

# Applegrove Newsletter

www.ApplegroveCC.ca

"TOGETHER, BUILDING OUR COMMUNITY"

September 2013

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## From the Director's Chair

As the Executive Director, I am so lucky to be able to work with the wonderful people who make Applegrove a warm, welcoming place. And I want you to meet some of them -- Applegrove's summer staff.



Some of the summer staff, like "Melly", were new to Applegrove and brought new ideas to improve our programs. Some, like "Sky" had attended programs and now wanted to give back. Several, like "Kiwi", "Bubblez" and "Merlin", have worked for the center for several summers and are role models for the Applegrove way. Plus we had staff who volunteered, paid in experience rather than dollars, including former staff who came back on their days off from other work!

These amazing young people helped to give school age children and young teens a safe, fun and enriching summer. They ran literacy and numeracy activities so children could keep up these skills during the school break. They took children on trips to learn about their city. They encouraged teens to think like entrepreneurs. Overall, they made sure their campers had amazing adventures.

I had several parents tell me how much their children appreciated our summer programs -- which I could see through campers' enthusiasm. As I said, I am lucky to work with these amazing young people. And Applegrove is fortunate to have them as part of its family.

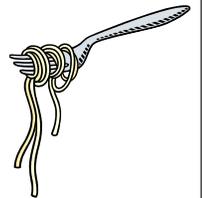
Susan Fletcher

## Pasta Fest Silent Auction and Dinner - SAVE THE DATE!!

Applegrove's Pasta Fest Dinner and Silent Auction Fundraiser  
Corpus Christi Catholic Church  
1810 Queen Street East

FRIDAY, November 15th from 6:00 - 9:30 p.m.

Come for an evening of fun, food and shopping with your Applegrove family and friends!!



## Applicious Fall Festival Event



Saturday, September 14 from 11:00 a.m. - 4:00 p.m.  
Ashbridge Estate—1444 Queen Street East

See DETAILS at [www.Applicious.ca!!](http://www.Applicious.ca!!)  
HOPE TO SEE YOU THERE!!

## Edgewood Program



I want to start with a giant THANK YOU to everyone who sponsored, supported and walked for us at Edge Walk 3 on June 13<sup>th</sup>. Thanks to your amazing help we raised over \$1700 towards our fundraising goals.

After being closed for the summer, we will have to start our year off with a little bit of work with our quarterly toy cleaning. It's great when everyone gets involved because not only do we get the toys clean but there is a real sense of ownership and community as we work together.

There is going to be some really great things happening in the drop-in! During the summer, staff learned about new early learning strategies and will be including some of the ideas in our programming. In the next few weeks watch for some exciting additions to the centre that will include using music, art and imagination.

Of course we will be making some fun apple crafts in preparation for our Applegrove fall festival, Applicious which is happening on September 14<sup>th</sup>. We will do some apple stamping, make a big apple tree and even make our own applesauce. Please ask staff for more details about the festival or visit [www.applicious.ca](http://www.applicious.ca).

Please come to our first advisory meeting on Wednesday September 25<sup>th</sup> to discuss what's coming up at the drop-in, planning our fundraising lunches, and other fundraising ideas. Advisory meetings are a way of getting your ideas out in the open; you get to say what is on your mind about the drop-in and its programming. We meet once a month and everyone is welcome, please watch the calendars for dates.

The Edgewood Program is located at Corpus Christi Church at 1810 Queen Street East. We are open Tuesdays and Wednesdays from 10 a.m. to 2 p.m. For more information, please contact Louise in the Applegrove office at 416-461-8143 or during program at 416-459-0231.

## Applegrove Parent-Child Drop-in

### Social Butterflies

One of the purposes of our family resource program is to enrich the social development of young children. Infants are most interested in the human face, especially those of their parents. Parents can get tired of being the sole entertainment, especially when they have been up since 5 a.m. At the drop-in babies get to see other friendly faces from outside of their family. They learn to recognize adults and children who greet them and admire them. They become comfortable when mom, dad or grandma have a conversation or a short break. When babies go to "circle time" they feel included in the whole group, take an interest in other children and begin to anticipate what comes next. They're singing about ME!!



