



# Applegrove Newsletter

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

“TOGETHER, BUILDING OUR COMMUNITY”

Fall 2008

## From the Director's Chair

I am so excited about Applicious, our new family-friendly fall festival on September 20 from 11 to 4 at Woodbine Park (Queen and Kingston Road).

Families of all ages can

- Play games like giant "Snakes and Ladders"!
- Craft an apple magnet or tree decoration!
- Test your (artificial) apple tossing skills!
- Speed through an apple sack race!
- Enter apple peeling contests!
- Jump in the bouncy castle!
- Learn about services offered by local organizations!
- Munch on yummy apple treats, hot dogs and more!



Admission is free and activities have a small cost. Multi-tickets go on sale on September 2 for just \$10 for 14 tickets or \$20 for 30 tickets in advance. At the event, tickets will cost \$1 each, 12 tickets for \$10 or 25 for \$20. Wear a red shirt to Applicious and receive one free activity ticket!

Proceeds will support Applegrove programs such as our family resource centres, pre- and post-natal program and more. Sponsors include TD Canada Trust and the Ontario Apple Growers. Applegrove gratefully acknowledges the support of the City of Toronto Community Festivals and Special Events Investment Program and the Parks, Forestry and Recreation Division.

Susan Fletcher

## Applegrove Leaders Program

In July, Applegrove introduced a new leadership program for youth 12-14 years of age. The program offered opportunities for young teens to build confidence & self-esteem, gain leadership & team building skills and develop life skills such as cooking, planning & budgeting. The program also made sure that the teens would have a well-balanced summer experience by providing fun and exciting activities such as swimming, sports, workshops, crafts and field trips.

This summer's highlights include:

- Wild Water Kingdom
- Trip to the Ropes Course at the Islands
- Rock Climbing
- 3-course meal shopping and cooking sessions
- First-Aid/CPR training
- Baby-sitting course
- Toronto Film Festival Film-making workshop
- Hip-hop Dancing
- Moksha Yoga



The program ran successfully with 14 different participants registered, many of whom are already excited to return next year!

60 Woodfield Road, Tel: 416-461-8143, Fax: 416-461-5513



# Program Information



## HAIG Family Resource Program



Welcome back! We have a busy start to our year: Harvest Moon Festival, Onam, Autumn Equinox, and Rosh Hashanah are many of the multicultural events we will celebrate with crafts, snacks and stories. Applegrove is hosting Applicious on September 20<sup>th</sup> and our first Advisory meeting of the year is on Friday October 3<sup>rd</sup>.

In the fall we also have HAIG's Birthday; we're two years old in October. We'll have a special snack and sing happy birthday to us to celebrate; see the October calendar for specific details!

Many families and friends have come to play at the centre and learn new songs, play on the big climber, do crafts and race cars, just to name a few of our everyday activities.

Part of our daily routine is to encourage children to tidy up toys. For smaller children that means a helping hand from their adult and for the big kids and toddlers, it means learning to put one toy or puzzle away before getting another one. We do a group tidy right before snack.

A new idea we are starting is to encourage all adults to help with the upkeep of the centre through a daily sign up sheet. If able, adults are asked to sign up to help with snack, do the dishes and clean the tables. If everyone helps out, it will make the load easier for all of us.

HAIG is open Monday and Friday mornings 9:30 a.m. – 12:30 p.m. and we are located in room 10 of Earl Haig School, 15 Earl Haig Avenue. You can call us during program at 647-880-0477 or at the Applegrove Office 416-461-8143. Come and play with us.

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## Over the Rainbow

Over the Rainbow is a therapeutic creative play program for young children who may require extra support in areas relating to social or emotional health. An accredited art therapist facilitates the children's program. Children use art, drama and story-telling to explore feelings, experiences and behaviours, while parents are given the opportunity to discuss parenting topics in a supportive group environment. Parents have an opportunity to discuss their child with staff. The program consists of 8 - 10 weekly sessions for children and parents.



Each session uses both art and play to explore a particular theme. Over the course of the sessions the children have an opportunity to experience hands on activities that allow them to creatively learn about different issues. Although there is a different theme for each session, examining our "feelings" is an integral part to the program. Some of the themes include: family, culture, nutrition, wishes, safety and friends. Each session is broken down into five different transitions. Beginning with our opening circle, where we use our "feeling puppets" to understand our various emotions, children are required to pick a puppet to represent how they feel and make an association. A game of some sort is usually played at this point, the purpose of the game is to encourage turn taking and patience. The game is always based on the theme selected for that day. Followed by that, the children complete a craft based on the theme. There is a period of time devoted to non-directive play where the children learn to interact and initiate play with others. The session ends with our closing circle where we again examine our "feeling puppets" and finish off with a story based on the theme.

The "Over the Rainbow" program is extremely beneficial for those children with low self-esteem, transitional issues, separation anxiety and other developmental difficulties. An intake interview is required for the program so parents get an opportunity to meet with the art therapist and parent worker. If you are interested in registering for our fall session, please contact Nikki at 416-528-9922 or [overtherainbow@thorncliffe.org](mailto:overtherainbow@thorncliffe.org)

**Our next session starts on Monday September 22<sup>nd</sup> from 2:00 – 3:00 p.m., and runs for 8 weeks.**



## Program Updates



### The Edgewood Connection



Stop the presses!

We have big news...

