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Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

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From the Director's Chair

Applegrove's members and friends enjoy our fundraising and publicity events, and we have several coming up over the next few months.

First is Applegrove's Annual Meeting. We invite all our members to come together to recognize outstanding volunteers, enjoy a free dinner, nominate new members to the Board, and more. The enclosed poster provides details.

Next comes SPA Night (Spring Pampering for Applegrove), an evening of indulgence in manicures, massage, munchies and more. Local practitioners donate their time and we sell only a limited number of tickets to make sure that every client can have at least 3 experiences. Tickets will go on sale at the beginning of April for the May 16 event. Special thanks to last year's practitioners and donors:

Alice Kilpatrick, Angela Marseglia, Angie Walker-Casselman, Barbara Schreiner-Trudel, Bridget Norris-Jones, Carole Nelson, Chris Biagini, The Artisans, Donna Wilding, Elena Rossi, Gladys Ortiz, Iain Cuthbertson RMT, Janice Holsmer, Jerom Peralta, Jessalyn Paterson, Joan Beal, John Schell, Jonalisa Arcillo, Katie Flaherty, Lick's Homeburgers and Ice Cream, Lito Cresencia RMT, Louise Rossi-Chan, Manuela Soares, Marca College, Melissa Kerr RMT, Occasions Restaurant, Renee Long CST, Unilever Canada, Salon Fortelli and Spa, Wendy Sargent, Weston's Bakery Limited, Yaz

And you can start practicing for the 2013 Toronto Challenge, a 5 km run or walk on Sunday, June 9. Your pledges will support Applegrove's programming for older adults. Watch Applegrove's website for more details.

Many thanks to all the amazing volunteers and staff who organize these events. Together, we are building community!

It's Tax Time!!

Applegrove's Income Tax Clinic is on Mondays, from 10:30 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 2012 tax year done.



Applegrove Parent-Child Drop-in



What's happening at Circle time?

Everybody says sit down sit down
 Everybody says sit down sit down
 But I can't sit down
 And I can't sit down
 Cause my feet are all full of dance around
 Bumpbeedle umpbump bumpadee
 Everybody bumpadeedle
 Dance with me!

Circle time happens every morning after snacktime, usually around 10:40. We open with a familiar song as we gather from the far ends of the drop-in. The littlest ones clap their hands or stamp their feet in anticipation. They know what's coming!

The older kids (3 or 4 or 5) put in their requests for their favorite songs, like Punchinello or Bluebird. They learn the skills of listening, speaking up, showing off their moves and giving everyone a turn. We try to include songs that relate to a craft or theme of the day. We sang, Zoom Zoom Zoom when we made rocket ships. On Valentine's Day, we sang, Skinnamarinky Dinky Dink - I love you! During Black History month, we sang Follow the Drinking Gourd (from the Underground Railway), Freedom Train, This Little Light of Mine, and drummed to Jambo.

Often we'll read a book as well. On "Bear Moon" we read Brown Bear, Baby Bear AND Panda Bear because we couldn't decide which one we liked best. That took some patience but the children rose to the occasion. They noticed the similarities and difference between the three books.

Sometimes there is a professional musician, like Sing-a-long Tim, to lead us and that's really great! Or Dave Page, an Early Literacy Specialist, visits and brings us new ideas. But mostly it's Everyday People singing together with their children...for the joy of it and to help them learn!

Everybody says what's wrong, what's wrong?
 Everybody says what's wrong, what's wrong?
 Well, there's nothing wrong
 When I sing my song
 But you better watch out if I'm quiet long!
 Bumpbeedle umpbump bumpadee
 Everybody bumpadeedle

Over the Rainbow

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



Over the Rainbow 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.

For more information, or to book an intake interview for the Spring Session, please contact the Child Therapist, Michelle Baer, BA, MA, CCC, at [416-459-4769](tel:416-459-4769), or overtherainbow@applegroveCC.ca

Helping our Babies Grow (HOBG)

Helping Our Babies Grow is a FREE, pre/post natal program supporting woman during their pregnancy. Every week you can talk one to one with a dietitian, nurse or breastfeeding specialist. You get a chance to meet and learn from other pregnant woman who live in your community in a safe, friendly and supportive place. We offer childcare for your older pre-school children and every week you get a healthy snack, \$10 grocery voucher and tokens to get you to the program.



How the program works:

You arrive at the program between 1:30 – 2:00 p.m. where you sign in and are welcomed by our friendly and supportive staff. You can sit and chat with other women or talk to our nurse, dietitian or breastfeeding specialist before you go to a workshop to discuss topics important to you and your baby. After the workshop you come back to the main room and have snack and chat to other women and the staff. At 3:30, it's time to leave and you sign out and pick up your grocery voucher and tokens (if you need them). This Free program runs every Friday in the Applegrove Parent Child Centre, in the basement of Duke of Connaught School 1:30 – 3:30 p.m.; please call Louise or May for more information 416-461-8143.

