


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			<b>1</b> KIDS' CHOICE	<b>2</b> GROUNDING GAME	<p><b>After School Program Sprouts</b></p> <h2>February 2024</h2> <p><b>FEBRUARY IS BLACK HISTORY MONTH</b> Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities. The 2024 theme for Black History Month is: <b>Black Excellence: A Heritage to Celebrate; a Future to Build.</b></p> <p><b>FEBRUARY 10-24<sup>TH</sup> – LUNAR NEW YEAR</b> Did you know that more than 1.5 billion people celebrate the Lunar New Year every year? It's true! The holiday marks the first new moon of the lunisolar calendar, which is a calendar used in countries like Singapore, China, South Korea, Vietnam and other Asian countries. The Lunar New Year symbolizes the beginning of a new year and represents the desire for a new life, while ushering in luck and prosperity with family. The lunar new year is often associated with an animal from the Chinese zodiac. This year is the year of the dragon!</p> <p><b>FEBRUARY 16<sup>TH</sup> – P.A. DAY</b> The Afterschool Program is closed today except for those who registered and paid for our P.A. Day Program.</p> <p><b>FEBRUARY 19<sup>TH</sup> – FAMILY DAY</b> Applegrove is closed today. Have a great long weekend with your families.</p> <p><b>FEBRUARY 28<sup>TH</sup> – ANTI-BULLYING DAY/ PINK SHIRT DAY</b> Anti-Bullying Day is an annual event, held in Canada and other parts of the world, where people wear a pink-coloured shirt to stand against bullying. The initiative was started in Canada, where it is held on the last Wednesday of February each year.</p> <p><b>Josh Grainger (he/him)</b> Child &amp; Youth Coordinator 647.233.8143 <a href="mailto:childandyouth@applegrovecc.ca">childandyouth@applegrovecc.ca</a></p> 
<b>5</b> COLOURING PAGES	<b>6</b> YEAR OF THE DRAGON!	<b>7</b> OATMEAL CREAM PIES	<b>8</b> LANTERNS	<b>9</b> Lunar New Year Begins Tomorrow <b>LUNAR NEW YEAR CELEBRATION</b>	
<b>12</b> COLLAGES	<b>13</b> VALENTINE'S DAY ART	<b>14</b> <i>Valentine's Day</i> CORN DOG MUFFINS AND CHOCOLATE COVERED STRAWBERRIES	<b>15</b> LET'S INVENT	<b>16</b> <i>P.A. Day</i> <b>APPLEGROVE P.A. DAY PROGRAM</b>	
<b>19</b> <i>Family Day</i> PROGRAM CLOSED	<b>20</b> RAINBOW LOOMS	<b>21</b> CARROT CAKE	<b>22</b> YOGA	<b>23</b> ROCKET BALLOONS	
<b>26</b> CUP POPPERS	<b>27</b> PICTIONARY	<b>28</b> <i>Anti-Bullying/Pink Shirt Day</i> SHEPPARD'S PIE	<b>29</b> <i>Leap Day</i> KIDS' CHOICE		

## DAILY ROUTINES

### Pick-Up

**2:45PM**

Your children will be picked up in the backfield by our staff at dismissal. Please contact us if your child will be absent or late to program.

### Snack

**3:00 PM**

All groups will gather in the school cafeteria for a nutritious snack. Children will have time to decompress and hang out with their friends. They can also get help with their homework during this time.

### Activity Time

**3:30 PM**

Planned activities will be run by the staff for your children. We strive to offer a variety of activities based on the groups' interests – therefore we encourage all children to participate in all activities and to try new things! If your child has some favourite activities, let their staff know!

### Program Ends

**6:00 PM**

Please let us know if you are going to be running late picking up your children. Continuous late pick-ups will result in additional fees.

## MORE PROGRAMS & EVENTS

### Prenatal Program

This pre and post-natal program offers social and supportive learning activities for pregnant women, new mothers and their babies up to age 6 months. Weekly sessions and workshops are a way to get to know other local parents-to-be and discuss pregnancy questions or concerns with specialists. Topics include prenatal health and nutrition, childbirth, breastfeeding, infant care and development and more. Food and other supports are available. All programming is free.

### EarlyONs

We offer a welcoming, safe and supportive space where all types of families and their children age 0 to 6 can meet, play, talk, learn and grow with each other. Join us for early learning activities, music and movement, creative experiences, and parent education. Supportive staff can help with accessing information about parenting and child development or community resources. All programming is free.

### Youth Drop-in

This is a casual program where youth aged 12–16 have fun, hang out with friends and have opportunities to participate in activities that build leadership and life skills. Activities are based on people's interests and include things like basketball, cooking, game and movie nights, and team-building. All programming is free.

### Seniors & Older Adults

Aimed at adults aged 55+ this program offers a selection of activities to choose from each week. Activities are designed to create social connections, keep people active, promote life long learning and have fun. Some, like bingo and Spanish lessons happen on a regular schedule. Other activities change from month to month based on what people are looking for. Staff can also make check-in calls and provide referrals to other services.

### The Neighbourhood Food Hub

The Food Hub is a welcoming food-focused facility and gathering space located at 1470 Gerrard Street East. It seeks to connect people to fresh, nutritious food, improve food access in Toronto's east end, and build community. By working with partners, the Food Hub provides space to local food programs and projects, participates in projects to promote sustainable local food systems, facilitates food resource sharing in the community, and supports community-based emergency food programs.

FOR MORE INFORMATION VISIT [WWW.APPLEGROVECC.CA](http://WWW.APPLEGROVECC.CA) | @APPLEGROVECC