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Applegrove Newsletter

"TOGETHER, BUILDING OUR COMMUNITY"

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From the Director's Chair

"Together, building our community" is Applegrove's motto and is on every sheet of letterhead, every copy of the newsletter, and at the heart of Applegrove's mission. But what does it mean?

It defines Applegrove's approach to our work.

Applegrove's Board members volunteer to govern the agency. All are from this neighbourhood. Some grew up here. Some had their families here. Some moved here. They all lead the organization from a neighbourhood perspective while bringing their professional, volunteer and life expertise.

It defines staff members look at their work. We are not "building **the** community" or "serving the neighbourhood". We are building **our** community. Staff are part of the community, whether they live in the neighbourhood or not.

It means we listen to residents and try to meet their needs. It means that when you call Applegrove with a question, we try to answer it, whether or not your question is about Applegrove's programs.

It means we plan events that bring residents together. Activities such as Punkin-Grove (scheduled for November 1), Pasta Fest (November 25) and the family dance (February 10, 2018) are designed for fun, interaction and inclusion.

We know that the community includes newcomers and long-time residents, owners and renters, richer and poorer. We work to bring everyone together. So that together, we can build our community.

Upcoming Special Events at Applegrove

SAVE THE DATE!!

Punkin-Grove: the second annual pumpkin parade takes place at the Ashbridge Estate on Wednesday, November 1, from 5:30 to 8 p.m. Bring your punkin and your family!

Pasta Fest: Come to the Legion on Saturday, November 25 for the annual pasta dinner and auction. "Twas a month before Christmas" will feature delicious food, seasonal décor, a range of items donated by local businesses, and all the fun you can handle.

Family dance: Saturday, February 10 from 10:30 a.m. to 12:30 p.m.

Teen Drop-in Program

Applegrove welcomes all youth to our Teen Drop-in starting October 8. Programming is offered on Tuesdays and Thursdays for youth ages 13 to 16 years old from 6:30 to 8:30 p.m.

Tuesdays are in the gym!! Come out and join us for sports, active games, and some friendly competition.

Thursdays are in the lounge!! Baking, cooking, movies and popcorn, workshops, casual conversation, outings are just a few of the things you can do with your peers.

Applegrove Connection Family Resource Program

The Applegrove Connection program runs during the school year only so we always consider September the beginning of our year.



September is full of celebrations; Terry Fox Day, honouring his courageous cross Canada run; Autumn Equinox as we watch the leaves change and the weather get cooler; Rosh Hashanah welcoming the Jewish New Year with apples and honey to make sure your year is sweet. We will have Toonie snack on Wednesday, September 20, at our first advisory meeting of the year.

Looking forward to October and November when apples, leaves, pumpkins, scarecrows and ghosts will come together at the craft table as we continue to focus on autumn. We will celebrate Harvest Moon, Thanksgiving, Diwali, Halloween, Remembrance Day and World Kindness Day. We have some new toys and activities for little hands to use and explore and will be adding a new school readiness station and reading corner. The coffee is always hot; snack happens every day at around 10:30; then we sing.

The Applegrove Connection welcomes all children 0-6 years and the adults who care for them. Please join us every Tuesday & Wednesday 9:30 a.m. – 1:00 p.m. at 31 Eastwood Road, in the basement of the Toronto Formosan Presbyterian Church. Call during program hours at 416-459-0231 or the Applegrove Office at 416-461-8143 for more information.

Helping Our Babies Grow (HOBG)



Helping Our Babies Grow is a program for women who are pregnant; whether you are 3 weeks or 5 months pregnant, you can join the program at any time during your pregnancy and stay until your baby is 6 months old. The earlier your start attending our program, the better for you and your baby; you will know what is happening to your body and how your baby is growing.

Every week, women attend the program to meet other women where you can talk and compare where each of you are in your pregnancy, share tips about what works for you to calm your baby or deal with cravings. Socializing is a vital part of this program; often women can feel lonely and isolated during pregnancy especially if they are new to Canada without much family support. Friendships are started in the program and continue after. New moms visit one another or walk home together building a bond that will continue even after they graduate from the program.

