



Applegrove Newsletter

www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”

Dec. 2009

From the Director's Chair

Did you read a column in the November 23 Toronto Star about giving to charities? Carol Goar wrote about a report from a group called Charity Intelligence or CI. This group researched about 400 charities across Canada and recommended donating to a small number of them, based on costs of administration and fundraising, plus other factors.

Carol Goar said that this business approach to charitable donations left out other important qualities. She asked, “Who can place a value on a warm welcome, a human connection, an encouraging smile? Who can measure a charity's role in pulling a community together? Who can build a cost-benefit matrix that recognizes the sense of belonging volunteers feel?” She commented that “those who have been touched by a charity, know its staff and volunteers, see the good work it does in their community and believe in its cause” probably will want to donate to those organizations.

Do you use the family resource programs? Do your children attend day camp? Do you come to our new Older Adults program? If so, you know that Applegrove warmly welcomes you, helps you make those connections, offers a sense of belonging. Applegrove needs your donations to continue to meet this neighbourhood's needs.

You can drop off a cheque in the program you attend or at our office. You can use the Donate Now button on our website. You can ask office staff about setting up a monthly charge to your credit card.



I would be pleased to answer your questions about administration and fundraising costs. And I remind you that the deadline for charitable donations for the 2009 tax year is December 31.

Susan Fletcher

P.S. Visit www.ApplegroveCC.ca for links to Carol Goar's column and to CI on the “In the News” page.



Pasta Fest Dinner & Silent Auction

Applegrove Community Complex sends out a heartfelt thanks to the following for their generous support of Past Fest 2009.

Arbonne, Art Gallery of Ontario, Baron Byng Beaches Legion, Beaches Kidz Kutz, Big Carrot Natural Foods, Book City in the Beach, COSTCO (Warden/Ellesmere), Court Jester Pub, Dufflet Pastries Ltd., Food Basics (Gerrard Square), Home Hardware on Coxwell, Jawny Bakers Restaurant, I Toys, Keg Restaurants Ltd., Mastermind Educational Toys, Nelvana Entertainment, The Old Spaghetti Factory, Ontario Place, Parent Books, Six Shooter Records, Tucker's Marketplace, Maple Leafs Sports & Entertainment, Treasure Island Toys, Unilever Canada Ltd., Via Rail Canada

Individuals:

Aaron, Alex, Brenna, Carmen W., Carmen Y., Hayley, Jennifer A., Jennifer Y., Joanne, Juanita, Maggie, Mary, Melody, Pierre, Shernel, Stasia, Ted, Tim, Ulina, Wafaa, Wally, Zhen.

60 Woodfield Road, Tel: 416-461-8143, Fax: 416-461-5513

Our Thanks to:

**Salon Fortelli
1803 Queen Street East**

for previous supporting our special events in past years.

Kew Gardens Tennis Club

For your generous donation and previous support to Applegrove programs.

**Kraft Canada Inc.
95 Moatfield Drive**

for support of our children's Afterschool Program that promotes health and wellness through healthy cooking, baking and nutrition.

**Ministry of Health
and Long Term Care**

Elderly Persons Centres
for funding Applegrove's Older Adults Programs

Pearl Fashions Inc.
Specializing in Alterations, Wedding Gowns, Bridesmaids Dresses, and Evening Wear

Pearl Seto
Seamstress

63 Duxbury Dr.
Scarborough, Ontario
M1V 5H2

Phone: 416-298-7899
Cell: 647-404-8299

**Via Rail Canada
65 Front Street West**

for your generous donation to support our Pasta Fest Dinner and Silent Auction

**PLACE YOUR
BUSINESS CARD AD**

HERE

Call the Applegrove Office
416-461-8143
for pricing

**CP24/CHUM
Christmas Wish
299 Queen Street West**

for your donation each year that supports all program holiday parties.

Over the Rainbow



Over the Rainbow is a therapeutic creative play program for young children who may require extra support in areas relating to social or emotional health. An accredited art therapist facilitates the children's program. Children use art, drama and story-telling to explore feelings, experiences and behaviours, while parents are given the opportunity to discuss parenting topics in a supportive group environment. Parents have an opportunity to discuss their child with staff. The program consists of 8 weekly sessions for children and parents.

Each session uses both art and play to explore a particular theme. Over the course of the sessions the children have an opportunity to experience hands on activities that allow them to creatively learn about different issues. Although there is a different theme for each session, examining our "feelings" are an integral part to the program. Some of the themes include: family, culture, nutrition, wishes, safety and friends. Each session is broken down into five different transitions. Beginning with our opening circle, where we use our "feeling puppets" to understand our various emotions, children are required to pick a puppet to represent how they feel and make an association. A game of some sort is usually played at this point, the purpose of the game is to encourage turn taking and patience. The game is always based on the theme selected for that day. Followed by that, the children complete a craft based on the theme. There is a period of time devoted to non-directive play where the children learn to interact and initiate play with others. The session ends with our closing circle where we again examine our "feeling puppets" and finish off with a story based on the theme.

