



Applegrove Newsletter

"Together, Building Our Community"

Spring 2008

From the Director's Chair

Do you see anything different about this newsletter? It now includes Applegrove's new motto, "Together, building our community". The Board developed the motto to sum up what we do and how we do it.

For many years, Applegrove's mission statement has been, "a neighbourhood partnership fostering community through social and informative programs for individuals and families". The new motto reflects the spirit of partnership, creativity and involvement. It complements the mission statement and will appear on our letterhead, website and other materials.

Susan Fletcher,
Executive Director.

Talking about Applegrove

First, on January 26, the Toronto Star ran an article about Dirty Dancing star Jake Simon's 10 favourite things about Toronto. Number 6 on the list was Applegrove Community Complex! To see the whole article on-line, go to our website and click on "What People are Saying".

A few weeks later, a member stopped the Executive Director as she walked along a local street. The member and her children used to attend the Parent/Child Drop-in, but her oldest is now a teenager.

She said how significant the family resource program had been both for herself and her children. She noted that, while her family would have been able to afford to pay for programs elsewhere, they chose Applegrove. The quality of the programming, the warm welcome they received, the neighbourhood connections – all were important.

Even more important, her teenager still remembers the Parent/Child program and thinks it is important. The teen's father has since remarried and had another child. The teen has been telling the step-mom that she should take the 4-year-old to a family resource program in her neighbourhood. Why? Because activities like song circle, crafts and playing with other children will help him to be ready for kindergarten next year!

The SPA at Edgewood (Spring Pampering for Applegrove)



On Tuesday, May 13, treat the special women in your life (or yourself) to a relaxing evening of spa treatments while supporting programs for families and young children at the same time. The SPA at Edgewood (Spring Pampering for Applegrove) will offer massage, reflexology, hair cuts, manicures and much more. Clients can also enjoy complimentary nibbles and beverages, either healthy or indulgent, at the café. Or try some retail therapy with the Silent Auction!

Each of the practitioners is donating their services. Only a limited number of tickets are available to ensure that each client can enjoy the full range of experiences.

Ticket prices are \$80 & \$50 and make wonderful gifts for Mothers' Day! They will be sold beginning in April at the Applegrove office or can be charged to a credit card by calling (416) 461-8143.



60 Woodfield Road, Phone (416) 461-8143, Fax (416) 461-5513
www.applegrovecc.ca



Program Information



HAIG Family Resource Program

HAIG is located in room 10 Of Earl Haig Jr Public School at 15 Earl Haig Avenue. We are open Monday & Friday mornings from 9:30-12:30. Please drop-in to see us.

HAIG has undergone a facelift since our last report. We have a climber set up to help get rid of built up energy; children can climb, slide and hide in the tunnel. We have new, larger tables for crafts and snacks and most important we have created a larger open space for creative play.

Children are not "just playing"; when they are at the HAIG; they are growing and developing new skills. They learn how to compromise and share, learn colours and the names of the animals and if you stack six blocks your tower will stand but if you stack 7 it will tumble and crash. Drop-in centres like HAIG are a place where children can play in a safe and comfortable environment, while knowing that the adult who brought them, whether it's mom, dad, grandma, or their caregiver, is nearby watching and encouraging them.

Adults can participate in monthly Advisory meetings where we plan special events, discuss concerns and strategize fundraising efforts. Of course, the coffee is always hot and there are other adults you can talk to about parenting concerns or what you did on the weekend. The drop-in centre is a place where everyone can come and join in. Why not come and see us for yourself!!

Helping Our Babies Grow



Pregnant? Concerned about your health and the health of your baby? Join this health and nutrition program for women living between Greenwood Avenue and Victoria Park Avenue, and south of Danforth Avenue. The program runs in the Applegrove Parent/Child Drop-in centre on Friday afternoons from 1:30-3:30 p.m. A nutritious snack is provided, along with a \$10 grocery voucher and TTC fare if needed. Childcare is provided.

Applegrove Parent-Child Drop-in

Once upon a time (in the late 80's) there was a preschool playgroup. It was lots of fun and the parents ran it cooperatively. More parents wanted to join but there was only room for some of them. The kids grew older and the parents moved on. New parents took leadership. It stopped for the summer. It started again in the fall (eventually). Some people had trouble getting there on time. Some people came only once a week. Some people wished they could come every day. Many who really needed it did not get in at all. There was talk about forming a second group. A new idea came out of the meeting.



What if we had a place where no one was turned away? If you didn't have to line up to join? If you could arrive when your toddler was ready to play, and not be rushing all the time? Where you decided how often you would like to attend? And costs would not keep anyone away? Could it just keep going as the children grew and moved on to school and not have to stop and start? Could you bring your baby? If you were taking care of several children, could they come as well?

This was the start of the local drop-in centres, including Applegrove. Grants provide for staff, the room and equipment but it is the participants that make it all work. Everyone pitches in to set up, help each other with their children, make a pot of tea, add an encouraging word, sing a song and clean up after the whirlwind produced by 60-70 people a day. The drop-in is free and open to anyone who cares for a baby or young child. You can come every day or once in a while. You will find resources to help you, as you raise your children. There is always something fun to do and there are fascinating people to meet.

Come play with us!
Tuesday & Friday 9-12:30
Wednesday & Thursday 9-3:30



Adult ESL Class

Basic Level
Monday, Wednesday, Thursday & Friday
1:15 to 3:15 p.m.
IN THE LOUNGE



Program Updates



The Edgewood Connection



Welcome to the Edgewood Connection, a family resource drop-in centre run by Applegrove. At Edgewood the staff and the families who visit the centre rely on each other; to help keep the centre running smoothly, to have fun activities each day, to play in the gym and to support one another when the days are good and the days are not so good.

