



www.ApplegroveCC.ca

Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

January 2016

60 Woodfield Road,
Toronto, Ontario
M4L 2W6

Tel: 416-461-8143
Fax: 416-461-5513

This Issue

From the Director's Chair Summer Camp Income Tax Preparation	1
Applegrove Parent Child Over the Rainbow	2
Helping our Babies Grow Applegrove Connection Afterschool Program	3
Older Adults Program Seniors Active Living Fair Teen Program	4

From the Director's Chair

On behalf of the Board, I am delighted to invite you to Applegrove's Annual General Meeting on March 29, 2016. While an annual meeting is a requirement, our get together is a very special celebration of Applegrove's work and our people.



We start with a complimentary supper, followed by the formal business meeting. To let parents concentrate on the business, we provide care for children. Once the reports are accepted and new Board members selected, we recognize special people. Our Nellie Snow awards show appreciation to our volunteers. Other awards celebrate partnership and outstanding contributions to the organization.

The evening will also include a speaker on a topic relevant to this neighbourhood.

The meeting ends with door prizes before the evening closes with dessert and tea or coffee.

While everyone is welcome to attend, in order to vote at the meeting, you must be an Applegrove member as of February 26, 2016, and at least 18 years old. Please complete or update your membership information and save March 29 for the AGM!

Susan Fletcher,
Executive Director.

Summer Camp Registration



SAVE THE DATE...

**For Summer Camp and
Leadership Registration**

**Thursday, April 7 starting
at 6:00 p.m.**

****Please note: we will hand out numbers
by lottery at 5:45 p.m.****

It's Tax Time!!

Applegrove's Income Tax Clinic is on Tuesdays, from 10:30 a.m. to 5:00 p.m. by appointment only, from late February until the end of April. Call the Applegrove office to check eligibility and to book your appointment.

You are eligible if you:

- a single person with income of \$30,000 or less;
- a 2 person family with income of \$40,000 or less;
- have a simple, straight-forward return, with income from basic employment, social assistance or pension;
- do not have capital gains, rental or self-employed income;
- need only the 2015 tax year done.



Applegrove Parent-Child Drop-in

HAPPY NEW YEAR! Here are a few ideas for a good day with preschool kids.

- Add a little **MATH** to every day. You can count the stairs coming down to the drop-in. Do the kids like to line up trucks? Count them! And let's see how many sleeping bunnies we have waiting.
- **READ!** The drop-in has lots of great books! As one little book says, "Read everyday to your bunny.. and your bunny will read to you!" Try a different book with every visit. Make it part of every day...and night!
- Let's **PLAY!** Dress up, have a tea party, be Batman, build a road. Drive a train. Work out an argument with a puppet. Giggle.
- **THINK!** Figure out a puzzle or a maze. Construct a tower. Build a lego zoo. Make a rocket with magnets. Follow a recipe and make playdo. Decide where to put the glue. Hmm.
- **EAT** good food together. Make something new. Try an unfamiliar taste. Bring in something you would like to share.
- **SING**-a-long! Belt out all the old favorites then learn some new songs too. "The more we sing together the happier we'll be." "Let's sing a song about Johnny, 'cause Johnny is our Friend!"
- Make a new **FRIEND!** Strike up a conversation, do you like red best? Where were you born? Is that your baby sister?
- Use your good **SENSES**. Feel something squishy, something drippy, something cozy and fluffy. What is that smell? Pour some dry sand; pack some wet sand. Have a nice long bath when you get home.
- And **TALK** together about what you did today or what you'll do tomorrow. How you feel about it all? About all you were **FEELING** today. It has been a full day!
- Then **DREAM** big.



**Applegrove Parent Child Drop-in is open
Tuesday - Friday 9:00 a.m. to 2:00 p.m.
Hope to see you soon!!**

Over the Rainbow



Over the Rainbow (OTR) is a therapeutic play program for children 3 to 5 years old who are experiencing social, emotional and/or behavioural challenges. Children explore thoughts, feelings and experiences through drama, art, stories, and play, in a small group facilitated by a Play Therapist/Creative Arts Therapist. A parent group is offered simultaneously for parents to learn new techniques and to share experiences in a supportive environment.

Over the Rainbow program 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.

We are currently accepting referrals for the Winter 2016 program, which begins January 25, 2016. For more information or to book an intake, please contact the Child Therapist, Michelle Baer MA, RP, CCC, at 416-459-4769, or overtherainbow@ApplegroveCC.ca

Helping our Babies Grow (HOBG)

Pregnant women need support, no matter what their background, economic situation, culture or age. All pregnant women (in our catchment area) are welcome to attend Helping Our Babies Grow, a prenatal program offered in partnership with Toronto Public Health, East End Community Health Centre and Health Canada.



