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Applegrove Newsletter

“TOGETHER, BUILDING OUR COMMUNITY”

March 2014

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From the Director's Chair

Applegrove's Annual General Meeting is a very special occasion. The AGM is a mandatory official meeting. But our annual get together is so much more.

First, we start with supper. Whether it is chili, lasagna or another dish, the food is always tasty and plentiful.

Then we have 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.

New for 2014, there will be a speaker! Robert Miller, local resident, Applegrove member and writer of The Ashbridge's Neighbourhood blog, will talk about changes in the neighbourhood.

Next, we offer door prizes!

Then, 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 and at least 18 years old.

And we ask you to confirm your attendance, and sign up for child care, by March 24. That way, we will make sure there is enough dessert and child care for everyone!

Susan Fletcher,
Executive Director.

It's Tax Time!!

Applegrove's Income Tax Clinic is on Thursdays, from 12:30 p.m. to 5:00 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 2013 tax year done.



Applegrove Parent-Child Drop-in



Welcome to the Applegrove Parent-Child Drop-In!

Come downstairs from the Woodfield Road entrance. Take off your coats and come in. The first thing you will see is our sandbox. You can join the other children who are plowing, filling and digging. Or you could keep going until you get to the climber and slide. Zoom! Next is the little kitchen. You can join a tea party, cook up some food or take care of a dolly. There are dollhouses and puppets to play with. Some big floor puzzles, too.

And lots of books to read. You could move on to the next room where you'll find our big kitchen. Adults are greeting each other and helping themselves to tea or coffee. There are people making monsters and fish and hearts with "playdough". Other children are doing puzzles, drawing pictures, building with Duplo, or wooden blocks or loading up trucks. Look! Train tracks! Next to the trains is an easel, always ready for you to paint a big picture. And an art table with a different activity every day.

Snacktime! Let's go see what fruit we have today. After snack is circle time. We sing some new songs and some old favorites every day. We take turns, we dance we listen to stories.

Once a month we have a special fundraising lunch. We've tasted pizza and chili and soon we'll try spring rolls. We have visits from a Public Health Nurse, an Early Years Social Worker and a Literacy Specialist. Our staff, Claudia, Jen, Qing and Laura will say hi, hold a baby, answer questions or just listen.

Visiting the drop-in is free. You can arrive and leave when it suits you. Join us and we can all learn together while meeting new friends. We would like to meet you!

We are open Tuesday 9-12:30
Wednesday and Thursday 9-3:30
Friday 9-12:30

Edgewood

I am very happy to report that we are open for business! Due to flooding and mold issues from July 2013 Super Rain Storms we had to wait for everything to be cleaned and inspected. Sadly we had to replace most of our toys and equipment but we get to play with new toys and books and puzzles.



We are adding a reading nook and will be setting up different activities at the various tables including a brand new train with 8 cars! The baby area is going to change and be cozier so adults with little babies can feel safe and secure in a smaller space.

Our March calendar has lots of fun things to look forward to:

- March 12th - we will have a fundraising snack of pancakes and fruit for \$2.00 a person.
- March 18th - please come to our Advisory Meeting so we can plan for the next few months and provide input about your centre.

To better reflect how the community visits the centre we have changed our hours to 9:30 a.m. – 1:30 p.m. Please come and play with us, every Tuesday & Wednesday at the Corpus Christi Parish Hall at 16 Lockwood Road (Queen St. East/Lockwood).

Summer Camp Registration



***SAVE THE DATE... for Summer Camp and Leadership Registration
Tuesday, April 29 starting at 6:00 p.m.***

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

Helping our Babies Grow (HOBG)

Sarah is pregnant with her second child and has come back to Helping Our Babies Grow because she knows that every week she will get an opportunity to speak one on one with a nurse, dietician, social worker or lactation specialist. Her toddler who is 2½ can play in the childcare room, make new friends and learn he can do some things without mom.

Sarah is excited because she is having a girl and Hamza who has a 5 month old daughter, brings in clothes that her baby has grown out of for Sarah's baby.



Hamza, Sarah and their children walk home after the program and have made play dates for the weekend. New friendships grow as women share stories and ask questions during their pregnancies.

