

# Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

September 2015

www.ApplegroveCC.ca

## From the Director's Chair

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It's Back-to-School season, or as I think of it, the other New Year! Which means it is time for Other New Year's Resolutions!

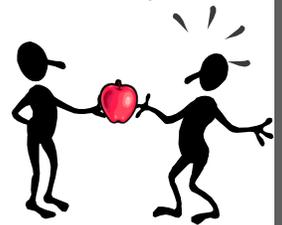
Maybe your resolution is to be more involved with your community. You can do that here at Applegrove by:

- volunteering with a committee
- helping plan and organize special events
- working with older adults such as calling Bingo on Friday afternoons.
- attending the All Candidates Meeting on October 6
- bringing your children (or grand-children) up to age 6 to Applegrove's family resource programs.

Or you can be more involved by donating to Applegrove. Because the City of Toronto pays Applegrove's administrative costs, 100% of your donation can support programs such as the pre- and post-natal program, Helping Our Babies Grow.

Your gift will receive a charitable receipt that can reduce basic federal taxes by at least 15% of the amount donated.

And your gift can make you feel good! Many studies report that people who give to charity feel happier. Some studies show that charitable donations reduce stress.



So your donation can not just help you achieve your "Other New Year's Resolution" to be more involved with your community, it can also help with your resolution to reduce your stress!

Happy Other New Year!

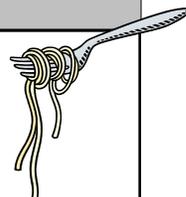
Susan Fletcher,  
Executive Director.

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

Applegrove's Pasta Fest Dinner  
and Auction Fundraiser  
Baron Byng Beaches Legion Hall

SATURDAY, November 7th  
5:00 - 9:00 p.m.

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



## Toronto-Danforth All Candidates Meeting

Tuesday, October 6  
7:00 to 9:00 p.m.

In the Woodfield Gym

All of the candidates will be invited  
and there will be lots of time for  
residents' questions.

## Helping Our Babies Grow (HOBG)

Every Monday morning from 9:30 – 11:30 a.m. pregnant women and new moms come to Applegrove's Helping Our Babies Grow program. At HOBG they get to meet other women who are experiencing some of the same things they are; issues like not sure what to eat during pregnancy, my baby is not latching or I am so tired. During their morning at HOBG they can talk to each other for support and friendship but they can also talk one on one with Nurses, Breastfeeding Specialist and a Dietitian as well as go to a group workshop about issues that are meaningful during pregnancy and when they have their baby. Applegrove has partners that help us run the program. Toronto Public Health provides Nurses, East End Community Health Centre provides a Breastfeeding Specialist and Dietitian, and Health Canada provides funds. Together we are happy to provide this FREE program that also provides TTC fare and a \$10 gift card for groceries every week. If you or someone you know is pregnant, please call Louise 416-461-8143 and join our group. Women can start as soon as they know they are pregnant or at any time during their pregnancy and continue to attend until their baby is 6 months old.



## Applegrove Parent-Child Drop-in

1..2..3..4..5..    A...B...C...D...E...F...G...

The big kids are off to school after a summer of fun. We hope learning in kindergarten will be fun too. We hope their time at the drop-in prepared them to listen eagerly and make friends with confidence.



New participants join us every day. New parents and babies are meeting each other, trading baby food recipes and stories, and singing new songs. Our babies are suddenly toddlers. Those toddlers begin talking and are full of ideas. They drive trucks, paint, dig in the sandbox, squish playdoh.

We are highlighting COLOURS in the month of September. We painted trees in different shades of green, ate celery and sang "Five green and speckled frogs" on GREEN day. What will we eat on PURPLE day? This month we will eat a rainbow of foods. The book *Red is Best* is set aside for RED day. Apples? Raspberries?

On September 29 the drop in will be closed as we take a trip to the Children's Discovery Zone, a great new learning and play space. Come into the Drop-in for further information if you would like to join us on the trip.

Soon the calendar page will turn and we will greet the golden leaves of Fall.

We would love to have you and your preschool children join us!

Tuesday-Friday 9-2. Arrive when it suits you best.

## The Applegrove Connection (Formerly Edgewood)



I am so excited to announce that we have a new home!! The Applegrove Connection is now located in the basement of the Toronto Formosan Presbyterian Church at 31 Eastwood Road (near Coxwell & Gerrard). We will be running our drop-in program every Tuesday and Wednesday from 9:30 to 1:00. Please enter via the door west of the main entrance. Thank you Rev. Beth, Brother Ronald and Brother David for helping us achieve this partnership!

Join us as we get settled in our new home and become acquainted with our new neighbours. We hope to see old friends and meet many new ones too.

What's happening at The Applegrove Connection? Autumn Equinox, Rosh Hashanah and The Harvest Moon are some of the things we will explore through crafts and stories. We will make a big collage together and make playdoh, do puzzles and sing songs.

Please come and play with us!

## Older Adults Program



Active living continues to reflect the spirit of the Older Adults Program. This spirit was most clearly expressed in our August Lunch 'n' Learn, when program participants Darlene Rouse and Mairead Lavery spoke about their personal journeys and the pursuit of all that life has to offer. Their energy, courage, accomplishments and insights showed us what vibrant and meaningful lives are all about.

