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Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

September 2016

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From the Director's Chair

This might be the last paper newsletter that you receive from Applegrove! Applegrove is moving toward a paperless option for those who prefer e-mail to snail mail.

We are about to install a new database that will let us send e-mail to our members. You will be able to choose which program calendars you receive by e-mail, whether to receive the newsletter on paper or electronically, and more.



To keep your information as secure as possible, Applegrove is not using a cloud-based system. Like our current database, the new data will live on Applegrove's computers.

When we send out the membership renewal information in January, we will ask for your e-mail address and what you will want to receive on paper or electronically.

As we make the transition, we will do our best to eliminate duplicate addresses, incorrect postal codes or misspelled names. To help us, please let us know ASAP if any information on your mailing label is wrong or missing.

Susan Fletcher,
Executive Director.

Pasta Fest and Silent Auction

Supporting Applegrove's community programs

It's that time again!

**Applegrove's Annual
Pasta Fest and Silent Auction**

Saturday November 5th from 5 - 9 pm

Tickets go on sale October 17th

**Come out for dinner, games and fun
for the whole family!!**

**Support your programs and start your holiday
shopping early by bidding in our silent
auction. More info to come soon!**



Punkin'-Grove

Not sure what to do with that jack-o'lantern?

**Save the date and save your pumpkins
for Applegrove's First Pumpkin Parade!**

*Tuesday November 1st from 6-7:30 p.m.
@ the Ashbridge estate!*

*Come out and see all your neighbours' spooky, wacky
and whimsical pumpkins!*

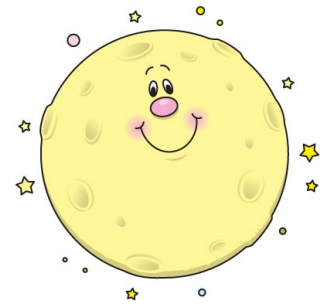


*Prizes for creative pumpkins in
different categories.*

Applegrove Connection

September is back to school month and we will focus on skills in building, cutting, painting and tracing. We will celebrate the Autumn Equinox and the Harvest Moon.

In our program, we need to do some fundraising to help cover costs, so this year the Advisory Committee (which is made up of all the adults who come to the centre) will make a plan. We will start with a sign up for our bi-monthly "Toonie Snacks" and brainstorm other ideas for fundraising.



The Applegrove Connection Family Resource Program welcomes the Applegrove Connection Afterschool Program! Starting September 6th each day staff will meet Bowmore Students (6 to 11 years old) and walk them to the church for a fun and enriching program.

Please join us every Tuesday and Wednesday from 9:30 – 1:00 for toys, puzzles, crafts, coffee, blocks, books, snack and meeting new friends.

Helping Our Babies Grow



Pregnant women need support, no matter what their background, economic situation, culture or age. All pregnant women (in our catchment area) are welcome to attend Helping Our Babies Grow, a prenatal program offered in partnership with Toronto Public Health, East End Community Health Centre and Health Canada.

The program is offered every Monday from 9:30 to 11:30 a.m. During each week at our program you will be able to:

- Share and talk to other women about your experiences and issues;
- Have one-on-one time with a health professional (nurses, breast feeding specialist, nutritionist);
- Attend a workshop and ask questions about the topic of discussion;
- Enjoy a healthy snack;
- Receive free childcare for other children in your care.

Each time you attend, you will receive a grocery gift card and tokens. After your baby is born, we continue to support both you and your baby for 6 months. If you or someone you know is pregnant, please tell them about our terrific program. Call Louise at 416-461-8143 for more information.

Over the Rainbow

Over the Rainbow (OTR) is a therapeutic play program for children 3 to 5 years old who are experiencing social, emotional and/or behavioural challenges. Children explore thoughts, feelings and experiences through drama, art, stories, and play, in a small group facilitated by a Play Therapist/Creative Arts Therapist. A parent group is offered simultaneously for parents to learn new techniques and to share experiences in a supportive environment.

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

We are currently accepting referrals for the Winter 2016 program, which begins January 25, 2016. For more information or to book an intake, please contact the Child Therapist, Michelle Baer MA, RP, CCC, at 416-459-4769, or overtherainbow@ApplegroveCC.ca



Parent Child Drop-in



More than 35 years ago I was at a meeting of parents hoping to set up a new cooperative nursery school in east Toronto. I wanted to join a little playgroup but it was full and had a long waiting list. Raising a toddler did not leave me much time or energy for organizing. What if... said one of the parents...we could set up something without waiting lists, without lineups, without having to be the first, the most organized, the most on-time person in order to have access to it? You could join when you wanted or when you needed it. Could it be low-cost? How would it run?

This was the beginning of family resource programs in our area. Applegrove Parent-Child Drop-in Centre has tried to stay true to the original vision. Our program is open to all families; we believe all families deserve support. We provide a space and opportunity for people to build supports among themselves. We hope to decrease the isolation of young families. Raising young children is a long journey of learning; something new every day. It is great to have a community by your side. You can meet other new parents, grandparents and amazing caregivers. You can take part in a changing program of art, music, play-based learning centres and conversation. There are parenting workshops and special events.

