



# Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

Winter 2008

[www.ApplegroveCC.ca](http://www.ApplegroveCC.ca)

## From the Director's Chair

Applegrove has been blessed with generous friends and members! Some of these people are

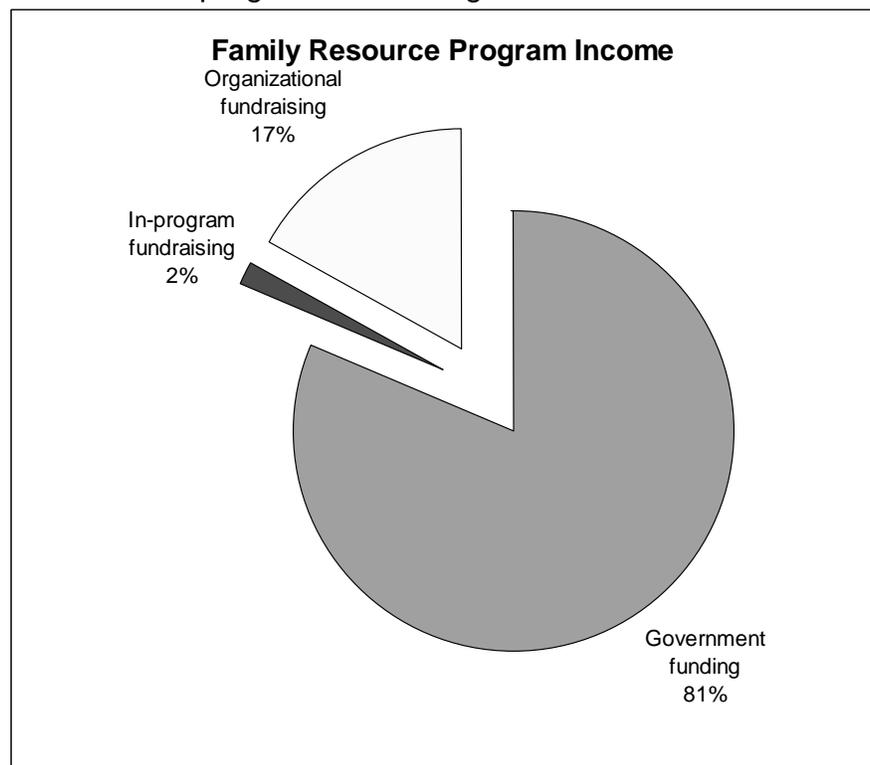
- participants who responded to our September request for donations;
- United Way donors who designate their payroll deductions to Applegrove;
- families who enjoyed activities at Applicious;
- TD Canada Trust, Nelvana and the Ontario Apple Growers, the Golden Delicious sponsor for Applicious;
- everyone who shopped at Pasta Fest;
- Royal Bank who donated \$500 to our family resource programs; and
- all the Parent/Child, Edgewood and HAIG families who attend fundraising lunches or contribute to Frequent Donor Plans for in-program fundraising.

The pie-chart shows that the largest portion of our family resource program income comes from government funding. There is a small slice of in-program fundraising and a medium slice that comes from special events like Pasta Fest, from individual donors, and from businesses and corporations. On behalf of all the families and children that attend these programs, I applaud your generosity.

And making a donation is good for you as well as good for Applegrove. People who donate to charity are healthier and happier, and they even lower their income taxes.

To receive an income tax credit, charitable donations must be made by December 31, not the end of February like RRSP contributions. This charitable tax break is a credit, not a deduction from taxable income – it's

subtracted from your taxes. Donations of \$200 or less reduce basic federal taxes by 15% of the amount donated. Donation amounts above \$200 reduce basic federal taxes by 29% of the amount above \$200. Reduced federal taxes then mean lower provincial taxes for further savings!





# Program Information



## HAIG Family Resource Program

The HAIG continues to be a hub of energy and enthusiasm. We have new friends to play with and many more hands to help us. We've started a new initiative where we ask for volunteers on a daily basis to help prepare snack and tidy up. If everyone helps out once in a while, the work will get done faster.

The HAIG is a drop-in centre and by nature is fairly unstructured. We open and close at the same time; snack and circle are at approximately the same time everyday but all the other activities and toys are available for you to play with anytime. You can drop in at 9:30 and play with playdough or drop in at 11:45 and play with playdough. Puzzles can be out at 10:00 and out at 12:00. Drop-ins are fun, friendly and flexible.

