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# Applegrove Newsletter

"TOGETHER BUILDING OUR COMMUNITY"

September 2010

60 Woodfield Road,  
Toronto, Ontario  
M4L 2W6

Tel: 416-461-8143  
Fax: 416-461-5513

www.ApplegroveCC.ca

## From The Director's Chair:



What is the value of growing healthy children? Applegrove has many different answers to that question.

The first answer has to do with how much our programs cost.

The after-school program costs about \$25,000. Donations from businesses and foundations plus participants' fees pay the whole thing. Day camp costs about \$80,000. About one quarter is from fees, another quarter is from governments, and the third quarter is donations from businesses, foundations and individuals. The final quarter comes from donated services and supplies (like free rent and tickets to attractions). Our family resource programs will cost about \$170,000 in 2010. The government pays about \$130,000 of that.

Another answer is how participants benefit from the programs. In the family resource programs:

- the puzzles help children's brains develop,
- the songs and stories help literacy and language,
- playing with other children helps them share, take turns, and make friends,
- crafts and painting helps express emotion,
- nutritious snacks introduce new foods and support growth, the sand table and riding toys help children develop motor skills.

Meanwhile, adults

- feel welcome and supported,
- receive referrals to other resources when needed,
- become part of the community, and enjoy free coffee and tea!

And the 3<sup>rd</sup> answer is how much money we have to raise to continue these programs.

Although the government contributes about 83% of the costs of the family resource programs, that leaves about \$1.50 per visit that Applegrove has to raise, about the cost of a cup of coffee. And with 20,000 visits in 2009, that is a lot of coffee.

Please think about how many times you visited the Applegrove Parent/Child, Edgewood or HAIG programs. Think about how important it is for all our children to develop healthy brains and bodies.

Then donate generously, not just today, but monthly.

K'naan says, "It isn't every day that you get to give" – but today IS the day that you get to give! Just visit [www.ApplegroveCC.ca](http://www.ApplegroveCC.ca) and click on Donate Now.

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## Coming Soon: APPLICIOUS FALL FESTIVAL!!!



Applicious: **(a fun, family-friendly, community event with an apple theme)** 11 a.m. to 4 p.m. at Woodbine Park (Queen and Kingston Road) on Saturday, September 18.

At Applicious, all kinds of families will enjoy delicious refreshments, entertainment for all ages and games, crafts and contests. Children can decorate a wood apple. Adults and children can enter the apple sack races, (artificial) apple toss contests and more.

Families can play giant snakes and ladders and other games. Everyone can sing along with the music, meet neighbours and learn about community services.

Admission is free and activities have a small cost. Wear a red shirt to Applicious and receive a free activity ticket!

For more information and updates on Applicious activities, please visit [www.applicious.ca](http://www.applicious.ca) or contact Susan Fletcher, Executive Director, Applegrove Community Complex at 416-461-8143. For more information about Applegrove, visit [www.ApplegroveCC.ca](http://www.ApplegroveCC.ca).

### Program Spotlight: Over the Rainbow



Is your child having difficulties interacting with other children? Has there been a recent change in your family? Perhaps *Over the Rainbow* can help you. Our program 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 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" are 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.

This past summer we ran OTR at a satellite location and it was very well received. The location was Nellie's shelter on Queen Street and we had five children registered for our program. The staff were very happy with the results and were quite interested in having us back for another block of sessions.

The "Over the Rainbow" program is extremely beneficial for those children with low self-esteem, transitional issues, separation anxiety and other developmental difficulties. There is an intake interview required for the program where 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 October 18<sup>th</sup> from 2:00 – 3:00pm, and runs for 8 weeks.

