



Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

March 2010

www.ApplegroveCC.ca

From the Director's Chair

Celebration

On June 5, 1979, Applegrove received Letters Patent as a not-for-profit corporation. At the Annual General Meeting on March 31, 2010, we will celebrate 30 years of partnerships in this neighbourhood. Enjoy a light supper, socialize with Applegrove friends, meet special guests, recognize outstanding volunteers and achievements, receive the Annual Report, and nominate Board members. The evening ends with door prizes and dessert.

The doors will open at 6 p.m., dinner starts at 6:15, and the business meeting begins at 7. Limited child-minding will be available only by registration before March 29. To vote at the meeting, you must have completed a membership form by March 1.

To confirm your attendance and register for childcare, please contact the Applegrove Office by March 29.

Challenges

While we are excited about celebrating 30 years of partnerships at the Annual Meeting, Applegrove is simultaneously facing some serious issues.

First, our Edgewood program has to move out of Corpus Christi school. In December, the Toronto Catholic District School Board informed us that it is selling the property so needs it to be empty on April 1.

We are very hopeful that the purchaser will allow The Edgewood Connection to stay until at least the end of June. However, we will not know whether this is possible until sometime in March. That means that Edgewood will not have programming after March Break. Its last scheduled day of programming in the current location will be Wednesday, March 17. Watch for news about an extension or alternative location.

Second, the funding for The HAIG Family Resource Program will run out at the end of June. By operating very efficiently, the program has stretched its initial \$35,000 for over 3 1/2 years. The current budget requires just \$8,000 in fundraising. That will offer 250 different adults and children 70 days of learning, support and community feeling.

HAIG's participants know the importance of this program. They are eager to ensure it continues. And they have transformed this challenge into to an inspiration!

One of HAIG's participants described the program, its benefits, and financial situation to his employer. The company has committed to a substantial donation that will probably take the program through to September 2011.

Wow!!!

Susan Fletcher,
Executive Director.



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 themselves and their babies. 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.

HAIG Family Resource Program



The HAIG started 2010 with a theme around snow. All our crafts and stories were somehow related to snow.

In February we are celebrated the Olympics. We hung a Canadian flag in our room. We sang new songs in the drop in about Friendship. We discussed the colours of the Olympic rings, the letter "O" and the number zero.

We also celebrated the Lunar New Year with a very successful Spring Roll fundraiser.

We continue to share fun and friendship Mondays and Fridays from 9:30 a.m. - 12:30 p.m. Please join us for a cup of coffee or tea and fellowship with old and new friends. So if you and your little one are out exploring the neighbourhood, please drop by. We'd be happy to see you!

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 discuss issues 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 "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.

The "Over the Rainbow" program is extremely beneficial for 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, March 22 from 2:00 to 3:00 pm, and runs for 8 weeks.

If you are interested in registering for the Spring session please contact Nikki at 416-528-9922 or overtherainbow@thorncliffe.org.

Over the Rainbow





Applegrove Older Adults Program

Spring into Action! When the weather starts to get warmer, we get a bit more motivated to venture out and be active. Applegrove Community Centre has some new and exciting programs and outings planned in addition to already existing programs. Coming up in March . . .

Tuesdays are Euchre days from 12:00-2:30pm in the Applegrove Lounge. Admission is free and includes a snack and tea or coffee.

Wednesdays bring Gentle Yoga classes and green tea with Elisha in the Dance Studio on the 3rd floor of S.H. Armstrong Community Centre (right beside Applegrove). The cost is only \$6 for 4 pre-registered sessions or \$3 per class. Subsidies are available and Yoga mats are provided.

Thursdays are busy days, as we have 1:1 Computer Training by appointment from 10 a.m. to noon. The afternoons are Applegrove's Income Tax Clinic (see below).

Fridays are special as every other week will be Crafternoons, so come out and show us your creative talents! In March we will be making beautiful paper flowers and vases for the Annual General Meeting. On the first Friday of each month, come out for BINGO!! And for only \$1.50, you receive a coffee or tea, snack, and the chance to win great some prizes!