As the only staff at Edgewood I am amazed at how much our families contribute to the centre. Some contribute with frequent donations, some contribute by attending fundraising events and almost everyone contributes to the upkeep of the centre. New families are quick to learn that everyone helps at the centre, and together we get everything done. We consider ourselves a family and everyone is welcome. We Edgewoodians love to meet new people, so come and see us. Everyday we get to use the gym to run, play with hoops and balls, climb or ride the cars.

Another regular activity is our lunchtime fundraisers. Everyone contributes part of the food and then we donate \$2.00 to help raise money for our daily snack program. In March we are having a "Chase the Winter Blahs Away" Potluck on Wednesday March 26th.

We are open Monday, Tuesday and Wednesday 9:30-12:30 and we are located in the Corpus Christi School Building at 42 Edgewood Avenue. Come and join us for circle time and coffee!

Teen Drop-In

The continued success of the Applegrove Teen Drop-In is leaving teens wondering "what's next?" With over 65 youth registered to date, and an average of 12-18 youth visits per night, the Applegrove Teen Drop-In remains to be the local hot spot every Monday, Tuesday and Thursday night from 6-8pm. The program is excited to return to the newly constructed Youth Lounge as of mid February and looking ahead we have many off-site trips to look forward to in the upcoming months. Rock climbing, YMCA, and laser quest are just a few trips we have planned. Our Youth Lounge provides a safe place to hang out, learn new and exciting things and meet new friends.



What's for snack tonight? What are we baking or cooking tonight? What trip are we going on this month? These are just a sample of questions asked on a nightly basis. Check out our Teen Drop-In monthly calendar for information regarding upcoming events.

Need volunteer hours for high school? April will see the Drop-In program head to the Air Canada Centre for a second time this season to raise money for the Raptors Foundation during an NBA basketball game. Always a great time and a very rewarding experience.

Do we have your attention yet?

The Applegrove Teen Drop-in is for anyone between 13-18 years of age. The program runs out of Duke of Connaught Public School. 60 Woodfield Road just north of Queen Street. For more information please call Carmi or Jonathan at 416 461-8143.

Over the Rainbow



Does your child:

- Appear afraid to try new things?
- Show little interest in things/people around him/her?
- Feel disturbed by any change in routine?
- Experience sudden, unpredictable changes in mood?
- Have difficulty expressing feelings properly?
- Have difficulty controlling his/her impulses?
- Have difficulty calming down once upset?

This innovative program is for children ages 3-5 that are experiencing behavioural and/or emotional difficulties due to stressful or traumatic life experiences, including family violence, divorce, bereavement, separation, etc. The program consists of 8 weekly sessions, on Monday afternoons.

A parent program runs parallel to the children's group and is facilitated by a Parent Worker. Parents have the opportunity to meet with other parents, ask questions, gain and lend emotional support, share experiences, and learn new strategies for understanding and supporting their children's emotional growth and development.

For more info please call 416-528-9922:

Nikki Goldman, BA, DTATI

Spring Session will begin in April!!!



Applegrove Afterschool Program

Mondays – Baking Club We will learn how to make delicious baked goodies. Children will learn how to measure ingredients, read recipes, and gain practical experience in the kitchen.

Tuesdays – Cooking Club Participants in the cooking club will enjoy making great and simple recipes. They will learn how to read a recipe, learn about nutrition and bring lots of great creations home to share with the family!

Wednesdays – Creativity Plus Come and explore your creativity through activities such as creative arts, music, drama, etc.. Participants will be given the opportunity to engage in theme based activities with peers to learn new and exciting ideas.

Thursdays – Celebrations This program will allow children to learn about different cultures and how they celebrate around the world. Each child will explore and share their own celebrations and

experience others with their peers. This may include food, traditional games, stories, and costumes.

Fridays – Kid's Choice It's perfect for the end of the week to let your child help out program leaders decide what to do each Friday. Participants will choose from a variety of activities such as sports, active games, outings, workshops, movies, etc...

Location: 60 Woodfield Road (in Duke of Connaught School)

Time: 3:30 - 6:00 pm, Monday to Friday

Cost: \$3.00 per day or \$12.50 per week (monthly commitment required)

Contact: 416-461-8143

Hope to see your child there!!

It's Tax Time!!



Applegrove's Income Tax Clinic will be held Thursday afternoons, from 1 to 5 p.m. by appointment only, beginning March 6, 2008. The clinic

is for those with low income and simple tax returns.

You are eligible if you:

- are a single person with income of 25,000 or less;
- are a 2 person family with income of \$30,000 or less;

- have a simple, straight-forward return, with income from basic employment, social assistance or pension;
- do not have capital gains, rental or self-employed income;
- need only the 2007 tax year.

Call Franki at the Applegrove office 416-461-8143 to determine eligibility and to book your appointment.

Summer Adventure 2008

Day Camp for Children Ages 6-12

July 2 to August 25, 2008

(Closed August 4, 2008)

\$50.00 Per Week

- *Swimming
- *Co-operative Games
- *Cooking
- *Literacy Activities
- *Crafts



- *Health & Safety Tips
- *Local Trips
- *Special Theme Days
- *Drama
- *Fun Summer Projects

Registration Date

Monday, April 21, 2008 at 6:00 pm

(Please bring child's OHIP card and proof of age)