



# Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

March 2009

[www.ApplegroveCC.ca](http://www.ApplegroveCC.ca)

## From the Director's Chair

On Applegrove's behalf, I want to thank everyone who participated in Applegrove's strategic planning sessions in February. Collectively about 28 people spent 135 hours considering what we do well, what challenges we face, and what issues we should address.

Several people said that the neighbourhood needs more programming for children and teens and Applegrove's new March Break Camp responds to this need. Unlike the summer day camp, the March Break program does not have any funding other than fees. For that reason, the fee is \$100 per week, not the much more affordable \$50 of the Applegrove Summer Adventure.

Over the next few months, Applegrove's Board will consider all the priorities, develop an action plan, and start taking action on the identified priorities. Check the website for updates!

This is an exciting time for the agency. If you would like help shape your community centre by volunteering for the Board, please see the website for more information and contact a Board member or the Executive Director.

Susan Fletcher,  
Executive Director.



### The SPA at Edgewood (Spring Pampering for Applegrove)

On Tuesday, May 12, treat the special women in your life (or yourself) to a relaxing evening of spa treatments while supporting programs for families and young children at the same time. The SPA at Edgewood (Spring Pampering for Applegrove) will offer massage, reflexology, hair cuts, manicures and much more. Clients can also enjoy complimentary nibbles and beverages, either healthy or indulgent, at the café. Or try some retail therapy with the Silent Auction!

Each of the practitioners is donating their services. Only a limited number of tickets are available to ensure that each client can enjoy the full range of experiences. Keep an eye out for our flyers or call the Applegrove office for more information. This would make a wonderful gift for Mothers' Day!



### It's Tax Time!!

Applegrove's Income Tax Clinic will be held Thursday afternoons, from 1 to 5 p.m. by appointment only, beginning February 26, 2009. The clinic is for those with low income and simple tax returns.



#### You are eligible if you:

- are a single person with income of 25,000 or less;
- are a 2 person family with income of \$30,000 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 2008 tax year.

Call the Applegrove office 416-461-8143 to determine eligibility and to book your appointment.



# Program Information



## HAIG Family Resource Program

Welcome to the new and improved HAIG Family Resource Program!

Yes, we've made some changes! We moved the diaper area, the big climber and the toy kitchen. We also extended the kitchen area with better storage and more space to make snack and lunch. What has not changed is the fun you and your children will have playing and learning together at the craft table, doing a puzzle or squishing playdoh.

On Mondays, Barb leads the program and has lots of fun information to share. She always reminds us of all the celebrations and holidays from around the world. She reads the big books during her circle time and makes the best playdoh.

Fridays, Louise is at the HAIG. She likes to do messy crafts with finger painting, sponge painting and even truck painting. Louise likes to tell us stories and her favourite, "Mortimer" by Robert Munsch, gets everyone involved.

Barb and Louise work as a team to create a space that is safe, accessible and fun for everyone. Together they plan the calendars, snacks, fundraising events and even what toys and books to purchase for the centre. But, the other important part of our team, are the families who visit HAIG. Without you volunteering to make snack, do dishes and help with clean up, we wouldn't be able to run the centre as well as we do. Together we make a good team.

Come and visit HAIG Family Resource Centre inside Earl Haig School, room 10.

We are open Monday and Friday mornings  
9:30 a.m. – 12:30 p.m.



## Helping Our Babies Grow

Pregnant? Concerned about your health and the health of your baby? Join this health and nutrition program for women living between Greenwood Avenue and Victoria Park Avenue, and south of Danforth Avenue. The program runs 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.

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## Applegrove Parent-Child Drop-in

The drop-in has been hopping all winter. We made snowflakes, mittens, and sang songs about penguins. We practiced calligraphy for Lunar New Year and made a huge ox because this is his year. We made a big theatre for Black History month (you can see it in the hallway) and drummed and beaded. Valentines were painted, cut out, glued and given.



An Early Literacy specialist has been visiting to encourage reading. We have a monthly workshop on various parenting issues led by an Early Years Social Worker. We look forward to some meetings on helping your child prepare for kindergarten. April brings our annual trip to the sugar bush to learn about maple syrup. Come into the drop-in for further information.

Every day we play in the sand, paint, solve puzzles, zoom on the wiggly cars, drink pots of coffee and make new friends. Every day we hop like bunnies.

You can visit any time on:  
Tuesday 9:00 a.m. -12:30 p.m.,  
Wednesday and Thursday 9:00 a.m. - 3:30 p.m.,  
Friday 9:00 a.m. - 12:30 p.m.



## Program Updates



### The Edgewood Connection

A day at The Edgewood Connection...

It's 9:15 a.m. and in comes Ulina with Owen and Sophie. Following closely, Sally comes in with Will. Once snowsuits are off and slippers are on, everyone is ready for their snacks. Charlotte wants to colour a picture so she asks for markers and paper. Louise is at the craft table getting things ready for today's craft.