IKEA Canada has generously donated a brand new kitchen to the drop-in. This amazing donation not only includes all of the materials and a dishwasher but also through the generosity of Peg Corporation the tear down of the old and assembly of the new kitchen. We're having a "Kitchen Party" with snacks and guests on September 16<sup>th</sup> at 10:30 to celebrate our amazing gift.

We have so many things to celebrate this fall; our new kitchen, Keiro No Hi and the Harvest Moon Festival, the Autumn Equinox, Rosh Hashanah and our annual Fundraising Feast of Eid-ul-Fitr. And of course Applegrove's new "fun for the whole family" event Applicious on Saturday September 20<sup>th</sup> in Woodbine Park.

Don't forget Pasta Fest October 25<sup>th</sup>.

The Edgewood Connection is located in the Corpus Christi school building at 42 Edgewood Avenue and we are open Monday, Tuesday and Wednesday mornings from 9:30 a.m. – 12:30 p.m.

Some of the activities we do regularly include:

- Play with the different toys in a big open space
- Create works of art at the craft table
- Build play dough sculptures
- Do puzzles and playing games with friends
- Eat snack at 10:30
- Run, jump, climb and ride in the gym
- Sing songs and read stories
- And for the adults there is free coffee and tea

You can reach us at 416-461-3060 during program hours or at the Applegrove Office 416-461-8143.

We look forward to welcoming you to our centre.

### 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.

### Applegrove Parent-Child Drop-in

We had a fun and busy summer at the Applegrove Parent-Child Drop-in Centre.



To prepare for our trip to Riverdale Farm we made bunny ears, duck hats, sang a donkey song, painted some mud for pigs to squish in and repainted our big sheep. Now she's a "baa baa black sheep".

We celebrated Caribana with shakers, drums and spectacular home made costumes. We danced in our own parade. In August we swam in a lake, dug in the sand, made lady bugs, green and speckled frogs and a long long snake.

September has arrived and some of us have moved on to kindergarten and grade 1. The little guys are suddenly the big kids. We always look forward to meeting new friends. Maybe you? If you are at home with a child, newborn up to age 6, drop in and check us out. It's a free program and you are welcome to come as often or as little as you like. There are always puzzles, toys, snacks, songs, sand, paint, books and something new to learn.

**We are open:**

**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.**



## Applegrove Afterschool Program

**Mondays – Baking Club** We will learn how to make delicious baked goodies. Children will learn how to measure ingredients, read recipes, and gain practical experience in the kitchen.

**Tuesdays – Creativity Plus** Come and explore your creativity through activities such as creative arts, music, photography, drama, etc.. Participants will be given the opportunity to engage in theme based activities with peers to learn new and exciting ideas.

**Wednesdays – Celebrations** This program will allow children to learn about different cultures and how they celebrate around the world. Each child will explore and share their own celebrations and experience others with their peers. This may include food, traditional games, stories, and costumes.

**Thursdays – Cooking Club** Participants in the cooking club will enjoy making great and simple recipes. They will learn how to read a recipe, learn

about nutrition and bring lots of great creations home to share with the family!

**Fridays – Kid's Choice** It's perfect for the end of the week to let your child help out program leaders decide what to do each Friday. Participants will choose from a variety of activities such as sports, active games, outings, workshops, movies, etc...

**Location:** 60 Woodfield Road (in Duke of Connaught School)

**Time:** 3:30 - 6:00 p.m., Monday to Friday

**Cost:** \$5.00 per day for cooking & baking  
\$3.00 for other days **or** \$15.00/wk  
(Monthly commitment required)

**Contact:** 416-461-8143

**REGISTRATION BEGINS SEPTEMBER 8!!**

**Hope to see your child there!!**

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## Teen Drop-In

Applegrove Teen Drop-In is Back!

September not only marks the beginning of a new school year but sees the return of the ever so popular Applegrove Teen Drop-In program. Always looking to attract new faces, the Teen Drop-In program is committed to keeping things fresh and exciting. The program will be filled with fun activities such as cooking, arts & crafts, video games, informative interactive workshops, off-site trips, and will see the continuation of our open gym and girl's nights on Tuesdays.



Participants are encouraged to form new friendships, build leadership and team skills. The program also provides opportunities for volunteer hours used in secondary school, through our relationship with the Toronto Raptors Foundation. The Applegrove Teen Drop-In will operate 2 nights a week 6-8 p.m. All teens who are 13 to 18 years of age are welcome to drop by and check us out.

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## Summer Adventure Day Camp



This year, the Applegrove Summer Day Camp was filled with even more exciting activities and trips. This summer we focused on community building within and outside of our camp. We had camp names and cheers, older campers had the opportunity to use their leadership skills by planning and implementing their own activities and events for younger campers. Utilizing resources in the city, the camp made visits to local food markets, pools, beaches and parks. Some mini trips included hiking at the Don Valley Brickworks, a mad science show at Cecil C. C. and tours of The Big Carrot and Grassroots on the Danforth. Our major trips included Centreville, Ontario Science Centre, Wild Water Kingdom, Toronto Aerospace Museum, Ontario Place and CNE. Special events this summer included a puppet show by Concerned Kids, workshops from the Toronto International Film Festival, the National Film Board, community hip-hop dancers and the Native Centre. Like previous summers, every week campers participated in activities such as creative arts and crafts, drama and literacy, cooking physical activities, workshops and cooking. **What an amazing summer!!**