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Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

March 2017

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From the Director's Chair

On behalf of the Board, I am delighted to invite you to Applegrove's Annual General Meeting on Monday, March 27, 2017. While an annual meeting is a requirement, our get together is a very special celebration of Applegrove's work and our people.

We start with a complimentary supper, followed by 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.

In addition, Diane Walton, photographer, dog-lover, realtor and author of "A Day in the Life . . . Leslieville Lives", will share insights about the neighbourhood.

The meeting ends with door prizes before 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 February 24, 2017, and at least 18 years old. I look forward to seeing you at the AGM on March 27!

Susan Fletcher,
Executive Director.



Summer Camp Registration



**For Summer Camp and
Leadership Registration**

**Wednesday, April 12, 2017
Applegrove Office
6:00 p.m.**

**Please note:
Caregivers will draw numbers for
registration order at 5:45 p.m.**

Income Tax Clinics

Applegrove's Income Tax Clinic is on Tuesdays, from 10:00 a.m. to 5:00 p.m. by appointment only, from February 28 to April 25. Call the Applegrove office to check eligibility and to book your appointment.

free

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 2016 tax year.

Applegrove Connection

Good Morning!! That's the first thing I hear when I get to the drop-in. Kim and the children she cares for are usually waiting for me (even though I arrive at 9:00 a.m.) so they can come in and help set up for the day. We unlock the door and the children are ready to go set up toys and roll out the



carpet. By 9:30 puzzles are ready to put together, dinosaurs are waiting for adventure and blocks are hoping to be stacked. At the craft table our student, Alexis is prepping putting out glue, paper, crayons and scissors for busy hands to get to work. At 10:25 Louise heads into the kitchen to make snack. Kim and the other adults encourage the children to tidy up and everyone sits at the snack table. Today we are having cantaloupe, cheddar cheese and gold fish. Adults hand out napkins and then help serve the children.

Louise is finding the book to read at circle time and sits with the children who do not want snack, patiently waiting for our friends to join circle. When asked, Jackson says he wants to sing "Roly Poly", Lyla wants to do "Twinkle, twinkle" and Julien wants Zoom Zoom. After story time we will sing "Sleeping Bunnies". Circle time is over, over; circle time is over; it's time to play.

Every Tuesday and Wednesday morning children up to age 6 and their adults come to play, learn, socialize and grow in a safe, comfortable and friendly place.

Please join us. Located in the hall of the Toronto Formosan Presbyterian Church @ 31 Eastwood Road. Call during program hours at 416-459-0231 or the Applegrove Office at 416-461-8143 for more information.

Helping Our Babies Grow



Every Monday morning something special happens at Applegrove; pregnant women and new mom's get together and talk about how they are feeling and what is going on with their bodies and babies. Health staff and support staff are available to talk to them one-to-one or they will present a workshop. We have childcare for older siblings where they learn that it's okay to be away from mom for a little while. Workshops discuss topics that women want to know such as: how is my body changing, what happens during birth, what are my birth options, what is normal for my 1 month old baby. When the workshops

are over, everyone eats a healthy snack before going home and receives tokens and a gift card. This is a free program where Nurses, Dietitians, Breastfeeding Specialist and support staff work together to provide this service.

Summer Camp and Leadership

Summer camp 2017 is fast approaching. We're excited and gearing up for a summer of new adventures, fun activities, old friends and new faces. Our goals are to continue to provide a fun, safe and welcoming environment where campers can thrive and experience new life skills, encourage confidence, and meet friends.



Every week we provide campers ages 6 to 12 years with new adventures including weekly trips to places like the Science Centre, Berry Picking and the CNE. Swimming, cooking, sports and games are part of the daily activities and every week we have a special event on Friday mornings. Campers can come and have breakfast with their friends and we provide a snack every day. So come and join us for another great summer. We look forward to seeing you again. Summer camp registration is on April 12, 2017.

Summer Leadership is geared for our older participants ages 12—15 years old who are looking for new and more challenging activities. Leadership workshops, cooking challenges, planning activities or events, and cool trips are some of the things they will be doing. Three 2-week sessions are offered during the summer; registration will take place on April 12 starting at 6:00 p.m.

Parent Child Drop-in

Happy New year from the Parent/Child Drop-In!

We would like to thank everyone for an amazing year of playing, creating, learning and sharing. We are excited to announce that we achieved our fundraising objective for 2016 and would like to thank everyone who volunteered their time and effort to make that goal a reality.



Please welcome our newest team member, Stacey, who is a registered Early Childcare Educator with a strong understanding of child development. She has many years of experience planning and implementing programming for children of all ages. Jennifer, Josh and Qing are very excited to have a full staff team.

The start of the year is always an exciting time in the centre. We just completed our Special Project for the Lunar New Year. As a community, we created, assembled and decorated a large paper mache rooster. The project provided opportunity for the children to exercise their motor skills while exploring different sensory materials. It promoted discussion and learning between caregivers and children and encouraged social skills such as turn-taking and cooperation. Sporting brightly coloured feathers, the rooster will hang in the centre for years to come. Our next special project will be celebrating Black History Month.

