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# Applegrove Newsletter

“TOGETHER, BUILDING OUR COMMUNITY”

September 2011

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## From The Director's Chair



It's fall – back to school, put the shorts away, sweep up the last of the beach sand.

And fall means feeling good with Applegrove. First, come to *Applicious* on Saturday, September 17 for fun, food, family entertainment, games, contests, information and more! Visit [www.Applicious.ca](http://www.Applicious.ca) for more info.

Next, donate to Applegrove. Brain research confirms that giving feels good. So donate now to Applegrove – complete and return a form with your cheque or cash, or go on-line to [www.CanadaHelps.org](http://www.CanadaHelps.org) (or follow the Donate Now link on [www.ApplegroveCC.ca](http://www.ApplegroveCC.ca)) to donate via credit card. You can even arrange for a monthly donation (to feel good all year when you open your credit card bill)!

Third, mark your calendar for Pasta Fest on Saturday, November 5. Perfect pasta to enjoy, good company, music and an auction of goods and services!

Finally, you can feel good at any time by attending Applegrove programs. You will receive a warm welcome whether you come to an activity for older adults or bring a child to a family resource/support program.

Susan Fletcher,  
Executive Director.

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## Helping our Babies Grow (HOBG)

**We have a Free Program for You.**

**If you register and attend the program you will receive:**

- Free Childcare for your older children while you attend
- Free one on one support with a nurse and dietitian
- Free TTC fare if needed
- Free \$10 grocery voucher
- Snacks and socializing with other women



Every Friday Afternoon from 1:30—3:30 p.m. at 60 Woodfield Road in Applegrove's Parent-Child Room, the HOBG program welcomes women and their children to attend a workshop; get one on one support with a health care person; eat healthy snacks and meet other women from their neighbourhood. If you or someone you know is pregnant, please tell them about our program. **Call Louise at 416-461-8143 for more information.**

## The HAIG Family Support Program

What a busy year it's been at the HAIG!! Claudia went on parental leave and Anna joined our staff team, bringing new ideas and creativity to our craft and circle time. She will be missed when we welcome Claudia back in September.



HAIG participants worked hard to get some much needed funds into our program by hosting fundraiser/social evenings including a fundraiser brainstorming session and Pampered Chef. We also participated in the HAIG Public School Fun Fair and the 3rd Annual HAIG Street Sale.

The first edition of the HAIG newsletter highlighted fundraising information and ideas and how everyone could contribute. Did you know that each year the HAIG program has an annual operating budget of \$15,000? The OEYC provides \$3000 each year and we rely on fundraising events, corporate donations and the generosity of friends and families of the centre to make up the difference.

HAIG will be re-opening on Monday, September 12th; we run program on Monday and Friday mornings from 9 a.m. to 12 noon.

## Parent-Child Drop-in



Off go the 4 year olds . . . ready for Junior Kindergarten. They greet the friends they know from the drop-in. Moms and Dads waiting in line say hi to each other and wipe away a tear. Our kids have been painting, gluing, cutting, building, and singing. They've learned to take turns, learned to share in the sandbox. They still are learning to negotiate, to have a conversation with adults who are not their parents, and tidy up what they've used. They are full of optimism for the days ahead and feel like they are part of a community.

These are the skills we work on every day at the drop-in. The child who is "scribbling" is learning to have confidence in her hands before she can draw a person or write her name. The child who grabs a truck is usually quite interested in the child who is playing with it. With adult help eventually he will learn to drive his own truck next to a new friend. Waiting for your turn at circle time is ok because it's fun when your friend has a turn too. Parents, grandparents and caregivers cheer you on when it's your turn to be "Punchinello".

In September the 3 year olds are suddenly the big guys; it's great to see them grow in confidence. We've had lots of new babies and toddlers visit over the summer as well. We're all looking forward to the fall. There are books to read, towers to build and new friends to meet. If you are at home with a child (0-6 years), please join us. There is always tea, coffee and a warm welcome. Just drop-in and say Hi!

## Teen Program



Are you bored and want something to do with other youth? Applegrove's Teen Drop-In is the perfect place to hang out with other teens. If you are 13 -16 years old, come join us on Monday and Thursday nights from 6 to 8 p.m. for some FUN and relaxation. Cooking, trips, volunteering, gym night (on Thursdays), workshops and just "hanging" are on the calendar for the 2011/12 year. The program will start on Monday, October 3<sup>rd</sup>. If you want more information, please call the Applegrove office at 416-461-8143.

## Edgewood Connection

The great news in early spring was that we found a new home in the Corpus Christi Catholic Church Hall! The challenge was we had to raise \$5,000 for the first years rent before we could commit!



