

Applegrove Newsletter

www.ApplegroveCC.ca

"TOGETHER, BUILDING OUR COMMUNITY"

March 2012

**60 Woodfield Road,
Toronto, Ontario
M4L 2W6**

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

Inside this issue:

Edgewood Connection Older Adults	1
HAIG Parent Child Over the Rainbow	2
Helping our Babies Grow Summer Camp From the Board Chair	3
Afterschool Program Teen Drop-In Income Tax Preparation	4

Edgewood Connection

If you haven't already heard the news; after more than a year of not having a place to play, we found a new home. We have been welcomed with open arms 2 days a week in the Corpus Christi Catholic Church Parish Hall and we are so HAPPY!!



We are open every Tuesday and Wednesday from 10:00 a.m. – 2:00 p.m. We have circle time at 11:15 and at 1:30 and have lots of toys, books, and puzzles to use. At our craft table, we made Kufi hats; tambourines to celebrate Black History; lanterns and dragons for Lunar New Year; and hearts for our Valentines. Edgewood has always been big on food and celebrating so we have been combining those two ingredients to help raise much needed funds. We enjoyed noodles, rice and spring rolls for a Lunar New Year fundraising lunch and decorated cupcakes on Valentine's Day for a treat that was tasty.

The program space is very different; we have to set up the furniture, equipment and toys every morning and put them away at the end of the day. But we are so happy to have a home no one minds and Edgewoodian Volunteers have been such an incredible help with this. It has been a challenge to figure out how to run the program in a way that feels welcoming for everyone and is easy to set up and take down. We are working on some issues and ideas to improve so everyone can have a safe and fun drop-in experience.

Many past participants have come to check out our new home and we have made even more new friends in the neighbourhood. We are only going to get better and better. Come and see for yourself!

Older Adults Program

On February 17th, we held our first successful Seniors Health and Active Living Fair, which was attended by 125 people and featured speakers on the benefits of physical fitness, healthy eating, and Ontario Tax Credits and Benefits for seniors. There were a variety of exhibitors and vendors with information on health and wellness, seniors marketing and selling their arts and crafts, and a Seniors Group demonstrating Line Dancing. Our thanks go to all participants and volunteers and, especially, the Ontario Seniors Secretariat and the OACAO for funding this event.



Our outings in the last three months to the One of a Kind Craft Show, Black Creek Pioneer Village, and Mackenzie House were well attended and we are planning monthly outings to meet popular demand. The focus of these outings will be to learn more about Canadian History and Toronto attractions, as well as enjoy musical events and movies. We are planning visits to Toronto City Hall, Spadina House, and attendance of monthly free movies at the Beaches Fox Theatre and the free concert series of the Four Seasons Centre of the Performing Arts. Everyone is welcome!! For more information about Older Adult activities and to register, please call Renate.

The HAIG Family Support Program

The last few months have been very busy at HAIG. With a dedicated group of enthusiastic participants we have had fun with interesting craft projects. Circle time is always an energetic, entertaining time with the adults as well as children getting involved, singing and dancing. A few of our songs have now become part of our weekly routine with the songs being translated into the many different languages spoken by participants in the room. We also had the pleasure of a circle time performance by "Sing Along Tim" and made drums and shakers which we now bring out at circle time. With our friends at HAIG, we celebrated many holidays including Halloween, Diwali, Christmas and Lunar New Year. Children and adults dressed up for our Halloween Party and we held our first annual Cookie Exchange in December.



The HAIG Program has an annual operating budget of \$15,000. The Ontario Early Years Centre provides \$3,000. Every year HAIG participants help fundraise to keep the centre open. Our Pizza Lunch Fundraisers are very popular. Participants have also started a donations binder and pledge monthly donations. On Friday, March 23rd we are planning our first HAIG Date Night. Parents can leave their children at the HAIG with staff and volunteers from 6:00 p.m. to 8:30 p.m. and enjoy an adult night out. Plans are also in place for a family dinner/dance somewhere in the neighbourhood in the spring. Participants will also take part in the 4th Annual HAIG Street Sale in the spring with some of the proceeds going to the HAIG.