Over the past year our program has grown quite significantly and we now have a small wait list. Our wait list works on a "need basis" and not "first come, first serve". This past summer we ran a very successful group at the Red Door Shelter, which was well received by both participants and staff at the shelter. We formed strong ties with the Red Door shelter and are hoping to continue to work with them.

The "Over the Rainbow" program is extremely beneficial for those children with low self-esteem, transitional issues, separation anxiety and other developmental difficulties. There is an intake interview required for the program where parents get an opportunity to meet with the art therapist and parent worker. If you are interested in registering for our winter session please contact Nikki at 416-528-9922 or overtherainbow@thorncliffe.org. Our next session starts on Monday January 11th from 2:00 – 3:00pm, and runs for 8 weeks.



Applegrove Older Adults Program

On November 27, Applegrove celebrated its new programming for older adults! A full and healthy life integrates a range of activities incorporating moving, doing and learning, and that is what Applegrove is now offering to older adults in the neighbourhood.

The Older Adults Program operates daily from 1:00 to 3:00 p.m. in Applegrove Lounge on the 2nd floor of the Duke of Connaught School. Adults 55+ enjoy a range of activities such as Tai Chi, Stories of our Lives (a writing club), euchre, bingo and computer tutoring. Please visit our website at www.ApplegroveCC.ca for the latest flyers, calendar and news! Hope to see you there!!

HAIG Family Resource Program



The Fall saw a personnel change at our centre. Louise is now adding Helping our Babies Grow to her portfolio at Applegrove. We all miss her! We wish her all the best! Thank You for getting this centre up and running. Barb is now the staff for both Monday and Friday. In November we are celebrating Robert Munsch stories, World Kindness Day and Canadian Aboriginal Day. December will be full of Holiday crafts and celebrations including Hanukkah and Kwanza. We may even have a special visitor! Last day of the year will be a PJ party with hot chocolate and cookies. We will close December 18th and re-open January 4th, 2010. Happy Holidays to all! Please drop by for a "cuppa" and some conversation while the children play and make new friends. We are open Mondays and Fridays 9:30-12:30. Room 10 at Earl Haig School.



The Edgewood Connection

Edgewood is going to be a busy place over the next few months...

In December we have decorations to make, dreidels to spin, latkes to eat and our annual Christmas Party to enjoy on Tuesday December 15th. The Christmas Party is a big celebration that brings everyone together for a fun and food filled morning. Remember to sign up for the potluck lunch and Santa's visit.

Looking towards the New Year, Toronto Preschool, Speech and Language will run a workshop on Monday January 18th, 2010 from 10:30 – 11:30 a.m. and child care will be provided. If you have any concerns about your child's speech this is a good opportunity to discuss them with a professional and see what you and your child can do together at home.

January will focus on colours. We will highlight a different colour every day and do a craft, read a story and even have snack using our colour of the day.

February brings Chinese New Year, Valentines Day, and Black History Month. We will have crafts, snacks and stories to celebrate and learn about these special days. Dave Page will be coming to read stories and sing songs with us for 4 weeks beginning Tuesday February 16th until Tuesday March 9th.

Our daily activities include crafts, snacks, lots of toys, puzzles and books and our gym.

Come and visit us, we are open Monday, Tuesday and Wednesday 9:30 – 12:30 and we would love to see you.



Helping Our Babies Grow

Are you pregnant and concerned about your health and the health of your baby? The Helping our Babies Grow Program is a FREE program that provides an opportunity for women living between Greenwood Avenue and Victoria Park Avenue, and south of Danforth Avenue to learn about taking care of oneself and their newborn. This program provides:

- one to one nutrition counselling
- breastfeeding education and support
- baby care
- health and nutrition information
- an opportunity to network and meet new friends

The program is offered in the Applegrove Parent/Child Drop-in centre on Friday afternoons from 1:30 -3:30 p.m. A nutritious snack is provided, along with a \$10 grocery voucher and TTC fare if needed. Childcare is provided.