Helping Our Babies Grow is a free pre & post natal program funded through Public Health Agency of Canada (PHAC), in partnership with Applegrove, Toronto Public Health and East End Community Health Centre. Our program runs every Friday and is for pregnant woman and their babies up to 6 months old. We provide a time for socializing with other women, a healthy snack, free childcare for siblings, weekly workshops, one on one health support; TTC to get you to and from the program and a grocery voucher to help you eat healthier.

HOBG program runs every Friday 1:30 – 3:30 p.m. in Applegrove Drop-in in the basement of Duke of Connaught School; 60 Woodfield Road. Please call Louise or May at 416-461-8143 for more information. Come and check us out; you and your baby will be glad that you did!!

Older Adults Program

After a long and bitterly cold winter, the Older Adults Program is looking forward to spring and the renewal that lies ahead. We have identified program opportunities that will lead us into the summer months with energy and enthusiasm.



Calling All Seniors!

Funded by the New Horizons for Seniors Program, the intergenerational project "Connecting Through Arts (CTA)" has run successfully through the winter months. During this time, CTA participants have mentored a class of students from the Duke of Connaught Public School in creative arts activities. Together, they have been active in wood carving, knitting facecloths, painting images of fish and sea creatures for a collage and working with pressed flowers to create greeting cards and pictures. Their work will be on display at our third Seniors Active Living Fair on March 7th. With project CTA coming to a close, participants have decided to start a new program called Applegrove Colour Crafters. They will meet weekly to learn and work on a variety of creative activities, enjoy each other's company and find ways to exhibit their art.

We also plan to build additional programs with a health component into our activity schedule. Participants have requested more workshops on Mental Aerobics and Chronic Disease Self-Management as well as discussion groups to create a Personal Passport to Healthy Living. Of course we will also resume our annual Walking Group in preparation for the 2014 Toronto Challenge Walk. Announcements will be posted in our monthly calendars.

If you are up to a challenge, solve these problems:

What do these three items have in common?

Telephones, calendars, playing cards

Place a + or – sign between numbers so that both sides of the equation are equal.

$$3 \quad 2 \quad 1 \quad 4 \quad 1 \quad 3 = 10$$

Afterschool Program

The Applegrove Afterschool program is having a great year. We have an amazing, enthusiastic staff team committed to planning and implementing programs that reflect respect, inclusion and diversity. We have had so many different experiences this year such as, meeting new friends, new leaders and learning new life skills through the many activities we do here.



From movie days... to cake decorating contests... to never ending capture the flag tournaments... to our first ever pool party, there is never a dull moment!!

The year is not over yet and we still have so many new adventures to look forward to. We hope that you are enjoying your time here with us and finding this program to be safe and tons of fun. If you have any suggestions or comments, our door is always open for feedback.

Our program runs from the dismissal bell at Duke until 6 p.m., Monday to Friday. For more information or to put your child on our waitlist, please call the Applegrove Office.

Teen Program



Attention.....Monday nights in the lounge have now moved to Tuesdays!!

On these nights you can often find youth cooking and experimenting with new recipes or playing board games and planning upcoming events and trips.

Despite the cold, teen drop-in basketball on Thursday nights have been extremely popular. We have seen quite a few new faces which has brought in a fresh start for the program. It also means that there's an opportunity for skilled players to learn new techniques and for beginners to learn the art of basketball in a fun and relaxed environment.

This year we will also have Applegrove's first ever teen 3 on 3 basketball tournament!! With funding from "Playing for Keeps", the participants will plan, help run and participate in this great neighbourhood event! If All youth ages 13 -18 are welcome to join, but registration is required. It's a great way to meet new people, get fit, and experience new things!

Program is open to anyone between the ages of 13-18. We are always eager to see new faces join the program. So feel free to drop in on Tuesday and Thursday nights between 6:30-8:30! See you then!

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. 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.

Our Spring 2014 program is currently full, but we will be scheduling intake interviews for the next session in May 2014. Stay tuned for summer program plans! For more information or to book an intake, please contact the Child Therapist, Michelle Baer, BA, MA, CCC, at 416-459-4769, or overtherainbow@applegroveCC.ca