The HAIG is a warm, caring community. Participants and staff support each other and make the centre a comfortable place to spend time and where everyone is made to feel welcome. Come and join us on Monday and Friday mornings from 9 a.m. to 12 noon in room 10, Earl Haig P.S., 15 Earl Haig Ave.

Applegrove Parent-Child Drop-in



IT LOOKS GREAT! That's what most people say as they visit for the first time this year. The drop-in was closed in late December and early January for renovations. We now have new kitchen cupboards, a new countertop, dishwasher and tile flooring in the main room. When we moved back in, we took the opportunity to rearrange our space so we could use it more efficiently. Most people comment that it looks fresh and open.

In February we observed the Lunar New Year by creating a big red and yellow dragon. He now watches over us as we eat lunch. We made pink and red valentines for our favorite people. Black History Month was celebrated through art, stories, song and dance. Adults attended a parenting workshop and there were presentations from a literacy specialist and a lawyer advising about landlord-tenant law. In March we look forward to our own little MARCHing band parade as well as our annual visit to the maple bush. Everyday, there are opportunities to play in the sand, paint, sing, read, and make a new friend. Come and join in the fun! If you are at home with a baby or child (to kindergarten age) you are most welcome to drop in to see what is happening on Tuesdays, and Fridays from 9:00 a.m. to 12:30 p.m; Wednesdays and Thursdays from 9:00 a.m. - 3:30 p.m.

Over the Rainbow

Over the Rainbow (OTR) is funded by the United Way's Success by 6. OTR is a FREE therapeutic play program for children aged 3-5 years who are experiencing behavioural and/or emotional challenges. Children attend a weekly creative play group, while parents simultaneously attend their own group. The children explore thoughts, feelings and experiences through drama, art, stories, and play. The groups are facilitated by a Creative Arts Therapist, a Program Worker, and a Parent Worker. Recently, a new Child Therapist, Michelle Baer, joined our team. Michelle holds a M.A in Creative Arts Therapies (Drama Therapy) and is delighted to be a part of the Applegrove team. She is a member of the Canadian Counselling and Psychotherapy Association (CCPA), and the Canadian Association for Child and Play Therapy (CACPT). Michelle works in a client-centered and child-directed approach. For more information, or if you are interesting in registering for the Spring session, please contact Michelle at 416-459-4769 or overtherainbow@ApplegroveCC.ca.



Helping our Babies Grow (HOBG)

It is 1:30 on Friday afternoon and Brenda and her newborn Kyle have just arrived at Applegrove's Helping Our Babies Grow Program; Brenda wanted to be one of the first to arrive so she could talk to a Public Health Nurse about some Breast Feeding concerns. After talking to the nurse and getting some help and re-assurance, they weigh Kyle who is right on target. Brenda is relieved and goes off to chat with one of the other women in the program.

Suzan and her son who turned 6 months last week are graduating this week; they will receive a special certificate and gift to celebrate.



Every Friday Afternoon from 1:30—3:30 p.m. at 60 Woodfield Road in Applegrove's Parent-Child Room, the HOBG program welcomes women and their children to attend a workshop; get one on one support with a health care person; eat healthy snacks; and meet other women from their neighbourhood. If you or someone you know is pregnant, please tell them about our program. **Call Louise or May at Applegrove for more information.**