Program highlights over the last six months included: our fourth 50+ Active Living Fair; the Ontario Seniors Month celebration on the theme "Vibrant Seniors, Vibrant Communities"; and trips and outings to Whittamore's Farm and the Varley Art Gallery, Sunset Grill with a walk to Lake Ontario, Camp Sunshine on Ward's Island, Evergreen Brickworks and the CNE. Our Colour Crafters Group received the Nellie Snow Award to recognize their contributions to the community and Applegrove. A team of twelve Applegroves, including program participants and staff, participated in the June Toronto Challenge Walk and raised well over \$1,000 to support the Older Adults Program. Program participants were also involved in leading Colour Crafters, Game Days, Euchre, Bingo and the new Singing Group. Poet Katie Marshall-Flaherty returned with an engaging series of poetry readings and writing workshops. Our new dance instructor Angela Joyce brought the style, rhythm and grace of ballet to our participants. These are some of the activities that enriched our program and the lives of participants.

We are off to a good start in September with a Welcome Back Party and our Lunch 'n' Learn presented by the Ontario Science Centre.

Arts and crafts, singing, dancing, mental aerobics, conversational Spanish and more lie ahead for the fall and into the winter. All participants age 55 and over are welcome to join us!

## Over the Rainbow

Over the Rainbow (OTR) is accepting new program participants for the fall session set to begin in mid-October on Monday afternoons. OTR is a therapeutic play program for children aged 3-5 years who:



- ... are very quiet or shy
- ... may have challenges with social skills and getting along with peers or adults
- ... may have worries, fears or anxieties
- ... may be coping with grief, loss, illness, separation or divorce, a new sibling, or moving
- ... may need support dealing with their strong emotions.

Children explore thoughts, feelings and experiences through drama, art, stories, and play, in a small group of up to 5 children, facilitated by a Play Therapist/Creative Arts Therapist and a Program Worker. A parent group at the same time as the children's group, offers a supportive place to share experiences, learn new strategies, and manage stress.

Over the Rainbow allows children to grow, learn, heal and thrive. Children often do not have the ability to express their thoughts and feelings in words. Creative arts therapies and play therapy offer children the opportunity to express themselves, to learn appropriate coping skills, and resolve challenges they are facing.

Please contact us to schedule an intake meeting to participate in the program.

Michelle Baer, MA, RP, CCC

Child Therapist

Registered Psychotherapist

Creative Arts Therapy & Play Therapy

Tel 416-459-4769

[overtherainbow@ApplegroveCC.ca](mailto:overtherainbow@ApplegroveCC.ca)

## Teen Drop-In Program

### Calling ALL TEENS!!

Come and join us on Tuesdays for gym night and Thursdays in the lounge from 6:30 to 8:30 p.m., starting October 13 for some fun and relaxation with friends. Sports in the gym, cooking and trying new recipes, hanging out with your friends or planning upcoming events and trips are just some of the things you will be doing. Program is open to anyone between the ages of 12 to 16 years. We are always eager to see new faces and hope you will bring some of your friends.



## Summer Adventure Day Camp



It was another successful summer camp season at Applegrove. We met many new faces and welcomed back our old friends and enjoyed all the wonderful things about summer camp with so many great adventures. This summer marks our first year of the before and after care program which was a great success. We went on new and exciting excursions like Tree Top Trekking, hiking at Heart lake, Horsecapades at the CNE and thanks to the Toronto Star Fresh Air Fund, Canada's Wonderland! We also participated in many new activities such as dance classes, Pan am/Para Pan am inspired sports activities, cooking challenges and group art projects. Throughout the summer, campers were able to express themselves creatively through our many activities, all their hard work and dedication was displayed during our Festival of Sight and Sound. Participants were able to watch their counsellors perform as well as show case their own talents and skills for family and friends. At Applegrove Day camp we pride ourselves in our spirit and team building and this is reflected in camp wide activities like wacky Wednesdays, dress up days, camp cheers, and Friday special events. Though goodbyes are hard, we are looking forward to seeing campers in the neighbourhood. On behalf of the Applegrove Summer Camp Staff, we thank all our children and families for their camp spirit and positive energy. See you all next summer!!

## Summer Leadership

This summer's leadership program was a jam packed 6 weeks of fun and engaging activities and trips. With each 2 week block following the themes of "Survivor", "Around the World", and "Entrepreneurship", participants had to use their wits, creativity, and communication skills throughout the weeks. Trips like "escape the room" challenged their minds and teamwork, while trips to Wonderland and Treetop Trekking helped them face their fears. Participants also had a chance to express their creative sides at Paint Lounge and cooking challenges. Daily around the world celebrations during session two got them learning about cultures while celebrating world diversity. And let's not forget Pan Am experiences at the field hockey games and taking a shot at rowing. In our final weeks participants banded together to open up a pop-up brunch cafe for Applegrove campers and finally a pop-up market as their final task. All in all it was a summer filled with memories, experiences, and most importantly creating lasting friendships.



## Afterschool Program



September is back to school, which means fun and exciting things happening in our Afterschool Program. We start the new school year with 70 participants outside enjoying some fresh air and outdoor play after a hard day of learning. New faces and new adventures await as we prepare for another exciting year.

Last year, we shared many memories; we participated in many cooking activities, active games in the gym, big art projects and so much more. We went on PA day field trips to the Toronto Zoo, Ontario Science Centre, the movies, ROM, and Centre Island. What a great year it was and we look forward to this upcoming year with more activities and new experiences along with our caring and fun leaders.

For more information about our Afterschool Program or to be added to our waitlist, call our program Director, May Seto in the Applegrove office.