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Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

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From the Director's Chair

Why does Applegrove do what we do?

The agency's mission is to be "a neighbourhood partnership, fostering community through social and informative programs for families and individuals". We usually use the short form, "Together, building our community".



We build our community every day

- through a partnership with Toronto Public Health and East End Community Health Center, that provides pre- and post-natal support and information in the Helping Our Babies Grow program.
- by helping parents and caregivers support the development of children up to age 6 in the Parent/Child and Edgewood family resource programs.
- by providing school age children and teens with opportunities for safe, fun and creative activities throughout the year in the after-school, teen, day camp and leadership programs.
- for seniors to come to Applegrove to keep their minds, bodies and creativity active.

And we build community through special events! Mark your calendars and save the dates for

- **Applicious: the Core of the Community!** The 7th annual fall festival (Saturday, Sept. 20 from 11 to 4 in "Mcdonald's Park") features apple themed games, races, bouncies, vendors, entertainment and much more. Wear red for a free activity ticket. New this year, Toronto Animal Services will bring its mobile license and microchip clinic for your cat or dog. Visit www.Applicious.ca for details.
- our Ward 32 municipal all candidates meeting, Thursday, October 2 from 7 to 9. Visit Applegrove's website in late September for more details.
- Pasta Fest on Saturday, November 8 at Beaches Baron Byng Legion Hall, 5:30 - 9:30 p.m. Ticket sales open October 20.

At Applegrove's programs and special events, neighbourhood residents meet each other, develop friendships and create a sense of community.

The Applegrove partnership includes the many corporations, foundations and government bodies that fund our programs. Some of our most special partners are the individual donors who support Applegrove financially. Some of them sponsor individuals in the YogaThon or Toronto Challenge. Others authorize a monthly charge to their credit cards. Some donate through www.CanadaHelps.ca and some bring a cheque to the office. We so very much appreciate all the donors who demonstrate their partnership in such a concrete way.

Helping Our Babies Grow (HOBG)

An afternoon in Applegrove's HOBG Program:

1:00 p.m. - Program staff and volunteers set up the rooms and prepare snack for the participants. Farzana and Miriam from East End Community Health Centre and our Toronto Public Health Nurses Allison and Laura set up the workshops and get ready for clients to arrive.



1:30 p.m. - Participants arrive to program; Tracy is sitting at the information table talking to Allison about concerns with her pregnancy; Ming is talking in the other room with Farzana and getting some help with breastfeeding her newborn daughter. Our interpreter has arrived to help translate for those whose first language is not English. (Our staff can also help with Mandarin, Farsi and Urdu) Other women come to socialize and discuss what is new in their pregnancy.

2:00 p.m. - Snack is ready and everyone eats together; we make a healthy snack every week, which include whole grains, dairy, fresh fruit or veggies. In the winter, we make veggie chili, lentils, whole grain pasta and beans and soup.

2:20 p.m. - Time to go to the workshops; pre-natal in one room; post-natal in another or sometimes everyone meets together. Workshop topics include: oral care during and after pregnancy, healthy eating, what you need to know about labour and delivery, environmental exposures and changes in your body during pregnancy. After each workshop, participants can ask questions or get some one-on-one time with one of the health staff. Some check the clothing exchange to see if there is something that can be used for mom or baby.

3:20 p.m. - Time to get ready to go home, but make sure you see Louise, the Program Co-ordinator to get your food voucher and TTC (if needed); ask her about Applegrove's other programs that could be beneficial to you and your family.

In partnership with East End Community Health Centre, Toronto Public Health and funded by Health Canada, Applegrove's Helping Our Babies Grow Program runs every Friday in the parent/child room from 1:30 – 3:30 p.m. This is a FREE program for pregnant women. For more information please call Louise or May at 416-461-8143.

Applegrove Parent-Child Drop-in

Rolly Poly...Rolly Poly...Up..Up..Up
 Rolly Rolly Poly...Rolly Rolly Poly...Down..Down..Down
 This little song is a big favorite among the kids at Applegrove. Why?