Each week there is a healthy snack, workshop, child care for older siblings, one on one access health professionals such as a Public Health Nurse, Dietitian, and Breast Feeding Specialist. Workshop topics include: adapting to your pregnancy, labour and delivery, breastfeeding, transitioning to parenting, environmental exposures and making better food choices. Before you leave you will receive TTC tokens (if you need them) and a grocery gift card for healthy food for you and your baby.

HOBG is funded by Health Canada and operates in partnership with East End Community Health Centre and Toronto Public Health. It is **FREE** and happens every Monday from 9:30 – 11:30 a.m. in the basement of Duke of Connaught School, 60 Woodfield Road. Call Louise or May at 416-461-8143 for more information.

Parent Child Drop-in

We had a nice summer at the centre and now we will say farewell to all of the big kids who are going off to junior kindergarten. We are looking forward to welcoming everyone back this fall and meeting some new families; it's always fun to make new friends and play together!



On Wednesday, September 20, will be taking a school bus trip to High Park. Next month, we will be busy at the art table making things for Halloween. We will also be planning a fundraising lunch or two. Check the Drop-In calendar for dates of monthly workshops and visits by Joanne, a Social Worker from East End Community Health Centre and Debbie, a Nurse from Toronto Public Health. Every day, we have fun and enriching art, music and sensory activities so come and join us! We are open Tuesday to Friday from 9:00 a.m. to 2 p.m.

Connecting Through Technology (CTT)

Applegrove's most recent intergenerational endeavour was a huge success, thanks to both the older adults who were open to learning and the youth who were willing to guide them. Twice a week participants connected to modern day devices such as smart phones, tablets and laptops. Seniors received one to one attention and were able to ask their questions to help them get a better grasp on using their device. Basics of exploring the internet, checking emails, to the wonders of apps like snapchat were some of the things that older adults learned. A particular favourite activity was learning to explore the older adults' home towns through google maps! The 6 months of the CTT program provided more than just providing an opportunity to learn about technology, it provided a confidence boost for both generations, and allowed them to find common interests to bridge the gap between youth and older adults. Thank you to the Ontario Seniors' Secretariat for providing the funding and Mr. Darkhor's grade 7-8 class at Duke of Connaught for partnering with us!



Older Adults

Applegrove celebrated "7 years of successful programming for older adults" with an awesome trip to Niagara Falls. It was a day full of sunshine; we enjoyed the outdoors, a delightful luncheon, and the company of friends, old and new – a day to remember.

And there were more days like this over the course of the spring and summer months. Five Applegrove members joined the annual Toronto Challenge Walk at City Hall. We had loads of fun walking with older adults from centres around the City and received our Toronto Challenge ribbon at the end of the 1k walk. Congratulations go to Betty-Lou, Claude, Don, Sandy and Renate for taking the challenge and all those who offered pledges that support Applegrove's 55+ activities.

Other highlights included our Ontario Seniors Month celebration with music and presentations by our members Mairead and Harold. A special treat were four woodcarving classes offered by Bill Meyette; under his expert instruction, we carved our very own birds! In our August Lunch 'n' Learn, Immojean shared her journey of life through retirement and inspired us to join the conversation with insights and tips on how to age well. Applegrove members came together for an Advisory Council "Meet and Greet"; they networked, shared ideas and to got to know each other a little better. And there were more memorable moments, too many to detail here.

A small group of our participants will present a skit at the September Welcome Back Party, and there are some exciting events and activities coming up this fall. Take a look at the September calendar! For more information, call Renate at 416-461-8143.