Applegrove is a free program (although we always welcome donations and volunteers!). Parents, caregivers and infants, toddlers, preschool and kindergarten aged children are welcome. We are open Tuesday to Friday, 9 a.m. to 2 p.m. Drop in when it works for you. We look forward to meeting you!

Laura Enneson

This is Laura's last newsletter note as she retires after more than 25 years with Applegrove. We wish her the best in the next stage of her life!

Older Adults

It's been an exciting and busy time for our Older Adults Program! We have definitely made the most of the great weather in the month of August, with outings including Picnic at the Beaches and a fun-filled trip to the CNE. We brought the summer to a close with an Applegrove tradition. One of our own participants, Sylvia I. was the presenter for our August Lunch 'n Learn. Through her lively and vivid descriptions Sylvia shared her personal journey and inspired other participants to share some of their most memorable stories.

We have had quite a few highlights in the past six months. Our annual 50+ Active Living Fair was another great success with over 30 fantastic exhibitors. We had some wonderful programs including: Euchre, Colour Crafters, Bingo, Spanish, Game Days, writing workshops with poet Katie Marshall-Flaherty & South Riverdale Community Health Centre's informative and inspiring six-week course helping people deal with chronic pain.

A group of nine Applegroves, including staff and participants joined in the June Toronto Challenge Walk and raised over \$1,200 to support our Older Adults Program. Nordic Pole Walking made a comeback this June and was a great way for our participants stay active and enjoy the sights of the east end.

Regularly scheduled programming will resume in September as well as some exciting events. We are gearing up for our Welcome Back Party and September Lunch 'n Learn presented by South Riverdale Community Health Centre. Stay tuned for our new intergenerational program, Connecting Through Technology starting in October.

Adults 55 and over are welcome to join us!!!



Summer Day Camp and Leadership



Every year, Applegrove welcomes back old and new campers to a fun summer jam-packed with laughs, learning and adventures. From trips to Whittamore's Farm and the Toronto zoo, to brand new trips like Tree Walk Village and Reptilia, compliments of the Toronto Star Fresh Air Fund, this summer made for lasting memories. We participated in many different activities, expressing our creative sides through drama and art, getting active with games and rugby workshops and learning about healthy living through our cooking activities. Camp spirit is a key part to Applegrove's success and we pride ourselves on our ability to keep that spirit going throughout the summer. Every week Campers and Counsellors showed off their camp spirit on wacky Wednesdays, as well as daily cheers. This year our special events included Pokémon Snap, Winter in July, and an Applegrove Olympics to celebrate the Rio Olympics, to name a few! Campers were encouraged to dress up for our themed Fridays, earning them spirit points and making for an exciting end to a fun week. Though goodbyes are hard, we keep the memories with us till next year! We thank all our campers and families for their camp spirit and positive energy. See you all next year!!

The Summer Leadership program created a lot of memories this summer. Participants had fun on all their outings and cooking challenges. They loved the Tree Walk Village and jumping into a refreshing pool each week. It was not all fun and games; they worked hard to plan "The Market", a special event for the summer camp and during session 3, obtained their First Aid & CPR certification. Looking forward to next year!!

Afterschool Program

Welcome to another year here at the Applegrove afterschool program. We have a great year planned for you and we can't wait to get started! Our afternoons will be filled with group arts and crafts projects, special events and guests, sweet and savoury cooking activities and team building games that will create friendships and enhance life skills. Once again, our amazing and dedicated staff team are here to provide support and help whenever needed so please do not hesitate to approach us with any questions or concerns.



NEW to the community.....The Applegrove Connection Afterschool Program!!

We are pleased to announce a new afterschool program that will be operating out of the Toronto Formosan Presbyterian Church (31 Eastwood Road). The program is for children entering grade 1 or higher and runs Monday to Friday, from 3:10 to 6:00 p.m. Staff pick up registered participants from Bowmore Public School. Spaces are still available!! Please call the Applegrove office to register or for more information.

BRAND NEW! Junior Leaders Program

Applegrove is excited to announce a NEW program for participants 11 – 13 years old. This program will be geared to pre-teens who want to become more independent. Participants will develop leadership, life and team building skills in a familiar and comfortable setting. Two sessions of 10 weeks will be offered on Tuesdays and Thursdays from 3:45 p.m. to 6:00 p.m.



For youth ages 11 – 13 years

Session 1: October 4 to December 8

Session 2: February 7 to April 20

Cost: \$250 per session

(Limited Subsidy Available – based on household income)

Examples of activities and workshops include:

**Leadership activities ♦ Home alone safety ♦ Team building ♦ Personal safety ♦ Life skills
Healthy snack ♦ Cooking challenges...etc...etc..**