Toddlers take a great interest in the other busy children around them. They observe, imitate, and play alongside. They join in small group activities like playdough or driving the trains. Waiting for their turn at snack or circle time helps them understand the needs of other children. First it's your turn, then it's MINE!

Preschool children learn how to join a group already in play with the blocks or on the slide. They make friends, learn to compromise, develop their ideas about what is and is not fair. They learn to share toys with other children and share stories with adults. They start to understand how other people feel. And in September, they are ready for taking that new step...kindergarten...feeling proud to be ME!

Parents, grandparents and caregivers lives are also enriched by the people they meet at the drop-in. Sometimes it's a brief conversation about toilet training and sometimes they find a lifelong friendship. There are books, information, parenting workshops and fun events. It's magic when a group of strangers turn into US! We hope to meet you!

We are open Tuesday and Friday 9-12:30, Wednesday and Thursday 9-3:30. You can drop in during any of these times. The program is free.

## Older Adults Program



Ontario's 2013 theme for Seniors Month in June highlighted *The Art of Living*: a time for older adults to celebrate their lives and their own unique approach to living. Members of Applegrove's Older Adults Program practise *The Art of Living* every day. They come together for conversation, fun and laughter; learn about issues that are relevant to their lives (e.g., Power of Attorney; Foot Care; Women's Health); participate in creative expression (e.g., Writing My Autobiography; Art Therapy); keep their bodies active (e.g., Tai Chi; Gentle Fit); keep their minds active (e.g., computer applications; conversational Spanish); and explore some of the highlights that Toronto has to offer (e.g., Camp Sunshine; Kensington Market; concerts at the Richard Bradshaw Amphitheatre). Above all, they find ways to create meaningful, independent and fulfilling lives; they also make our neighbourhood a better place to live by finding ways to contribute to their community.

Funded by a New Horizons for Seniors grant, participants are currently planning activities for the intergenerational project "Connecting Through Arts (CTA)". They will share their skills, experience and wisdom through the mentoring of younger generations at the Duke of Connaught Public School. Applegrove member Bill Myette, President of the Ontario Wood Carver's Association, is offering wood carving workshops for the benefit of older adults and children. The workshops serve as tool for building bridges between different generations. The *Art of Living* at Applegrove is about finding ways to enrich one's own life and the lives of others. Please see our monthly calendars for information about new and on-going programs, events, and activities.

## Over the Rainbow

Over The Rainbow is a therapeutic play program for children ages 3-5 years, who are experiencing emotional and/or behavioural challenges in their interactions with other children and/or their parents.



The program consists of 8 weekly sessions for children and parents. Children use drama, art, music and story-telling to explore feelings, experiences and behaviours, while parents discuss concerns in a supportive group environment.

This summer, once again, we offered Family Group Therapeutic Play Sessions to families who had participated in the Winter and Spring 2013 programs. This unique program aimed to enhance communication, emotional expression, and connection within the context of the family.

Over the Rainbow allows children to grow, learn, heal and thrive. Children often do not have the ability to verbally express their thoughts and feelings. Creative arts therapies and play therapy offer children the opportunity to express themselves, learn appropriate coping skills, and resolve emotional difficulties.

For more information, or to book an intake meeting for the Fall 2013 Session (a few spots are available, session to begin soon!) contact Child Therapist, Michelle Baer, B.A., M.A., C.C.C., at 416-459-4769, or [overtherainbow@ApplegroveCC.ca](mailto:overtherainbow@ApplegroveCC.ca)

## Helping our Babies Grow (HOBG)



Applegrove and our partners East End Community Health Centre and Toronto Public Health run a FREE pre & post-natal program every Friday in our Parent-Child Drop-In space. Pregnant women and new moms come to the program where they are welcomed by other women, have access to one on one health support and can ask for advice from a dietician or a lactation specialist. Pregnant women can talk to each other and compare symptoms, cravings and the other craziness of pregnancy. New moms can share stories of giving birth, the joys and fears of motherhood and some of the things that have worked for them and their baby. The program runs every Friday from 1:30 – 3:30 p.m, with workshops, healthy snacks and childcare.

