



Applegrove Newsletter

www.ApplegroveCC.ca

“TOGETHER, BUILDING OUR COMMUNITY”

Sept. 2009

From the Director's Chair

It's true – you can buy happiness. Or at least, you can donate and feel happy.

Let me quote from a 2008 media release from the University of British Columbia (UBC).

In a series of studies, UBC Asst. Prof. Elizabeth Dunn found that individuals report significantly greater happiness if they spend money “pro-socially” -- that is on gifts for others or charitable donations -- rather than spending on themselves.

The researchers looked at a nationally representative sample of more than 630 Americans, of whom 55 per cent were female. They asked participants to: rate their general happiness; report their annual income; and provide a breakdown of their monthly spending, including bills, gifts for themselves, gifts for others and donations to charity.

“Regardless of how much income each person made,” says Dunn, “those who spent money on others reported greater happiness, while those who spent more on themselves did not.”

In another experiment, the researchers gave participants a \$5 or \$20 bill, asking them to spend the money by 5 p.m. that day. Half the participants were instructed to spend the money on themselves, and half were assigned to spend the money on others. Participants who spent the windfall on others reported feeling happier at the end of the day than those who spent the money on themselves.

Want to buy happiness? Applegrove has many ways for you to give and feel good!

You can donate by cash, cheque or credit card, once only or monthly, in person or on-line. You can direct your donation to a specific program or let us apply the money where we need it the most.

To read the whole report, check the link on www.ApplegroveCC.ca.

Susan Fletcher,
Executive Director.



For Seniors

Applegrove is delighted to announce new programming for Seniors. During the summer, we were pleased and surprised when the provincial government approved its funding.

We are hurrying to hire a Seniors Program Worker and set up new activities. Check for updates at 416-461-8143 or on the website. But please wait until the end of September!

Our Thanks to:

**Salon Fortelli
1803 Queen Street East**

for previous supporting our special events in past years.

**Baron Byng Legion
243 Coxwell Avenue**

for the upcoming Pasta Fest and Silent Auction Event and previous years' support.

**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.

**Via Rail Canada
65 Front Street West**

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

**Federal, Provincial, Municipal,
and School Board
Representatives**

In Beaches East York
and Toronto Danforth Ridings

**Our dedicated volunteers who
spend endless hours at
Applegrove helping at special
events, programs, advisory
committees, fundraising events
and agency meetings.**

**PLACE YOUR
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HERE

Call the Applegrove Office
416-461-8143
for pricing



St. Andrew's Society of Toronto – Cheque Presentation

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. Children use hands-on activities that allow them to learn creatively. Although there is a different theme for each session, examining our "feelings" is always part of the program. Some of the themes include: family, culture, nutrition, wishes, safety and friends. Each session is broken down into five different sections.

- The opening circle uses "feeling puppets" to understand various emotions. Children pick a puppet to represent how they feel.
- A game encourages turn taking and patience. The game is always based on the theme selected for that day.
- The children complete a craft based on the theme.
- Free play helps children learn to interact and initiate play with others.
- The closing circle again uses "feeling puppets" and finishes 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. This 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, separation anxiety and other developmental difficulties. An intake interview lets parents meet with the art therapist and parent worker. Our next session starts on Monday October 19th from 2:00 – 3:00 pm, and runs for 8 weeks. If you are interested in registering for our fall session please contact Nikki at 416-528-9922 or overtherainbow@thorncliffe.org.

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.

The Edgewood Connection

Welcome back! We're looking forward to another activity filled year at Edgewood.



Thank you to everyone who completed a survey in the spring; your evaluation of the program lets us know how we are doing and how we could improve. The survey results reflect positive outcomes. People feel supported, welcomed and have met many friends while learning parenting skills. It's good to know that we have a positive impact on the community we serve.