Feel free to suggest other programs or outings; we are happy to hear your ideas! We are already planning outings to Harbourfront, Centennial Park and Allen Gardens Conservatory, Art Gallery of Ontario, Farmers' Market, Jazz festival, and more! So keep your eyes and ears open for these exciting excursions. Please call Anna in advance at 416-461-8143 to reserve your spot in any of the above activities. We look forward to seeing you!

Applegrove welcomes Anna Durante, the new Senior Worker, on **Friday March 19th at 12:00 noon** with a **free light lunch**. Please join us to meet and greet Anna.



It's Tax Time!!

Applegrove's Income Tax Clinic is on Thursday afternoons, from 1 to 5 p.m. by appointment only, beginning February until the end of April. 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 2009 tax year.

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

Family Theatre Night!

On Thursday, April 8 at 6:30, Jim Dalling presents a very special theatre performance for families as a benefit for Applegrove.

As a participant in the Parent/Child program, Jim knows how important Applegrove programs are. All proceeds from this special fundraising show in the Duke of Connaught School will support the centre.

Using poetry, puppetry, masks, music and madcap clowning, Jim will perform **Loki's Big Dream**, a story about how special people can help us to make our dreams reality. This imaginative and inspiring adventure is suitable for children ages 4 to 12.

Tickets	In advance	At the door
Family	\$25	(not available)
Adults	\$10	\$12
Ages 4-12	\$5	\$7

Pizza, pop, juice and coffee for sale starting at 5:30.



The Edgewood Connection

We finished the year off with a bang; our annual Christmas Party was a huge success with over 100 participants. We listened to Singing Tim, ate lots of yummy food and had a visit with Santa.

Although we started the year with uncertainty it didn't stop us from playing, creating and celebrating. January was full of colours. We made pink pigs, brown bears, blue birds and rainbow balloons. Everyone was encouraged to wear the colour of the day, which made for some very interesting outfits especially on rainbow day! Soup and sandwich fundraising lunch raised \$113.00 and everyone had a great time sampling the different kinds of sandwiches and eating warm soup on a cold day.

There are so many things to celebrate in February! Black History Month, Valentines Day, Chinese New Year, Ground Hog Day and Dave the Book Guy visits. We made heart necklaces to show people the love. It's the year of the tiger and we painted our tigers orange with black stripes and learned how to write the Chinese word for tiger. Kufi hats, sponge prints from Africa mangos, fresh coconut and fried dumplings honoured Black History.

Dave Page, Early Learning Specialist is visiting us in February and March to teach adults and children to learn by singing, reading and playing together.

Come and visit us...

We are currently located at 42 Edgewood Avenue, and we are open Monday, Tuesday and Wednesday morning 9:30 – 12:30
Phone us at 416-461-3060.



Parent-Child Drop-in

The Applegrove Parent-child Drop-in has been hopping this winter. The "wobbly cars" have been zooming, block towers have tumbled, dinosaurs have been lined up and sorted, and the princesses have been dancing. We painted cows for Pongol, hearts for Valentines and made a big paper-mache tiger for Lunar New Year. We have been singing and drumming to celebrate Black history month. One of our current favourites is Ziggy Marley's ABC Song.

(Chorus)

Bend down low, Let me tell you what I know

A is for Africa
B is for Brother
C is for Caring
D is for Da Da
E is for Everyone
F is for Forever
G is for my Guitar
H is for Here We Go

Chorus,

I is for Incredible
J is for Jammin'
K is for Kiss
L is for Lovin'
M is for Mommy
N is for Nice
O is for Oh MY
P is for People time
Q is for Quick
R is for Ready

Chorus,

S is for my Sister
T is for Today
U is for Unity
V gives me Variety
W is for the World
X is for my Xylophone
Y is for You
Z if for Ziggy

Chorus,

(thanks Rich)

Adults attended parenting workshops, a presentation on language development and helped each other with the dilemmas of raising children. We drank coffee, tea, juice and hot chocolate. Everyone had a good time and I think we are ready for spring. Care to join us?

Applegrove Afterschool Program



Creative Mondays at afterschool continues to be loads of fun. The kids have participated in activities including writing their own plays and making mardi gras masks. The plays were a hit with all the kids having a great time performing.