Transportation is provided to eligible participants and a food voucher is given each week to help buy healthy food. Every week brings changes as participants get closer to their due date, grow excited and nervous as their new babies grow, develop and change every week.

## Teen Drop-In Program



With summer coming to a close, Applegrove is gearing up for our Teen Drop In program to begin again in October. This year will be focused on youth recreation trips and planning neighbourhood games and events to get the community active and more involved. All the events will be planned and facilitated by youth who attend the drop-in, with the help of youth workers to guide them in the process. Amidst all the planning,

Youth will also get a chance to learn about how to lead active and healthy lifestyles through workshops and trips to places like yoga centres, gyms, dance classes and more. As we have done in the past we will also have an open gym night for youth to come and play some friendly games of basketball. All youth between the ages of 13-18 are welcome to join us on Monday at 6:30 p.m. or Thursdays at 6:30 p.m. All Teen evenings run until 8:30 pm and are open for anyone to join at any point of the year, beginning this October. See you there!

## Summer Adventure Day Camp

Applegrove's Summer Adventure Camp 2013 was a great success! We had campers that visited us for a week or two and campers that stayed with us all summer long. They enjoyed a wide variety of activities this summer. Every Wednesday and Friday our campers went to Greenwood Pool to enjoy an afternoon of swimming to beat the summer heat. Our Tuesday's were filled with mini-trips for our campers in which the groups would go offsite and explore what the city has to offer. Groups went to Riverdale Farm, Kew Beach, Go Karting and mini-putting at Polson Pier, swapping books at the Book Bank, and taking turns grocery shopping and making a camp wide snack. Some of our groups even caught the latest hit movie at the theatre or got a visit from TIFF who helped them film their own movie or become movie make-up artists. Thursday's were some of the most exciting camp days due to our full day trips offsite. We enjoyed keeping cool at Wild Water Kingdom, visiting the ROM, finding our green thumbs picking raspberries at Whittamore's Farm, the Science Centre, laughing at Second City, bowling, enjoying all the sights and sounds of the CNE. A special thanks to the Toronto Star Fresh Air Fund who funded our zoo trip where we got to hang out with some pretty popular animals.



## Summer Leadership



This year leadership was filled with many workshops, trips and cooking challenges. Each session had its own set of highlights. In first session Leadership participants tried out new foods at the tasty Thursday event held at Nathan Philips square. They also tested out their marketing and cooking skills during a lemonade stand challenge, which were judged by campers at our Summer Day Camp. This was great prep work for our following session, Business Week! This session gave participants a chance to learn about business and entrepreneurship. They were given a week, to plan, market and present a business proposal to professionals during a Dragons Den Challenge. The following week they marketed and sold their products for "Applegrove Money" to summer camp participants during our annual Youth Market. After a business heavy week they wound down with a relaxing beach day with another youth group for a chance to socialize. Our final session was a fun filled week of group challenges and learning experiences. From an all day amazing race challenge to hygiene scenes, session three was a great way to top an amazing summer, and included an exciting trip to Wild Water Kingdom. All of this amongst cooking challenges, arts and crafts and Leadership workshops made for a great summer! We wish all our leadership participants a great school year and we look forward to next summer.

## Afterschool Program



The summer is winding down and Afterschool program 2013 - 2014 is well on its way. Our amazing afterschool program leaders have a great program planned for you jam packed with fun activities that enhance life skills while meeting new friends along the way. Arts and crafts, sports, cooking and as well as fun field trips are some of the exciting things we do at the Afterschool program. We look forward to a great year ahead of us. Please feel free to contact the Applegrove office for additional information.