So we had to ask one question . . . Can we do it? Yes we can!! And we did! Thanks to many generous donors, Edge-Walkers, hot-dog eaters, Toonie Donors and all of the Edgewood Supporters, we were able to raise enough money for the first year's rent at our new location! With a new home; Edgewood has a new phone number, new days, new hours and new programming.

Starting Tuesday September 13<sup>th</sup>, Edgewood will be open in the Corpus Christi Church basement; 1810 Queen Street East, on Tuesdays and Wednesdays; 10 a.m. – 2 p.m. We are starting on September 13<sup>th</sup> but will not be fully operational until October and that's when we will have a big Grand Opening Party.

What are we looking forward to in October and November; Literacy Workshop Series with Dave the Book Guy, Musical Instrument Circle Times, Trip to the Book Bank, and so much more!

Please check the Applegrove Website or call the office 416-461-8143 for more details.

## Over the Rainbow

Is your child having difficulties interacting with other children? Has there been a recent change in your family? The Over the Rainbow Program is a therapeutic creative play program for young children who may require extra support in areas relating to social or emotional health. A therapist facilitates the children's program, with use art, drama and story-telling to explore feelings, experiences and behaviours. In a parallel parents' group, the adults discuss parenting topics in a supportive group environment, with a resource staff. The program consists of 8 weekly sessions for children and parents.



The "Over the Rainbow" program benefits children with low self-esteem, transitional issues, separation anxiety and other developmental difficulties. During an intake interview, parents meet the art therapist and parent worker and decide whether the program is appropriate for their child.

Over The Rainbow will be undergoing some transitions this fall as Nikki Goldman Stroh begins a new and exciting career venture. A new therapist will join us at Applegrove and will conduct the fall session beginning in October. If you have questions or are interested in registering for the upcoming session please contact Nikki at 416-528-9922.

## Afterschool Program

The 2011-2012 Applegrove Afterschool Program is ready to go with its start date scheduled for Monday, September 12th. We are looking forward to a GREAT and FUN year of cooking, baking, games, and creative activities. The program runs Monday to Friday (dismissal bell to 6:00 p.m.) in the Applegrove Lounge.

Last June, for the first time, Applegrove offered current after-school families early registration for the next school year. Families began registering at 6 pm on June 22, and the 20 spaces in the 2011-12 program were full by 7 pm. We will maintain an on-going wait list to fill cancellations; call the office to put your 6 to 12 year olds on the list.

## Seniors Program

We at Applegrove think that autumn is the best season of all. The changing colour of the leaves, the beautiful weather, fall festivals, and of course all the apples! Fall is a good time to hunker down, cozy up and perhaps start a new activity. If you enjoy playing cards, our dynamic Euchre club starts again on Tuesdays in September. They are always open to new members and are willing to train rookie players. Want to brush up on your computer skills? One-to-one computer tutoring is available on Wednesdays by appointment. And the Bingo Club continues to go strong on Fridays. The Writer's group concluded the summer session with a Poetry Coffee House, will take a break for the fall session and resume in 2012.



Also a big thank you to member Bill Myette for sharing his wood masterpieces with us this past May. His Lunch and Learn workshop on Woodworking was enjoyed tremendously by our members.

“Smart Banking” will be the topic for September Lunch and Learn on Thursday, September 22<sup>nd</sup> starting at 10:30 a.m.

We are proud to announce that two exciting new programs started this summer — TAI CHI and Conversational Spanish. Both welcome additional learners. All the best to new students!

Outings for this fall include trips to the zoo, comedy show, Blue Jays baseball game and more. We hope to see you soon!

## Summer Adventure & Leadership Camp



Applegrove Summer Adventure & Leadership Camp 2011 focused on intentional programming and community building this summer where staff planned activities that focused on character traits (i.e. caring, honesty, trustworthiness, citizenship). Camp groups engaged in team building active games, partnering for reading buddies and the making of a music video. Cooking activities were cooperative and challenging while art pieces were inspired by Van Gogh, Leonardo da Vinci & Andy Warhol.

Leadership focused on world issues, social issues and careers. They had workshops by organizations including HEYY (bullying and self-esteem) and YES! Employment (resumes and interview). Leadership participants attended a Blue Jays game, dined at Summerlicious and were certified for a babysitting course. They also practiced their leadership skills by working on three special events for camp. One of these was the first ever Festival of Sight and Sound in which campers and staff presented art work, film from Toronto International Film Festival, photography, music, drama, dance and more

Other firsts this summer included our children's community herb garden, special events with basketball trickster and beat boxer duo Q-Mack and J Box, Toronto FC, freezie fundraiser and dance-a-thon. Special thanks to the Toronto Fresh Air Fund for donating a trip to Wild Water Kingdom. We also thank the City of Toronto for a recreation grant.