an evening of fun, food and shopping with your Applegrove family and friends!!**



## Teen Drop-In Program



Many teens want a place to sit and chill and the teen drop-in gives them that opportunity! We have a lounge night where the teens hang out, do crafts, cook, play video games or just relax. Some teens find it an opportunity to do some homework while enjoying their friends' company.

We also offer off site trips every month to various places, such as screamers, go-karting, laserquest, and the movies. Gym nights on Thursdays are very popular where everyone loves to play different sports and games. The teens love to snack, so we provide a healthy snack during each visit. The teen drop-in is a safe and friendly place to chill. It's free so come check us out. Program will start in October on Monday and Thursday nights. Hope you can make it out.

## Summer Adventure Day Camp

Summer Camp 2012 left just as quickly as it came because time sure does fly when you're having fun! Wednesdays were wacky with themes like 60's day, Halloween in August and Twin Day. Campers and counsellors dressed up each week to show just how much camp spirit they had and we weren't shy about it one bit!! Thursdays were a treat with an all camp offsite trip. These included: the Science Center, Wild Water Kingdom, African Lion Safari, the Mongolian Grill, and the C.N.E. Two special trips were Canada's Wonderland, funded by the Toronto Fresh Air Fund, and the Unity Games at Riverdale Park where the Applegrove camp won 1<sup>st</sup> Place! We brought home the trophy for the summer which was a great honour for us!



Friday's were special event days and included a Hawaiian Luau, a photo scavenger hunt, a hip hop class, the Leadership's Youth Market, Apple Olympics and a 50's prom for our end of the year dance! Applegrove's 2<sup>nd</sup> annual Festival of Sight & Sound was a great success with many campers and counsellors showing off talents such as singing, dancing, gymnastics, piano playing and improve. The parents enjoyed the show as well as the art and slideshow that was displayed throughout the school. When Hogwarts came to Applegrove, campers and counsellors enjoyed dressing up in a Harry Potter themed outfit and playing quidditch.

## Summer Leadership



This year's Summer Leadership Camp was filled with fresh faces, fun activities and by the end – a sense of family between counsellors and campers! Similar to previous years, it ran for three sessions, each running for two straight weeks. For session one, counsellors Janina and Ashley planned for campers to get in touch with our city. A photo scavenger hunt and iron chef challenge took them to City Hall, St. Lawrence Market, and the Distillery District where they danced to the tunes of one of their very own piano players.

In Session Two, we were fortunate enough to have the Rotary Club provide funding for teens to learn about and practice their business and entrepreneurial skills. Speakers from the Business field came in to talk about their experiences and the process of creating their own small business, as well as how to market and advertise their products and/or services. Leaders absorbed the information, created their own business proposals and presented to a panel of judges in our own version of Dragons Den. They came prepared with signs, market analysis, demonstrations, proto-types and budget plans. Using their advice, they implemented their business proposal in a Youth Market for the campers. They set up booths and the campers were given "play" money to invest in each service. It was a great success and the Leaders did an excellent job.

Session Three was bittersweet as campers and counsellors spent their last weeks together. They spent more time being role models to the younger campers, being their partners during an offsite trip, aside from delivering snack to them every day and implementing a number special events throughout the summer! Overall, it was a great summer for the Leaders of 2012 and they have the memories to prove it!