At the drop-in we strive for diversity in our monthly activities. Through food, crafts, songs and stories we celebrate the world we live in. Join us in September for the Mid Autumn Moon Festival, Yom Kippur and our annual Feast of Eid Potluck celebrating the end of Ramadan on Tuesday September 22nd. In October there are Chu'sok, Thanksgiving turkeys to stuff, masks and pumpkins for Halloween, lights and Samosa Fundraising for Diwali as well as crafts for autumn and Pasta Fest.

Regular activities include circle time, gym time, snack, play-doh, puzzles, books and lots of toys. The coffee and tea are fresh daily and there is always someone to talk to or an extra pair of hands to hold a baby. We are at 42 Edgewood Avenue in the Corpus Christi School building and we are open **Monday, Tuesday and Wednesday morning 9:30 a.m. – 12:30 p.m. Join us!**

Parent-Child Drop-in

Fall is a time of transition at Applegrove Parent-child Drop-in Centre. Some children that we have known since infancy are moving on to grade one and we will only see them in the hallways or for occasional visits. They are now old enough to attend our afterschool program and many of them do. We hope their time at the drop-in has encouraged a feeling of confidence and a love of learning. Many other children are going to kindergarten, for the first time, or as returning "seniors". These children may still spend time at the drop-in and let us know about their new teachers, new friends, and new abilities. We enjoy seeing them take these new steps. Suddenly our "little guys" are the "big guys". They take the lead at circle time; they know where all the toys belong. They start to assert themselves more! In response the drop-in grows and changes as well. New



people of all ages arrive for the first time and find a welcome at the centre. They find trucks, sand, puzzles, books, paint and ride-on cars, coffee, parenting information and new friends. They meet people who have much in common with them and people who have had different experiences. They will always find a listening ear. The drop-in program is free to all who attend. Just drop by and stay a while....

**We are open Tuesday 9-12:30
Wednesday and Thursday 9-3:30
Friday 9-12:30.**

You can find us by entering the Duke of Connaught School at the Woodfield doors and going directly downstairs. Call 416-461-5043 if you would like assistance.

HAIG Family Resource Program



HAIG stands for Happy Adults & Infants Growing which is exactly how it is at our centre. Adults who include parents and caregivers bring their children to play, climb, sing and do crafts in a safe environment. Children are so happy playing that they don't realize it's good for their physical, emotional and social development to visit drop-in centres on a regular basis. Doing a puzzle, they learn how to manipulate the pieces to fit just right; cutting out a heart at the craft table, they are tuning fine motor skills; and taking turns with the cars, they are learning to share and get along with others.

Adults have a cup of coffee or tea and chat with others while learning different parenting ideas and talking about the day-to-day challenges of working with or parenting young children. Even the staff are happy and we continue to grow new skills and ideas through the interactions with our participants. Barb and Louise are the staff on Monday and Friday, respectively. Together we are HAIG!

Join us September 14th for our first day back where Barb will show you "The House that HAIG Built". We'll celebrate International Day of Peace, Durga Puja. In October we'll have fruit and veggies, celebrate Chu'sok, Thanksgiving and Halloween.

We are located in room 10 of Earl Haig Public School and we are open **Monday and Friday morning 9:30 a.m. to 12:30 p.m.**

Applegrove Afterschool Program



Mondays – Creativity Plus Come and explore your creativity through activities such as creative arts, music, photography, drama, etc.. Participants will be given the opportunity to engage in theme based activities with peers to learn new and exciting ideas.

Tuesdays – Baking Club We will learn how to make delicious baked goodies. Children will learn how to measure ingredients, read recipes, and gain practical experience in the kitchen.



Wednesdays – Cooking Club Participants in the cooking club will enjoy making great and simple recipes. They will learn how to read a recipe, learn about nutrition and bring lots of great creations home to share with the family!

Thursdays – Game, Games, Games !!

“Uno”, “chess”, “Battleship”, “Kadoo”, “Four Square”, “soccer”, etc., are games you will join in each Thursday. Come and have fun with friends to play new and old board



and active games. Highlight of the program will be to design your own board game, so you can play with your family and friends at home.

Fridays – Kid’s Choice It’s perfect for the end of the week to let your child help out program leaders decide what to do each Friday. Participants will choose from a variety of activities such as sports, active games, outings, workshops, movies, etc...