We are pleased to announce that our monthly Public Health Nurse and Early Years Social Worker visits will continue throughout the 2017 year; please check the Program Calendar for dates.

Older Adults



Our innovative programming helps to engage older adults in activities to keep them connected to their friends and peers and the community. One program highlight over the fall and into the winter months is the intergenerational project, Connecting Through Technology. Participants learned about mobile tech and the internet through lessons and one to one work with youth from the Duke of Connaught Public School. This process of learning and connecting with younger generations is lots of fun and has been a huge success.

Another program highlight was our New Year's Party celebrated in January of 2017. The event included a New Year's skit performed by four program participants; along with music and videos of 2017 New Year's celebrations, table conversation and more. We had two rehearsals for the skit and the show along with music, dance and glitter was awesome! We received lots of applause and requests for similar performances in the future. Congratulations go to Don, Katharine, Peter, Shirley, and also Mohammad, who was our back-up actor.

These highlights do not take away from other on-going programs and activities, but show us that good things happen when people work together and try to make a difference in our program and the community.

If you want to find out more about our program activities, please call us or check our monthly calendars for information. Thanks, Renate Schober.

Junior Leaders

Applegroves' brand new Junior Leaders afterschool program is off to a great start! In our first session, we were able to tweak the program to the kids' interests and what they wanted to do. The first session was filled with plenty of learning opportunities. The junior leaders took on workshops, team challenges, cooking challenges and more, and succeeded in all of them. They completed first aid CPR training and planned 3 fantastic special events for our afterschool program. With all that learning under their belt, this group of kids are ready to take on another 10-week session of leadership and fun. We are excited about the new session that started February 7 and making new friends! We look forward to the continued success of the program.



Over the Rainbow



Over the Rainbow is a therapeutic play program for children ages 3-5 years old who are experiencing social, emotional and/or behavioural challenges. Children are able to express thoughts, feelings and experiences and learn new coping skills through creative arts and play therapy. In the children's group we play musical instruments, use puppets, create expressive art, use select therapeutic toys and engage in fun games that help young children learn about themselves and make meaning of their world. A parent/caregiver support group is offered during the same time to share new techniques, offer peer support and the benefit of joining the children at the end of each session to participate in practicing coping skills together. We are currently meeting with families who would like to participate in our Spring Program, set to start in late April 2017. If you and your child(ren) might benefit from this program, please set up an intake interview with Michelle, the Child Therapist. Email: overtherainbow@ApplegroveCC.ca or call 416-459-4769.

Afterschool Programs

Applegrove Afterschool Program

We're off to a great start this New Year. Our first ever holiday camp was a great success. We went on amazing field trips to a board game café, Allen Gardens and a movie day at Rainbow Cinemas. We participated in a drama workshop with TIFF and got to see the Toronto Maple Leafs at Greenwood Park. 2017 is going to be filled with even more fun, new activities and experiences. We are embracing the cool, crisp weather and enjoying the snow and the outdoors. We've taken part in more physical activities focusing on team work and cooperation, added more creative art projects, explored cooking activities from around the world and practiced our literacy skills through drama, music and dance. This year, our goal is also to explore different P.A. day programming trips; our January trip to the Aga Khan museum was mesmerizing with all of the different artifacts and we ran into Premier Kathleen Wynne too. In February we are going to the Design Exchange where we will attend a workshop and learn about different materials. We look forward to bringing new and fun experiences. We are having March Break Camp again this year; if you are interested please register now, please keep in mind that spaces are limited. As always the door is always open for comments, questions and suggestions so please feel free to contact us at the Applegrove office and we will be happy to assist you.



Applegrove Connection Afterschool Program (Satellite Location)

Applegrove is branching out its reach and providing needed services to new neighbourhoods! We stretched the reaches of our afterschool program to Bowmore Public School. With the help of the Toronto Formosan Presbyterian Church, we were able to attain space to provide afterschool care to the families at Bowmore. Our numbers are steadily growing and our participants are having a great time with arts and crafts, games and cooking. Pokémon Monopoly has been a favourite group game. Kids have also enjoyed science activities from ice experiments to making slime. All activities have been a great success. Applegrove is excited to continue to make connections in the neighbourhood and offer our services to our ever growing Applegrove Family.



Teen Program

Tuesday Night Open Gym is always popular!! Teens come to the gym to play basket ball, frisbee or just hang out and have snack. The core group of teen participants continues to grow each week; they enjoy coming to their program with their friends. Thursday lounge nights are becoming more and more busy.



Teens enjoy cooking and baking challenges (especially the eating), movie nights and games, lately, we've enjoyed a never ending game of Banana-grams, Connect 4 tournaments and participated in open discussions on current and interesting topics. Our goal this year is to be more involved in our community, take part in workshops that affect our daily lives and continue to encourage teens to participate and volunteer in the community. If you have any questions give Abby, Nanor or Paulina a call. The Teen drop-in is for teens ages 12 – 16 and happens every Tuesday and Thursday evening from 6:30 – 8:30 p.m.