Junior Leaders



As we gear up for the second year of Applegrove's Junior Leaders Program, we remember the ton of memories we built last year. In our first year, we packed in as much as we could during our two days a week. Building life skills and confidence were our major focuses. Team cooking challenges were always a favourite and those skills were put to the test when participants put together a mini restaurant for our afterschool participants complete with menus, servers and a busy kitchen. Our junior leaders also collaborated once a month to put together a special event for our afterschool kids. Mad scientists, witches on Halloween, Disney characters hosting activities were all met with rave reviews. Another major highlight was the First Aid/CPR certification, a life skill that will be useful in the future. Other activities also focused on fun where youth played team building games and started art projects. We even got TIFF to come in to teach us about special effects makeup. It was a great first year and we are looking forward to our next group of Junior Leaders to make new fantastic memories.

Program Days: Tuesday and Thursday

Time: 3:30 - 6:00 p.m.

Cost: per session is \$300

Session 1: October 3 to December 7, 2017

Session 2: February 6 to April 19, 2018

REGISTER NOW!

Over the Rainbow



Over the Rainbow is a therapeutic play program for children ages 3-5 years old who are experiencing social, emotional and/or behavioural challenges. Children are able to express thoughts, feelings and experiences and learn new coping skills through creative arts and play therapy. In the children's group we play musical instruments, use puppets, create expressive art, use select therapeutic toys and engage in fun games that help young children learn about themselves and make meaning of their world. A parent/caregiver support group is offered during the same time to share new techniques, offer peer support and the benefit of joining the children at the end of each session to participate in practicing coping skills together. We are currently meeting with families who would like to participate in our Fall Program, set to start in October 2017. If you and your child(ren) might benefit from this program, please be in touch to set up an intake interview with Michelle, the Child Therapist. She can be reached at OverTheRainbow@ApplegroveCC.ca or by calling 416-459-4769.

Summer Camp and Leadership Programs

It was another fun and successful summer at Applegrove. Children and teens met new friends and re-kindled camp friendships while enjoying the many different activities that camp had to offer. This year, we took part in activities old and new, such as bake sales, cheer offs, cooking challenges, and showcased our talents and art projects at the Applegrove Festival of Sight and Sound. We also celebrated Canada's 150 by taking part in a special event where we enjoyed delicious Canadian staples such as pancakes and maple syrup and poutine complete with cheese curd. We played games, danced to music, listened to stories about our great country and had a fun time making silly faces in our Canadian themed photo booth. We went on fun field trips such as Tree Top Trekking, Wet n' Wild, and picked Strawberries at Whittamores Farm for the last time ever. We capped off the summer by watching a live stream of the solar eclipse and participated in the Youth Market, led by our Summer Leadership Camp. A special thank you to the Toronto Star Fresh Air fund who funded our trip to Bowlerama and also provided us with a pizza lunch that we enjoyed at our Applegrove Prom. Overall, a great summer for all and we look forward to doing it again next year.



In honour of Canada's 150 celebration, our Summer Youth Leadership Camp took advantage of what our great city has to offer. We explored different parts of the city that represented our cultural diversity. We took in the sights during our excursion at Sunnyside, we enjoyed delicious and diverse eats in the downtown core while learning about the many cultural traditions and customs it took to prepare the food, and we learned about creative arts at the Koffler Gallery that allowed us to incorporate self expression during our art activities at camp. We were also able to take a trip to the Ontario Science Centre to experience the Solar Eclipse with special glasses and enjoyed our last day at the CNE. We learned many skills such as resume writing, business planning, advertising and marketing to allow us to plan and execute the Youth Leadership Market that our summer campers enjoy each year. The staff and participants worked together as one unit to create a safe, diverse and fun leadership experience this summer. It was a successful summer and we wish all our Leaders luck in the coming school year. We look forward to seeing you again next year.

Afterschool Program



Welcome back to another year of our Applegrove Afterschool Program, both at our on-site and satellite locations. We have a fun and exciting year ahead of us. We have an amazing and caring staff team that are committed to planning and implementing activities that reflect, respect, inclusion, diversity and creativity. This year we plan on creating project based crafts all year round, enjoying the outdoors even in the cold brisk days, bake sale events that showcase our cooking/baking skills and participating in a talent show for your enjoyment. We look forward to meeting new friends this year and seeing familiar faces. We can't wait to hear all about your summer!