To keep our tummies warm these winter months, Tuesdays concentrated on savoury baking which included Chicken Pot Pie, Shepherd's Pie and Quiche all done with homemade pastry dough! For February, we included the children in program planning and planned a month of chocolate recipes using milk chocolate, dark chocolate, white chocolate and even a carob chocolate alternative.



Cooking with the kids is a great experience!! The kids really enjoy cooking and each week and are ready for a new challenge! Sometimes it's hard to choose foods that everyone is going to like, but the kids are great about trying new things. The food is delicious and always fun to make.

From testing their five senses in detective games to playing classics like Bingo, Thursdays are filled with friendly competition. Rock Band is always a huge "hit"!! And as the good weather begins to roll-in, Thursdays will definitely be more filled with outdoor fun!



Although there has not been a lot of snow this winter, the children have decided to keep warm by playing cooperative games and sports in the gym on Fridays! A skating trip to Nathan Philips Square is set for March 5th and the children are excited to get out for the afternoon! Some upcoming Kid's Choice events include Kids Trivia and a Pyjama party!

Teen Drop-In

The Teen Drop-In at Applegrove had a great run for the first half of the program with many exciting activities to come in the future. To start, we want to say a big "Thank You" to Carmi Magnaye for all her hard work with the teens throughout the years. In early February, the teens planned a little get together in her honour to say their bittersweet "good-byes" and "good-lucks"! It was a nice event that brought out teens old and new around one table – a true family affair!



During the earlier months of the program, the teens planned a "Healthy Lifestyle" project to enter into a grant program provided by Toronto Public Health. Together, they came up with activities that they would be interested in trying and how they would budget the money to implement them. Once this process was finished, 3 teens represented the Drop-In in front of a Youth Panel at Toronto Public Health and discussed their project. They did a great job and though the grant was not awarded to our program, it was an exciting experience and shows optimistic potential for what we can do in the future.

Since then, the teens have been involved in many different activities within the program such as cooking jerk chicken with rice and peas, baking red velvet cup cakes, a "healthy sexuality workshop" and one of our favourites – haircutting parties! On these days, a barber and hairstylist comes in to cut the teen's hair for free.

Offsite trips have always been popular – since "Screamer's Haunted Mansion" we have gone to the movies, ice skating at City Hall and bowling. The future is bright for the Teen Drop-In program in the following months with more activities and workshops based on team building and collaborations with the Youth Workers to make the program the best that it can be!

Come and join us from 6:00 to 8:00 p.m.
on Mondays and Thursdays



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Applegrove Day Camp and Summer Leadership

Registration Date - Tuesday April 20th

Time - 6:00 p.m. Numbers will be handed out at 4:00 p.m.

Summer Camp

Camper Ages:	Children ages 6 - 12.
Camp Fees:	\$50 per week per child.
Camp Hours:	9:00 am – 5:00 pm
Camp Dates:	July 5 to Aug 27, 2010 (Closed on August 2)



Summer Leadership

Ages	Youth ages 12– 15
Fees:	\$100 per session (2 weeks in length)
Camp Hours:	10:00 am – 4:00 pm
Camp Dates:	Session 1 – July 5 to July 16 Session 2 – July 19 to July 30 Session 3 – August 9 to 20

Forms will be available April 6th in the Applegrove Office.

To register a child, a parent or guardian must bring the following:

- Participant's health card and proof of age
- Cash, cheque, Visa or MasterCard for the non-refundable deposit of \$10 per week per participant. The remainder of the fee will be due one week before each camp session.
- Emergency contact's name and phone number, participant's allergies and special needs
- A parent/guardian must sign the registration form before the participant can be registered.

No Exceptions – you must bring above information for your child/youth to be registered.

New this year:

- Limited Applegrove subsidy for both programs.
- ODSP/OW subsidy only for camp.
- Everyone must pay the deposit including Applegrove and ODSP/OW subsidy recipients.
- If subsidy recipients cancel, the deposit will be non-refundable.
- If your participant has Special Needs, the Program Director will contact you to ensure our camp can serve your child's needs.