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

REGISTRATION BEGINS SEPTEMBER 9!!

Hope to see your child there!!

Summer Adventure Day Camp



This year at Applegrove Summer Day Camp there was a focus on community, environment and camp spirit. With the City strike we increased our attendance to help meet the child care needs in the community, started an educational composting program with Bruce Public School’s community garden to reduce our waste program and found alternatives for swimming such as water games and splash pads.

Campers enjoyed community field trips to the Big Carrot, hiking at Evergreen Brickworks, the Children’s Book Bank and shopping at the Gerrard India Bazaar. Wacky Wednesdays including crazy hair day, green day and wacky hat day kept our camp spirits high. Zero Footprint Fridays encouraged campers and their families to reduce their impact on the environment through an action or activity. Some included walking to camp day, reusing a bag for swimming day, and a successful clothing drive for the non-profit organization called Planet Aid Canada. Community events such as Pedestrian Sundays at Kensington Market and the corn roast at St. Lawrence Market were posted up for campers, families and staff to attend.

Special events on Friday mornings included a movie screening from the Toronto International Film Festival, performance from the Native Centre and the Apple Olympics run by Applegrove’s Leadership program. Major trips this summer included Solar Stage Theatre, Professor’s Lake, Wild Water Kingdom and the Toronto Metro Zoo.

Similar to previous summers, each week campers participated in activities including arts and crafts, drama, literacy, active games, cooking and workshops. Some of these activities included making pad thai from scratch, lava lamps with recycled bottles, yoga and meditation, a shadow puppet show, a sun safety workshop and Iron Chef challenges. Despite the limitations of the City strike, we had an amazing summer.

Teen Drop-In



The Applegrove Teen Drop-In is back, starting Monday, October 5!

Our program days have changed this year to Mondays and Thursdays from 6-8 p.m.

Mondays will take place in the Applegrove Lounge where youth can take advantage of baking, cooking, workshops, volunteer and trip opportunities as well as nights to hang out, relax and meet new friends.



Open-gym nights will take place on Thursdays in the Duke of Connaught gym alongside a girls-specific night in the Applegrove Lounge. So if you're 13-18 years of age and looking for something fun to do on a Monday or Thursday night, come check us out!

Please don't hesitate to call us for more information at 416-461-8143 or take a look at the most current Teen Drop-In calendar on our website, www.ApplegroveCC.ca

Summer Leaders Program



The Applegrove Summer Leaders Program was in full swing for its second year offering three 2-week long sessions! This summer, a total of 30 different teen leaders participated in the program. With each session highlighting a different theme, a greater sense of awareness was raised on how to keep a healthy lifestyle, build a stronger team and be more environmentally friendly.

In addition to offsite trips to Ontario Place, Beaches Cinema, Ontario Science Centre and Wild Water Kingdom, other popular activities were volunteering at the Daily Bread Food Bank, rock climbing and cooking challenges. Most importantly, the participants were able to enhance and display their leadership skills when planning and running special events for the Day Camp such as Multicultural Day and Apple Olympics.

Overall, the Summer Leaders Program was a success and a positive experience for all those involved.



Pasta Fest Diner & Silent Auction

A night out for the whole family!

Saturday, October 17, 2009

5:00 pm - 9:00 pm

At the Baron Byng Legion Hall
243 Coxwell Ave. (just south of Gerrard)

Ticket price includes: a 3 course pasta dinner, music, bidding on the auction, door prizes, games and lots of fun!!

This event is expected to sell out, so buy your tickets early!

Tickets can be purchased in the Applegrove Office, at the Edgewood Connection, at HAIG or at the Applegrove Parent Child Drop-in.

Advance Tickets:

Age 16 and up, \$10
Age 5 to 15, \$5
(discounted prices
until Oct. 13)

At the door:

Age 16 and up, \$15
Age 5 to 15, \$6

Patron's Choice:

Pay \$25 and get a
\$15 charitable tax receipt