Tidy up at the HAIG happens as a group before snack. We put all of the toys away, tidy up the craft table, put the puzzles and playdough away, eat snack and have circle time. We encourage adults to help their children tidy up as they go. This is not natural to toddlers as they like to dump and dump and dump, but with your help they can learn that putting one toy away before moving to the next is a natural part of play. The Staff also ask that before you leave for the day you encourage your child to pick up 3 or 4 toys so there is not a big mess to clean up at the end of the morning.

Watch for details of our Christmas Party which will be on December 19<sup>th</sup>; there will be a sign up sheets for special gifts and for potluck items. In January we are having our first workshop; the topic will be Dental Health on Friday January 23<sup>rd</sup>. We're also having a Chinese Bun Fundraising Sale on Friday January 30<sup>th</sup> in honour of Chinese New Year.

**The drop-in will close for two weeks after the Christmas Party December 19<sup>th</sup> and re-open on Monday January 5<sup>th</sup>.**

Drop-ins encourage co-operation by everyone who visit the centre; adults and children alike. The HAIG is a nice place to come, play and meet new friends. Join us Monday and Friday mornings from 9:30 a.m. – 12:30 p.m. in room 10 of Earl Haig P.S.



## Helping Our Babies Grow

Pregnant? Concerned about your health and the health of your baby? Join this health and nutrition program for women living between Greenwood Avenue and Victoria Park Avenue, and south of Danforth Avenue. The program runs in the Applegrove Parent/Child Drop-in centre on Friday afternoons from 1:30-3:30 p.m. A nutritious snack is provided, along with a \$10 grocery voucher and TTC fare if needed. Childcare is provided.

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## Applegrove Parent-Child Drop-in

We have had a fabulous fall season at Applegrove Parent-Child Drop-in Centre. We rode a bus to visit an apple farm, climbed on the tractors, picked apples and played in the hay. When we got back we made applesauce and painted apple trees.



Before Halloween we made skeleton pictures and learned that our bones are inside us and help us stand up tall. Adults and children learned what foods will help our bones grow. We painted spiders and bats and pumpkins, scooped and carved a pumpkin and sang songs in the dark by the light of the pumpkin.

It was even darker in the Planetarium at the Ontario Science Centre. We lay down on the floor to look up at stars and the planets zooming across the night sky. We danced with our shadows, pushed, poured and measured.

The falling leaves will inspire more art. There is always paint, sand, playdough, puzzles and an array of toys available. As fall turns to winter we'll find much to celebrate with songs, food and friends. You and your children (from newborn up to 6) are most welcome to join us. Just drop by anytime

Tuesday 9:00 a.m. -12:30 p.m.,  
Wednesday and Thursday 9:00 a.m. - 3:30 p.m.  
Friday 9:00 a.m. - 12:30 p.m.



# Program Updates



## The Edgewood Connection

As part of "The Toddler Creed" says...



If I want it, **IT'S MINE!**  
 If I need it, **IT'S MINE!**  
 If I give it to you and change my mind later,  
**IT'S MINE!**  
 If I can take it away from you, **IT'S MINE!**  
 If I like it, **IT'S MINE!**  
**And so on...**

Sharing and waiting for their turn is a hard lesson for all children to learn.

Although we all want our children to share all of the toys, it is an unreasonable expectation for children 3 and under to do this willingly. Children need to learn to share but it is a concept that is difficult for toddlers to grasp.

For example, Johnny is playing contently with a toy, when another child comes and either forces his/her way into the play and grabs the toy. When Johnny gets justifiably upset, he is told, "you must share", when in fact; the child who took the toy should be redirected to wait their turn.

Please redirect your child if needed. Otherwise, please help your child express their frustration without anger; another concept that is difficult for toddlers to grasp.

These concepts are hard to teach and even harder to learn but in the long run it will be beneficial for both of you.

Please join us at the Edgewood Connection every Monday, Tuesday and Wednesday morning from 9:30 – 12:30. We have snack at 10:30 and then it's open gym time, so your child can bounce balls, ride cars, climb climbers and run, run, run!



## Teen Drop-In

Our Teen Program is off to another great start!

43 different participants visited the program in the month of October including many new young faces as well as our regulars from past years. This year, Tuesday nights are a combination of open gym in the Woodfield gym and girls night in the Applegrove Lounge.

So far, program participants have enjoyed nights of basketball and volleyball, baking cookies and applecrisp, a workshop on healthy body image and self-esteem, spaghetti dinner, pumpkin carving and a trip to Screemers Haunted Mansion at the CNE.

This winter, the teens are looking forward to earning volunteer hours at the Air Canada Centre selling 50/50 tickets for the Raptors Foundation, more cooking and baking experiences, holiday themed activities and celebrations and more!

Program hours are:  
Tuesdays and Wednesdays 6-8 p.m. in the Applegrove Lounge.  
Tuesdays are open gym nights in the Woodfield gym.