It's a happy tune.

It's a good stretch.

It introduces the concept of opposites. (up/down, in/out)

It allows the very young child to anticipate what is coming next.

It helps the child to practice "self-regulation". It's really hard to be "quiet, quiet, quiet" or "slow, slow, slow" when you like to be "loud, loud, loud" and "fast, fast, fast", but learning to wait has its payoffs. We all get to be loud together and it feels so satisfying to be part of a group. Even the very youngest learn to wait for the right moment. Self-regulation is a very important skill for getting along with others.

In circle time we learn to take turns, to contribute our own ideas, to sing and dance together. We sing the old favorites every day, but always include something new as well. We link the songs and stories to each day's art activities. The children who sing and listen to stories at circle time are develop the skills they need to thrive in kindergarten. They have learned to participate, remember and make connections. Circle time happens every day at about 10:45, when the children have finished eating their snack. Drop in and join our little choir!

Applegrove Parent-Child Drop-in Center is open

Tuesday 9 a.m.- 2:30 p.m.; Wednesday and Thursday 9 a.m. - 3:30 p.m.; Friday 9 a.m. - 12:30 p.m.

Older Adults Program



Over the spring and summer months, participants in the Older Adults Program put their hearts into projects that empower them to live active and meaningful lives, build community and contribute to the future of the program. Eleven members successfully participated in the June 8th Toronto Challenge Walk and raised over \$1,200 to support their programs. The Toronto Central Self-Management Program returned to Applegrove to facilitate six workshops on healthy living with chronic conditions. Most of participants received certificates to recognize the self-management skills they learned over the course of the workshop series.

Our Colour Crafters group was active over the summer months: they knit colourful sachet scarves and facecloths, painted pictures, and created pressed flower cards mounted in purple, pink and blue frames. Some of their art will be available for sale at the upcoming Welcome Back party and other Applegrove events. In keeping with tradition, our Poetry writing group came together during July and into August; they enjoyed readings of poetry from Canadian authors, fine-tuned their own writing skills and reflected on the theme of *life, loss and love*. Excerpts from these reflections will be published in our "Year of 2014 Newsletter", which features program highlights and submissions from program participants on the theme for 2014. Please forward your newsletter submission to Renate.

A busy activity schedule lies ahead for the Fall, starting with the Welcome Back Party on September 10th. Old and new friends meet, celebrate the start of the new program season and take a look at the work of the Colour Crafters.

Over the Rainbow

Over the Rainbow serves children aged 3 – 5 who are experiencing emotional and/or behavioural difficulties. Over the Rainbow had a great year, helping children express themselves through play. We helped kids through the use of sand play, arts and crafts, music, and by teaching various coping techniques. We also offer a parenting group that occurs at the same time as the therapeutic play group where parents are given the opportunity to discuss concerns in a supportive environment. This year, parents had a chance to share resources and experiences, bounce ideas off each other, and listen to speakers lecture on a wide variety of topics around parenting. During the summer we also offered family therapy sessions to families who completed the program. This program allows families to work out problems and bond using play and other forms of creative expression. For more information, contact Hayley Fisher, the group's Child Play Therapist, at 416-459-4769 or at overtherainbow@ApplegroveCC.ca. A few spaces are still available for our Fall session.



Edgewood Program



We had a busy spring at Edgewood!! We welcomed April showers and May flowers, we celebrated Mom's and Mommy-like people, we had 3 fundraising lunches eating food from the Philippines and enjoying yummy pizza. We even took our first trip in our new location with a small but enthusiastic group who went to Centre Island. We played games, petted a pony and bunnies, had a picnic and enjoyed some rides. The Ferry ride is always one of the best parts of the trip. At the end of June we said farewell to our friend Monsignor Bianco (Father Sam) as we wished him well on his retirement.