Summer Camp Registration



**SAVE THE DATE... for Summer Camp and Leadership Registration
Tuesday, April 16, starting at 6:00 p.m.**

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

Edgewood

We have started the year out with a bang! We have been busy trying to come up with fun and creative ideas to raise much needed funds to keep The Edgewood Connection open. In January, we had a snack day fundraiser and "Make Your Own" Pizza lunch. In February, we had a pancake fundraiser on Shrove Tuesday. Volunteers have already planned a Philippine "Rice Chicken Bowl" event on March 27th – because together we want to do what we can for our drop-in.



Other Fundraising ideas include:

Frequent donors to help us who make a monthly gift; twenty dollars a month from each of the families who come to our centre will help us reach our goals.

Edge Walk 3, our annual family Walk-athon that raised over \$2500.00 in its first 2 years. You and your children get sponsors and together we walk around the block and then have treats to cool us down. This event is win, win, win! The centre raises money, it's a fun whole-family (even the dogs) event and it promotes healthy activities.

Mother's Day Crafts for a special gift for your mom and "mom-like" people in your life, you get to make it yourself and take it home.

We are always searching for fun and creative ways to fundraise, so please talk to Louise if you have some ideas.

Remember we are open every Tuesday and Wednesday from 10:00 a.m. – 2:00 p.m. located in the Parish Hall of the Corpus Christi Church at 18 Lockwood Avenue.

Bring your older children with you during March Break!

Afterschool Program

Applegrove afterschool program 2012 had a great start. This fall we added 16 new spaces to the existing 20 allowing us to divide the program into two age groups, our juniors and seniors. The program has provided a safe space to learn and play. Crafts, cooking and active games are some of the activities that enable the participants to gain knowledge and values that help strengthen and develop life skills. This year the kids have enjoyed many activities such as photography; story telling workshops; baking cookies, cupcakes and pies; paintings and pastels, and many group activities that encourage team work and fair play. Kids choice activities allow the participants to really feel that they are part of the program. All day P.A day programming is now also available for participants who register. The day comes complete with morning and afternoon snack, a field trip, and a full day of activities planned and implemented by our caring afterschool staff. From relaxing popcorn and movie days and intense games of capture the flag to gourmet cooking, there is never a dull moment!! Our special thanks go to celebrity chef Chuck Hughes who cooked with the kids after presenting a cheque from Hellmann's for \$7000.



Teen Program



Applegrove's Teen Drop-In program was off to a great start in the fall with a whole new set of teens and it continues to be strong into the New Year. With fun activities like cooking, games night, open gym, girls' night, and trips, the teens keep coming back for more. The Teen Drop-In program provides youth with an opportunity to learn, grow and meet new people in a safe environment. Every month is filled with new activities and trips, and we always welcome input from our teens when planning our calendars.

Thursday nights are usually split into two groups with girls' night upstairs in the lounge and open gym downstairs where the boys usually have a fun game of basketball. Open gym night is our most popular night, while girl's night is beginning to pick up with new girls registering each week.

"Girls don't be shy"... this is the only night there's no boys allowed in the lounge. So if you know any teens aged 12-18 interested in attending the program come on by, Monday and Thursday nights from 6:30 p.m. to 8:30 p.m. With warmer weather settling in we hope to go on more trips, plan more activities and hopefully see new faces at Teen Nights. Any questions, contact Janina, Josh or Shantal.

Older Adults

The Older Adults Program has been going strong, offering program options to keep minds, bodies, and creativity active. These goals are a focus of discussion in our Seniors Advisory Council Meetings. On average, 16 members attend the Council meetings to share their views, reflect the needs of the community, and give input to program development and planning. They bring a wealth of experience, skills, and ideas to the table. Most recently, Council members identified a need for information sessions or workshops on physical and mental wellness. We are collaborating with local health organizations to make this work possible. At present, we are offering an innovative six-session workshop series on Chronic Disease Self-Management. This workshop series is presented in collaboration with the South Riverdale Community Health Centre and the Toronto Self-Management Program. Our March Lunch 'n' Learn offers a seminar on depression in the elderly, and is presented by the East End Community Health Center. In April, we welcome the Alzheimer Society of Toronto to our Lunch 'n' Learn. The topic is "Brain Train", which includes information about dementia and tips to keep the brain active. Much appreciation goes to members of the Council for keeping our program options relevant and of interest to older adults. Please see our monthly calendars for information about new and on-going programs, events, and activities.