Soon the drop-in is busy with so many friends; Jasmine is playing with the Rescue Heroes while Krista, Amy and Keith go to the gym. Kimber and Zack are squishing playdoh at the red table. Joshua and Patty are playing on the carpet. Arceli is reading a story to Jack.

It's almost 10:30 so Tina and Claudia are getting snack ready. Louise has turned off the lights to get everyone's attention and asks everyone to help tidy up before snack. The snack tables are crowded but everyone moves over just a little bit so Calla can sit next to Dante, her best friend. Today we are having crackers with cheese and strawberries...yum! When snack is finished a whirlwind of organized chaos takes place; some adults take their children to the gym while others stay and play.

Estelle and Eloise arrive and look for her pink slippers again. She finds them and they are off to the gym.

Louise is showing a new mom around the centre. She is house-sitting in the area and just found the drop-in and thinks it's a great place to bring her two children.

At 11:30 Louise announces that it is circle time; toys are picked up and children choose their mats to sit on the carpet and sing. Peter likes to sing about the stars; Tashawn likes "the wheels on the bus" and Olivia wants to be a sleeping bunny. Everyone gets their turn to pick a song and then we put the mats away because it's time to play.

It's lunch time and a lot of people go home for lunch to nap while others stay and have lunch with their

friends. Eloise and Peter always share with each other; they both love goldfish and cheerios.

Louise reads stories to a group of children while the adults clean up the kitchen. Then together we pick up the toys. It's 12:30 p.m. and another day at the Edgewood Connection is over.

Why don't you come and join us Monday, Tuesday and Wednesday mornings 9:30 a.m. – 12:30 p.m. at 42 Edgewood Avenue.

### Over the Rainbow



Applegrove's innovative therapeutic play program is offered in partnership with Thorncliffe Neighbourhood Office.

Now in its sixth year, Over the Rainbow is funded by United Way's Success by 6. The program works with young children who have difficulties in their development or relationships due to stressful life circumstances. Or they are having trouble interacting with other children and displaying age appropriate social skills.

An Art/Play Therapist works closely with a small group of five children to determine their emotional needs and to provide them with opportunities to explore their feelings and develop new coping skills through play therapy. Various concepts and themes are introduced on a weekly basis, using a variety of individual and small group activities in art, dramatic play, games, music, puppetry and stories.

A program for parents is run parallel to the children's group and is facilitated by a Parent Worker. Parents have an opportunity to meet with other parents, ask questions, gain and lend emotional support, share experiences, and learn new strategies for understanding and supporting their children's emotional growth and development. The parent group also provides information about the children's experiences in the therapeutic play group.

**For more information, contact Nikki Goldman at 416-528-9922.**

## Applegrove Afterschool Program



The Afterschool Program has been busy over the past few months and activities have been fun and educational. Baking has

been a huge hit as we make biscotti, bon bon cookies and muffins. The cooking group made dishes from China and India. We exercised our creativity by making our own chess boards and pieces and look forward to our flower pots in March. Fridays are all about fun as the kids choose activities and help with programming. There's a lot more planned in the upcoming months. Do your kids want to learn how to knit? Have you ever made sushi? Check out our calendar and we hope to see your child there!!

- Location:** 60 Woodfield Road  
(in Duke of Connaught School)
- Time:** 3:20 - 6:00 p.m., Monday to Friday
- Cost:** \$5.00/day for cooking and baking  
\$3.00/day for other days  
or \$15.00 per week  
(monthly commitment required)
- Contact:** 416-461-8143

*Just a reminder, for baking and cooking participants, you are welcome to leave a plastic container at Applegrove to take home any leftover goodies.*

## Teen Drop-In

Are you 13-18 years old? Looking for a gym to run ball with your friends on a Tuesday night?

How about a place that's only for girls where you can hang out, make new friends and talk about issues such as pregnancy, sexual health or the stresses of school?

The Applegrove Teen Drop-in might be what you're looking for!



We offer open gym nights on Tuesdays at the Duke of Connaught gym from 6-8 pm. A girls-specific night is also available on the same night and time in the Applegrove lounge where teens have enjoyed cooking, baking, crafts, yoga and workshops on sexual health and body image.

The Drop-in is also open in the Applegrove lounge on Wednesdays for all teens from 6-8 pm.

Examples of what we do include: volunteer opportunities at a Raptors game, movie nights, cooking spaghetti & meatballs, beef patties and jerk chicken, celebrating black history month and much more!

We are located in the Duke of Connaught Public School on 60 Woodfield Road just north of Queen Street. For more information, please call Carmi or Renee at 416-461-8143.

## Summer Adventure 2009 Day Camp for Children Ages 6-12

**Registration Date**  
**Monday, April 27, 2009 at 6:00 pm**  
*(Please bring child's OHIP card and proof of age)*

**\$50.00 Per Week**

- \*Swimming
- \*Co-operative Games
- \*Cooking
- \*Literacy Activities
- \*Crafts



- \*Health & Safety Tips
- \*Local Trips
- \*Special Theme Days
- \*Drama
- \*Fun Summer Projects