After a wet and cool summer The Edgewood Connection will open on Tuesday September 2nd!!

Over the summer a new play kitchen and food centre was purchased so it will be fun to see how much fun it will be to set up and play with. Things to look forward to: apple crafts, leaf prints, Harvest Moon Festival, Autumn Equinox and Halloween. Please join us every Tuesday and Wednesday from 9:30 a.m. – 1:30 p.m. in the Corpus Christi Parish Hall located downstairs in the Corpus Christi Church at 14 Lockwood Avenue (corner of Lockwood/Queen St. E). For more information call the Applegrove office 416-461-8143 or the Edgewood Program phone 416-459-0231. Come play with us.

Teen Drop-In Program



As the school year draws near, our teen drop in workers are preparing for the start of our teen drop program. Beginning in October Youth ages 13-18 are welcome to join us on Thursday nights for exciting trips, informative workshops and delicious cooking activities. On Tuesday evenings, our gym is open for a busy time of sports for all new and returning participants to attend. So whether you are into sports, crafts, cooking or even just meeting people, our teen drop in is always looking for new faces! Come join us on Tuesdays and Thursday evenings from 6:30-8:30 p.m.

Summer Adventure Day Camp

It was another fun and successful year at the Applegrove Summer Adventure Day Camp.

Our friendly and wonderful staff ensured the children were engaged and excited throughout the summer through a variety of fun activities- from arts & crafts and active games to cooking and baking. The camp went on several exciting field trips including Strawberry picking at Whittamore's Farm, Wild Water Kingdom and the CNE!



Applegrove visited The Ripley's Aquarium of Canada for the very first time; it definitely made a SPLASH on the children's summer. A special thank you goes out to the Toronto Fresh Air Fund for sending the campers to Planet Play where they explored a giant, indoor play-place. The counsellors organized a number of fantastic special events throughout the summer. These events took place on Friday mornings and provided campers the opportunity to explore and play together as a whole camp. The campers celebrated the World Cup and Métis culture. They told ghost stories at our Pajama Party and line danced in the Wild Wild West. The campers got a taste of Applegrove's upcoming Applicious Festival at our Mini Applicious Carnival, where the children played games, decorated caramel apples and had their faces painted. Applegrove's 4th Annual Festival of Sight and Sound was our best yet! The camper's artwork was the largest collection we have ever gathered and the pieces were displayed beautifully for the campers and parents to enjoy. The children also had the opportunity to showcase their talents on the main stage...what a performance!

Summer Leadership



Another summer at Applegrove's Leadership camp has ended, and every session was filled with memories to last a lifetime. From workshops that had participants working together to "survive on a deserted island" to working as a team to solve riddles and puzzles against the clock, our group bonded quickly. We shared laughs and memories on trips to paint lounge, tasty Thursdays, Ripley's Aquarium and Wild Water Kingdom. Participants also learned new cooking skills during fun cooking challenges like "silent kitchen". But the biggest part of it all was giving back to the summer adventure camp by planning and running fun and special events like our Applegrove World Cup, Mini Applicious carnival, and our ever popular leadership mini market. With some fun and exciting physical activities, arts and crafts and getting to meet new friends and reconnect with old ones, you can see we have had another amazing summer. We wish all our leadership participants a fantastic school year and hope to see them again next summer!

Afterschool Program



We are thrilled to start a new year of fun and laughs at the Applegrove Afterschool Program. New faces and new adventures await you as we prepare for another exciting year. Last year, we shared many memories; we participated in many cooking activities, big art projects such as charcoal art, claymation, our Earth Day mural and decorating our rooms. We went on P.A day field trips to places like, the Gardiner Museum, Ontario Science Centre and Centerville. We enjoyed the outdoors during the warm days and built snow castles during the winter months. In December we had a Christmas pool party and participated in Water Olympics to end the year. This year will bring more activities and experiences along with our caring and fun leaders. We look forward to seeing you!