Drop by and check us out!

## Over the Rainbow



Applegrove's innovative therapeutic play program is offered in partnership with Thorncliffe Neighbourhood Office. Now in its sixth year, Over the Rainbow is funded by the United Way's Success by 6. The program works with young children who have difficulties in their development or relationships due to stressful life circumstances. Or they are having trouble interacting with other children and displaying age appropriate social skills. An art/play Therapist works closely with a small group of five children to determine their emotional needs and to provide them with opportunities to explore their feelings and develop new coping skills through play therapy. Various concepts and themes are introduced on a weekly basis, using a variety of individual and small group activities in art, dramatic play, games, music, puppetry and stories. A parent program runs parallel to the children's group and is facilitated by a Parent Worker. Parents have an opportunity to meet with other parents, ask questions, gain and lend emotional support, share experiences, and learn new strategies for understanding and supporting their children's emotional growth and development. The parent group also provides information about the children's experiences in the therapeutic play group.

**For more information, contact Nikki Goldman at 416-528-9922.**

## Applegrove Afterschool Program



The afterschool program has been busy over the past few months and activities

have been fun and educational. As the days have gotten colder, we have been trying to keep warm by baking pumpkin pie bars, cooking butternut squash soup and making Diyas (candles) for Diwali. We exercised our creativity by working on sketching and painting projects. We kept our bodies energized with active games of soccer baseball and capture the flag. There's a lot more planned in the upcoming months. Check out our calendar and we hope to see your child there!!

### **Afterschool Activities:**

Mondays – Baking Club  
Tuesdays – Cooking Club  
Wednesdays – Creativity Plus  
Thursdays – Celebrations  
Fridays – Kid's Choice

**Location:** 60 Woodfield Road  
(in Duke of Connaught School)  
**Time:** 3:30 - 6:00 p.m., Monday to Friday  
**Cost:** \$5.00/day for cooking and baking  
\$3.00/day for other days  
**or** \$15.00 per week  
(monthly commitment required)  
**Contact:** 416-461-8143

*Just a reminder, for baking and cooking participants, you are welcome to leave a plastic container at Applegrove to take home any leftover goodies.*

## It's Tax Time!!



Applegrove's Income Tax Clinic will be held Thursday afternoons, from 1 to 5 p.m. by appointment only, beginning March 5, 2009. The clinic is for those with low income and simple tax returns.

### **You are eligible if you:**

- are a single person with income of 25,000 or less;
- are 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 2007 tax year.

Call the Applegrove office 416-461-8143 to determine eligibility and to book your appointment.

**Applegrove Community Complex sends out heartfelt thanks to the following for their generous support:**



### **Pasta Fest:**

Art Gallery of Ontario, Baron Byng Legion, Big Carrot Natural Foods, Boardwalk Pub, CN Tower, Corus Entertainment, COSTCO (Warden/Ellesmere), Court Jester Pub, Dufflet Pastries Ltd., Druxy's Famous Deli, Food Basics (Gerrard Square), Grand River Toy Company, Il Fornello, Jawny Bakers Restaurant, Keg Restaurants Ltd., Lorraine Kimsa Theatre for Young People, Louise Kool & Galt, Mandarin Buffet, Mastermind Educational Toys, Mr. Greek Mediterranean Grill, The Old Spaghetti Factory, One of a Kind Craft Show, Ontario Place, Ontario Science Centre, Parent Books, Councillor Sandra Bussin, Second City, Shear Madness Hair Studio, Shopper's Drug Mart (Queen/Carlaw), Six Shooter Records, Stephanie Beeley Photography, The Toronto & Region Conservation Authority, Toronto Blue Jays, Toronto Maple Leafs, Treasure Island Toys, Unilever Canada Ltd., Via Rail Canada, Barb, Brenna, Carmi, Debbie, Donald, Jennifer A., Jennifer Y., Joanne, Jordan, Joyce, Katherine, Mary, Pierre, Qudisia, Ryan, Shernel, Ulina, Wally.

### **Recent Donors:**

Jays Care Foundation, St. Andrew's Society of Toronto, Kraft Canada, Raptors Foundation, Toronto Heart Health Partnership, Geoffrey H. Wood Foundation, Star Fresh Air Fund, Excellence in Literacy Foundation, IKEA, CHUM Christmas Wish, Royal Bank of Canada, South Riverdale Community Health Centre, United Way, Toronto District School Board, Main St. Cardio, TD Canada Trust, Ontario Apple Growers, Beaches Rotary Club, Rick DeClute, RE/MAX Hallmark Realty Ltd., and many individual donors.