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Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

March 2015

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From the Director's Chair

I am delighted to invite you to Applegrove's Annual General Meeting on Monday, March 30. It is always a very special celebration of Applegrove's work and our people. While an annual meeting is a requirement, our annual get together is so much more.

First, we start with supper. Louise is making her locally famous chili this year!

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.

Like last year, we will have a speaker. Chris Brillinger, Executive Director of Toronto's Social Development, Finance & Administration Division, will talk about the importance of neighbourhoods and the role of community centers.

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 as of Feb. 25, and at least 18 years old.

Please confirm your attendance, and sign up for child care, by March 25. 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 Tuesdays, from 10 a.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 \$30,000 or less;
- a 2 person family with income of \$40,000 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 2014 tax year done.



Applegrove Parent-Child Drop-in

Post-holiday winter doldrums? Not at the drop-in!

The drop-in participants:

- Created pop-up puppets for Groundhog Day.
- Made scary monster faces for Setsubun-Sai, bean throwing day in Japan.
- Chose our seat on the bus with Sister Rosa.
- Read books, sang and danced to celebrate Black History Month.
- Constructed fancy hats and ate pancakes for Mardi-Gras.
- Made a big paper mache project to bring in the Year of the Goat and learned how to make spring rolls for Lunar New Year.
- Ate hamintashin for Purim.



March will bring us marching ants, marching bands, the wearing of the green and...can it be true?.. the Spring Equinox! Our community Soup fundraiser will let us share new taste sensations.

Every day we play in the sand, play with lego, play with playdoh, play with animals, teapots and trucks. We sing every day, take turns every day, smile and work out our differences.

Do you want to play and learn with us? The drop-in is a free program for babies, pre-school children, parents and caregivers. Staff are here to help, lend an ear, have an idea, make a suggestion.

We are open Tuesday-Friday 9 a.m.-2 p.m.

Come and Join Us!!

Edgewood



The Edgewood Connection has moved from Corpus Christi Church due to ongoing health and safety issues that will result in major renovations; we are sad that our partnership with the Corpus Christi Church Community has ended but happy that we were able to run the drop-in in such a welcoming space.

Louise has been offering activities on **Wednesday evenings from 5:30 to 7:30** in the Applegrove drop-in. We hope this will accommodate working parents who cannot get to the drop-in during the day. Children ages 0 – 6 years and their parents and caregivers are welcome!!

Beginning the week of March 23, we will be running the Edgewood Program at a new location. We are looking forward to a new partnership with Rebellion Gallery.

**1495 Gerrard St. E., (west of Coxwell)
Tuesday and Wednesdays 12 noon to 3 p.m.**

Summer Camp Registration

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

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

For children and youth ages 6 to 15 years



Helping our Babies Grow (HOBG)

A New Year and a New Day!

In January, the Helping Our Babies Grow, CPNP Pre & Post-natal Program moved to Monday mornings.



Each week participants come for support from the Toronto Public Health Nurses, nutrition support from our Dietitian, breastfeeding advice from a Lactation Consultant and socialization with the other women who come to the program. There is one-to-one support, a workshop, a healthy snack, free childcare for siblings, and we provide a grocery voucher and tokens if you need them.

The program runs every Monday morning in the Parent-Child Drop-in from 9:30-11:30. Please call Louise for more details 416-461-8143.

Older Adults Program

Over a century ago, C. S. Lewis wrote: "You are never too old to dream". So, in honour of C. S. Lewis, dream big. Turn the radio up, blow bubbles, let raindrops fall on your face, walk barefoot in the sand, let your hair blow in the wind . . . no matter how old you are.

The Older Adults Program is dedicated to offering activities that keep mind, body and creativity active. As participants get to know each other, friendships and social connections and networks develop and are central to the success of our programs. The fall and winter months were filled with activities such as learning Spanish, Tai Chi, or computers; playing games; writing memoirs; enjoying arts and crafts and much more. Participants took initiative to start new groups for board games and indoor walking. They enjoyed outings to the Elora Gorge and the Royal Botanical Gardens and celebrated Christmas and the New Year with parties to remember. What stands out amidst our activities is this: we all have dreams, dreams to learn or experience something new, dreams to make a difference and dreams to share our lives.

Participant Lily shared one of her dreams in her poetry class, as follows:

*Dream. . . One late night, I awaken, sit up
Energated by moonlight streaming through the
small open window. I turn my head to look outside
and I am greeted by an enchanting scene. There
are wee fairies and leprechauns, smiling, dancing
and shining the leaves of flowers and vegetables. I
blink. When I open my eyes, "the little people are
gone". I often wish that I had never blinked. Yes, I
believe in fairies, leprechauns, angels.*



Do you believe in fairies, leprechauns, angels?

50+ Active Living & Information Fair

Wednesday, March 18, 10:30 a.m. - 2:30 p.m.
60 Woodfield Road (in the gym)

To register or for more information, please call Renate or May 416-461-8143

For older adults and their families!

Experience an event that opens doors to healthy, active living. Enjoy a free light lunch, a variety of local exhibitors, guest speakers, workshops, prizes, information bag, and more!

Afterschool Program

Spring is upon us!

We are looking forward to the warmer weather so we can get out, stretch our legs, shake off those winter blues and enjoy the great outdoors.



This spring, we have planned many exciting program activities that focus on new beginnings, nature exploration, Earth Day, physical fitness, and healthy living. Activities such as planting, Spring scavenger hunts, healthy cooking challenges and team building activities are some of the excitement that we have in store for 6 to 12 year olds.

As always, these activities are designed to give our afterschool program participants a positive environment where they can feel safe, learn, build connections and be part of a caring community. We hope that all the children are enjoying the Applegrove afterschool program thus far. To ensure every child has the full experience, we are always open to comments and suggestions.

Abby DeGuzman,
Afterschool Program Lead

Teen Program



Attention All TEENS!! ..Gym nights are now on Tuesdays and our lounge activities will be on Thursday evenings.

On Tuesday evenings, basketball continues to draw crowds of youth to the program to stay active during our cold winter. The evening starts with a warm-up with casual shooting and one on one matches. When everyone arrives, teams are divided up and a scrimmage takes place. The group tries other activities and sports too, but basketball seems to be their favourite.

On Thursdays which are our lounge activity nights, you can often find youth cooking and experimenting with new recipes, chilling with friends or playing board games and planning upcoming events and trips.

Program is open to anyone between the ages of 12-15 years. 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!!

It's a great way to meet new people, get fit, and experience new things!

Over the Rainbow

Over the Rainbow serves children ages 3 – 5 who are experiencing emotional and/or behavioural difficulties. Over the Rainbow had a great year, helping children express themselves through play.



Earlier this year, we ran two smaller groups where we were able to give the children extra -personalized attention. So far we have used a multitude of tools for therapeutic activities including sand, finger painting, songs, photographs, and make-believe.

Our corresponding parent group is also going extremely well. We have been making excellent use of great resources such as Barbara Coloroso's video "Winning at Parenting ". The group also gives parents the opportunity to share resources and experiences, bounce ideas off each other, and listen to speakers lecture on a wide variety of topics around parenting. .

For more information, contact Hayley Fisher, the group's Child Play Therapist, at 416-459-4769 or at overtherainbow@ApplegroveCC.ca. A few spaces are still available for our Spring session.