## Summer Leaders Program

This year the Applegrove Summer Leaders Program accomplished many activities, challenges and workshops. The leaders implemented many of their skills and talents while planning four special events throughout the summer. They were: mad science where kids organized kids experiments during the Camp's Science Week; the talent show; and the spookathon, a fun fair held on Friday, the 13th. They also organized a face painting fundraiser for the PC drop-in. This summer the leaders went on exciting trips including the Ropes Course at Centre Island (where they showed a lot of courage and determination to complete four different stages), Ontario Place, Ontario Science Center and Canada's Wonderland. The leaders also had a chance to go swimming, play games, and learn life skills through workshops such as: effective speaking, sun safety, nutrition, first aid training and resume writing. Lastly, some of the competitive challenges the leaders did were the Iron Chef Challenge and the Amazing Race. These challenges tested their team work and team building abilities as well as developed life skills such as cooking, planning and budgeting. Throughout the summer the participants had many challenges and excitement but overall they were eager to finish and end it with an awesome summer!



## Summer Camp



Applegrove Summer Adventure Camp 2010 focused on building community, creativity and camp spirit. This summer we made new friendships with volunteers from Macquarie Group and community organizations such as Broadview Community Youth Group (BCYG) and 519 Church Street Community Centre. Together with BCYG and the 519, we planned the Unity Games which was a day for community summer camps. Campers engaged in group activities as well as camp versus camp games including camp cheer off and an obstacle course. We were pleased that Applegrove won both the obstacle course and the camp spirit award.

New to camp this summer were the hot lunch fundraiser, African storyteller and musician Njacko Black, and a clothing drive for the Canadian International Relief Foundation to encourage campers and their families to reduce their impact on the environment through actions.

We also continued our relationship with the community garden organization Green Thumbs Growing Kids, by creating specialized garden stewardship programs for our campers. The Toronto International Film Festival (TIFF) continued its Film-in-a-day workshops, film screenings and animation workshops. Campers enjoyed Mad Science, the Talent Show and Apple Spook-A-Thon, all organized by the 13 – 15 year old leadership participants. Wacky Wednesdays kept camp spirits high with days like Superhero Day, Retro Day and Crazy Hair Day.

New major trips this summer included a comedy club, the Second City where campers enjoyed an improvisation comedy show and workshops; Downey's Farm for raspberry picking; Heart Lake Conservation for outdoor activities and Canada's Wonderland for thrilling rides. It is tradition that we have trips to the Science Centre, Ontario Place, Toronto Zoo and CNE. We were fortunate to receive free trips to Wonderland and Casa Loma from the Toronto Star Fresh Air Fund. Like previous summers every week campers participate in activities including arts and crafts, drama and literacy, active games, cooking and workshops. Some of these activities included making homemade soft pretzels, writing scripts and presenting plays, fondant decorating, balancing butterflies, yoga, ultimate frisbee, and healthy living workshops.

## Parent-Child Drop-in

It was hot! Any day could have been Water Play Day!

That's what it said on our calendar and that was one way we had fun this summer.

We also played in the sand at the drop-in and at the beach. We ate berries peaches and corn. We sang around and under the parachute. We drummed and jumped up for Caribana. We tossed the caber and some very heavy water balloons at our Highland Games. A trip to Riverdale Farm and a picnic ended the Summer.



Books, puzzles and taking turns helped get some of us ready for Kindergarten. Soon the little ones will find that they are now the big guys. New babies join us every month. We all make new friends.

Our Fall plans include trips to the Apple Farm and the Ontario Science Centre as well as more painting, singing and fun while we learn. You and your children are welcome to join us. Just DROP IN!

## HAIG Family Resource Program



Hooray! Thanks to a very generous donation, the HAIG will open its doors for another year...the first day of program is September 13th.

We will begin our year celebrating Keiro No Hi ( Japanese Lantern Festival),Applicious,make crowns for the Queen's Birthday (Australia) and play our instruments.

Come join us Mondays and Fridays 9:30 a.m -12:30 p.m. in room 10 in the Earl Haig School (10 Earl Haig Avenue). Please drop by. We would be very happy to see you. Meet new friends and enjoy a cup of coffee or tea.

## The Edgewood Connection

Although we have tried to find a new home for Edgewood, as of August 27, staff have not yet been successful. We will continue our efforts and our positive thoughts.

Until we find a new home, there will be Edgewood @ Applegrove and Edgewood @ HAIG, starting in mid-September. Phone the Applegrove office after September 8 to find out the schedule.



## Helping our Babies Grow



Q: What is Helping Our Babies Grow?