Parent-Child Drop-in



Welcome to Applegrove Parent Child Drop-in Center! Park your stroller along the wall and make your way downstairs. (If you need help give us a call and someone will come up and assist you.) We are located downstairs in the Duke of Connaught School and we love our space. There are big north-facing windows, two large playrooms, a hallway for ride-on cars, a separate room for meetings and a kitchen area to prepare simple snacks and eat our lunches. There is lots of room for floor play, tea parties, a comfortable baby area, blocks, puzzles, painting, playdough, sand play and cozy couches to snuggle up with a book. We all join together for a singing circle where we have fun, learn to speak out, learn to wait for our turn and show what fancy moves we can make. Sometimes talented local singers play a guitar as well.

Adults can meet new friends, find information on parenting and try new activities with their children. Staff and participants are always ready to lend an ear or share a laugh.

Every child from newborn to kindergarten age is welcome along with their parents or caregivers. You can come as often or as little as you like. The program is free (but of course we love donations and help with fundraising).

So if you and your little one are out exploring the neighbourhood why not drop in on us. We'd be happy to see you!

Applegrove Afterschool Program



Mondays – Creativity Plus

From New paper fashion shows to making your own play dough, creative Mondays have been a lot of fun. The kids have created many art pieces and are not only wonderful to look at, but are also items they can use at home, such as candles and piggy banks. The kids can be sure that when they come into program on Monday, their imaginations will be put to good use!

Tuesdays – Baking Club

We have had some fun and interesting themes this Fall with Apple, Pumpkin and Vegetable months. The end of every month finds the kids creating their own recipes from the things they have learned during this time. Some of our interesting concoctions have included carrot-blueberry muffins, chocolate-zucchini bread, and butternut-squash cupcakes with sour cream icing. Though their names sound exotic, the final dishes were thoroughly enjoyed by all.



Wednesdays – Cooking Club

Wednesdays find us moving into the kitchen for our cooking program. This fall we returned to our childhood roots and enjoyed comfort foods, such as macaroni and cheese, stuffed baked potatoes, and chicken noodle soup. We upgraded these classics into a healthier, easy-to-make meal. Each week we slice, dice, and chop our way to full tummies. The participants are always eager to share their knowledge and abilities with their parents and peers.



Thursdays – Game, Games, Games !!

Games, games and more games! Thursdays have been filled with friendly competition and team building activities. While board games and active games have been a huge hit, the kids also took part in not so common activities including a tower building competition and a dance-a-thon! The dance-a-thon was organized to raise money to buy more games for the afterschool program and turned out to be a great success. With more supplies we are sure that next year will be twice as fun!

Fridays – Kid's Choice

Fridays are always fun filled and high energy days! Fridays are a great day for children to express what they want to get out of the program. The monthly calendars are built upon the children's suggestions and input. We often enjoy physical activities on Fridays, whether that be sports, games in the gym; arranged outdoor activities; or going on a neighbourhood outing.

Hope to see your child there!!

Location: 60 Woodfield Road (in Duke of Connaught School)
Time: 3:30 - 6:00 p.m., Monday to Friday
Cost: \$5.00 per day for cooking & baking
\$3.00 for other days or \$15.00/wk
(Monthly commitment required)
Contact: 416-461-8143

Teen Drop-In

The Teen Drop-In is off to a great start this year with many familiar faces and two new youth workers! We still run two days a week - Mondays are lounge nights upstairs and Thursdays are girls' night and open gym. In October we took a trip to Screemers Haunted Mansion, a Halloween tradition for years and the youth started to write a grant. This was an awesome experience where the teens worked together to come up with a proposal for more funding for the program. In November, 3 teens went to Metro Hall to represent the Teen Program and proposed their ideas of what the funding could go towards - physical activity, healthy living and self-esteem. They did a great job and we are still crossing our fingers to see if we get it! December will be a fun month with Holidays just around the corner! We plan to watch a holiday film, make cards, have a haircutting party where the teens can get free haircuts and eat at our end of the year bash. Program runs Mondays and Thursdays from 6 to 8 pm. Come out and join us!!



Do you



3.00%



3.00%



4.00%

A. Want to support Applegrove but have to spend all your money on groceries, gas and all those necessities from Canadian Tire?

and/or



3.00%



2.00%

B. Plan to buy gift cards for some of the special people in your life?

FundScrip Retail Cards!

You order gift cards in advance, then use them for your daily needs or special gifts.



2.00%

You can redeem these cards just like cash, which means that you can still use coupons, buy things on sale and get your store loyalty points.

All you need to do is think about where you shop, then order retail cards in advance, through this program, for your everyday spending.



10.00%

ROOTS



7.00%

A cheque to Applegrove for \$100 gets you a retail card at your chosen store for \$100. And Applegrove receives \$1 to \$10 for each \$100 you spend!



3.00%



3.00%

Not convinced? Look at the stores and the percentages for Applegrove!



5.00%



2.00%



5.00%



3.00%



3.00%



2.00%

Starting at the end of January, we will order every other month.