The program is offered every Monday from 9:30 to 11:30 a.m. During each week at our program you will be able to:

- Share and talk to other women about your experiences and issues;
- Have one-on-one time with a health professional (nurses, breast feeding specialist, nutritionist);
- Attend a workshop and ask questions about the topic of discussion;
- Enjoy a healthy snack;
- Receive free childcare for other children in your care

Each time you attend, you will receive a food gift card and tokens. After your baby is born we continue to support both you and your baby for 6 months. If you or someone you know is pregnant, please tell them about our terrific program. Call Louise at 416-461-8143 for more information.

Applegrove Connection



The Applegrove Connection has been open for 4 months and we are so happy!! Many families have made the drop-in a part of their weekly routine. There are lots of new friends and many familiar faces too. Circle time is our most popular activity, where children get a chance to choose songs they want to sing. They often help me lead the song, not only making it more fun, but also giving them an opportunity to make decisions and be a leader.

Activities are set up throughout our space; we have the toys in our small room and puzzles, trains, playdoh and blocks set up at different tables. There is a new craft everyday and always crayons and markers to use.

In December we had a "Merry Christmas, Happy Hanukah, Joyous Kwanzaa, Grand Opening Celebration" and officially cut the ribbon for our new space and presented the Toronto Formosan Presbyterian Church (TFPC) with a tray painted by our families.

The cold weather brings Snowflakes, snow-people and winter themed activities. We look forward to celebrating Lunar New Year, Valentine's Day, Black History and Family Day. Please come and play with us! We are open Tuesdays & Wednesdays 9:30 a.m. to 1:00 p.m. at the Toronto Formosan Presbyterian Church, 31 Eastwood Road. Call Louise at Applegrove 416-461-8143 or during program hours 416-459-0231 for more information.

Afterschool Program

Our 2015 ended with an amazing pajama dance party, tons of delicious treats and fun games. We enjoyed so many creative activities such as sewing, canvas embroidery, mixed media art, healthy and yummy cooking activities and a never ending game of Dungeons and Dragons. We said goodbye to old friends and welcomed new ones and at the end of it all we have become a family.



We welcome 2016 with open arms and look forward to new adventures. This January we gear up for colder weather. Our goal is to enjoy winter activities as much as we do the warm weather. We are hoping for more snow so we can build snowmen, snow forts and enjoy winter scavenger hunts! We will continue to think of many creative ways to learn and grow together. As always we love hearing from you. Our doors are always open to comments and suggestions. Please keep checking our website for news on our March Break and Summer Camp Programs.

Older Adults Program

It's been another good year for our program. During the fall season, participants came together singing, playing games, practising how to communicate in Spanish and writing autobiographies. They also had a taste of handwriting analysis and explored Zumba and Jazz dancing. Our Colour Crafters group had much fun creating some beautiful hand-crafted toys that were donated to children in the Helping Our Babies Grow Program.



Calling All Seniors!

We also collaborated with the Ontario Science Centre on developing and facilitating workshops on brain fitness. Program participants Katharine, Darlene and Peter received Facilitator Training Certificates from the Ontario Science Centre for participating in this initiative. Outings to St. Lawrence Market, the Royal Winter Fair and the Toronto Christmas Market provided opportunities to join and explore some of the community events and attractions that our City has to offer. We concluded this year with carol singing, storytelling and our year-end Holiday Tea, where Colour Crafters participants helped everyone create some very precious fascinator hats to wear for the occasion. We didn't forget about the gentlemen in our group; they crafted festive clip-on ties and just might wear them again next year! We are interested in exploring program options for men in the New Year. If you would like to join planning meetings, please look for invitations to attend in upcoming program calendars.

Seniors Active Living Fair

**PLEASE JOIN US ON:
Wednesday, March 16, 10:30 a.m. - 2:30 p.m.
60 Woodfield Road (in the gym)**

To register or for more information, please call the Applegrove office and speak to Renate or May

For older adults and their families!

- Experience an event that opens doors to healthy, active living.
- Enjoy a FREE light breakfast and lunch.
- A variety of local exhibitors, guest speakers, workshops will be offered.
- Prizes, information bag, and more!



Teen Program



The Applegrove Teen Drop-in Program finished off 2015 with a year-end party. We shared laughs and stories over pizza and treats while listening to music and playing games. This past year, our open gym on Tuesday nights continue to be popular. Basketball is still the teens' game of choice but some have taken a keen interest in volleyball and Ultimate Frisbee. We enjoyed making many homemade sweet treats and savoury eats during our Thursday lounge nights, and participated in workshops such as DIY make up tutorials for Halloween and Youth and Social Media.

For 2016, we will continue to encourage our participants' interests in sports, cooking and creative arts by providing them with different workshops and opportunities to help enhance these skills. We also plan to offer workshops on social media etiquette, youth employment, careers, positive self-image and other social issues and current events that youth face today. Aside from that, the Teen Drop-in will always be a safe and fun place where youth can relax and hang out, spend time with friends and make new ones.

For more information about the Teen Drop-in Program, please visit the Applegrove office or contact Abby or Josh at 416-461-8143.