A: It's a **FREE** program for women who are pregnant who want to learn how to take care of themselves and their babies. The program includes informal workshops and discussions.

Q: Who can come to the program?

A: Any women who are pregnant and live within the program's catchment area. (Lakeshore, Danforth, Victoria Park, and Greenwood)

Q: Who runs the program?

A: Applegrove is in partnership with East End CHC and Toronto Public Health. Funding is from Public Health Agency of Canada.

Q: Where and when is the program?

A: Every Friday afternoon from 1:30 p.m. – 3:30 p.m. in the Applegrove Parent-Child Centre. Childcare is available for your older children during the program.

Q: Will I learn how to feed my baby?

A: We have a Lactation Consultant available every week to help you learn how to breastfeed your baby. She is available to help at other times by phone or appointment.

Q: Besides workshops what else happens at the program?

A: At the program you can talk one on one with Public Health Nurses, a Dietician, as well as the Lactation Consultant. Translators are available if needed and we can make referrals to other services for you and your family. Every week we serve a healthy snack and you will meet other women who live in your community who attend the program.

Q: If I want more information who can I contact?

A: You can call Louise or May at 416-461-8143 and we will be happy to talk to you.

## Applegrove Older Adults Program



We hope you have enjoyed the warm weather, happy visits with family and friends, and all the summer activities. As September approaches, we will be thinking about fall and winter activities, and members (55+) can attend the many programs offered each month. Consider trying something new this fall; perhaps learn to paint, take a dance lesson, or computer lesson. Would you like to meet new friends? Try a new activity? Explore what Toronto has to offer?

In September the Euchre club resumes, and they always welcome new members. Computer training and Bingo are popular ongoing programs at Applegrove. Special trips in September with the walking group include a visit to the Ontario Science Centre, neighbourhood walks, a stroll and picnic in High Park, and a walking tour of the Ashbridges Estate. An excursion to the Beaches Fox theatre is also planned to view the movie "Knight and Day".

Further, there will be a Watercolour Painting Workshop and Writer's Workshop commencing this fall. Day trips to the Royal Ontario Museum, and Art Gallery of Ontario, Second City comedy club, and Apple picking are all upcoming.

Be sure to check the Applegrove website for a posted monthly calendar. To have a calendar mailed directly to your home on a monthly basis, or for additional information or questions call Anna at 416-461-8143.

## Applegrove Afterschool Program



Applegrove will be offering our afterschool program (**creativity plus, baking, cooking, games, kids' choice**) for children ages 6 to 12 years from 3:30 to 6:00 p.m. We require a monthly commitment to allow for planning and purchasing of supplies. Limited space is available and registration is required. **REGISTRATION BEGINS SEPTEMBER 8<sup>th</sup>!!** Program begins on **Monday, September 13<sup>th</sup>**. Hope to see your child there!!

**Location:** 60 Woodfield Road (in Duke of Connaught School)  
**Time:** 3:30 p.m. to 6:00 p.m., Monday to Friday  
**Cost:** \$25.00 (weekly rate)  
 \$5.00 (daily rate)  
 (monthly commitment required)



## Teen Program



The Applegrove Teen Drop-In is back, starting Monday, October 4!

Program days will be Mondays and Thursdays from 6 p. m. - 8 p.m.

Mondays will take place in the Applegrove Lounge where youth can take advantage of baking, cooking, workshops, volunteer and trip opportunities as well as nights to hang out, relax and meet new friends.

Open-gym nights will take place on Thursdays in the Duke of Connaught gym alongside a girls-specific night in the Applegrove Lounge. So if you're 13-18 years of age and looking for something fun to do on a Monday or Thursday night, come check us out!

## Pasta Fest Dinner and Silent Auction

*A night out for the whole family!*

**Saturday, November 27, 2010**  
 5:00 pm - 9:00 pm  
 At the Baron Byng Legion Hall  
 243 Coxwell Ave. (just south of Gerrard)



Ticket price includes: a 3 course pasta dinner, music, bidding on the auction, door prizes, games and lots of fun!!

**This event is expected to sell out, so buy your tickets early!**  
 Please check our website or call the office for ticket information!!