Summer Camp Registration

***SAVE THE DATE... for summer camp registration: April 25 from 6 - 8 p.m.
For children and youth ages 6 to 15 years***

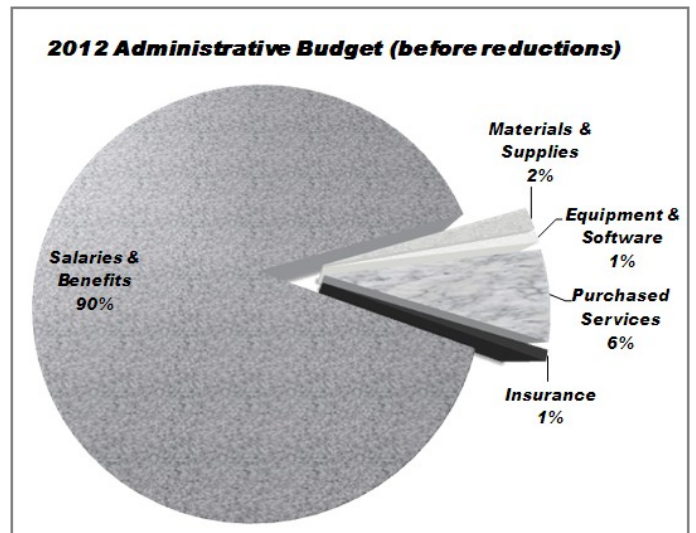
From the Board Chair

As an agency of the City of Toronto, the administrative budget of Applegrove Community Complex is funded by the City. This means that like City divisions and other agencies, Applegrove had to construct a 2012 budget with a 10% cut from the 2011 budget.

As the pie chart shows, the administrative budget covers materials and supplies, including the paper, pens, envelopes and cleaning supplies that keep the office functioning; equipment and software such as updates to the accounting program; services like postage, telephone, photocopier lease and audit fees; and contributions to the City's insurance reserve. All of these total 10% of the agency's administrative budget.

The other 90% of the budget is made up of the salaries and benefits of the three full-time and one part-time administrative staff members.

Consequently, the 10% reduction had to come from the 90% of the budget that covers staff costs.



Applegrove's Board struggled for six months to identify budget options that would have the least impact on the community and the agency itself. With regret, the Board reduced the hours of the three managers equally while maintaining full benefits. This will achieve necessary savings while minimizing the impact on the individuals.

The Board will continue to work on additional savings to meet the City budget requirements and will announce these later in the year.

As the administration changes with the budget cut, Applegrove's Board asks for patience and understanding in this challenging time.

On behalf of the Board of Management,
Sydney Schultz, Board Chair

Afterschool Program

The Applegrove afterschool program is once again a big success with many familiar faces as well as some new ones for the 2011-2012 school year.

This year we offer a variety of activities for the children including arts and crafts, cooking, baking, lots of new games, and our very popular gym time on Fridays. The kids love to taste and try different kinds of foods from all cultures and backgrounds.



Everyone takes a role in helping prepare, bake, cook and sample treats. Each month a theme makes activities interesting, fun and informative, as well as part of a learning experience. The children love to participate in our gym program; we always start with ice breakers and move to a new physical activity, followed by some free time to throw balls, play catch, skip, and use our imagination to create new games. We go on offsite trips every other month, including trips such as the movies, bowling, skating, swimming, and to the local parks in the neighbourhood. We provide healthy snacks each day with a variety of different choices and encourage the children to try new things.

Teen Program



The Teen program operates two nights a week; Mondays and Thursdays. Thursdays is very popular with gym night and Monday is the lounge night which is located on the second floor above the Applegrove office.

After consulting with the teen participants about why Mondays were not as popular; they responded that they attend other programs in the area. Based on their feedback we have decided to change Monday nights to Wednesdays as of Feb 29th.

In the gym on Thursdays, we start with a very friendly game of basketball with the teams divided into fair groups, followed by some free time at the end of the night for some other activities such as volleyball, soccer, hockey, and any other new activities that they want to try.

The lounge includes cooking, baking, workshops, arts and crafts, video games or just some time to hang out and "chill"! It's also a place to do some homework and meet new friends. Applegrove always provides a safe environment and activities for teens.

We do a variety of offsite trips, which included Laser Quest, movies, skating, Screemers, and swimming. We also have included some yoga classes, core body and toning training.

The teens are provided with a healthy snack each time they come. Anyone between the ages of 13 and 18 can join us!! Hope to see you soon. For more information, please call T.T. or Josh.

It's Tax Time

Applegrove's Income Tax Clinic is on Tuesdays, from 12:30 p.m. to 4:15 p.m. by appointment only, until the end of April. Call the Applegrove office 416-461-8143 to check eligibility and to book your appointment.

You are eligible if you:

- a single person with income of \$25,000 or less;
- 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 2011 tax year done.