


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div>After School Program Seeds March 2024</div> <div>MARCH 8th – INTERNATIONAL WOMEN’S DAY This is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.</div> <div>March 10th – RAMADAN BEGINS Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting (sawm), prayer, reflection and community. This year Ramadan is set to start on the evening of March 10.</div> <div>MARCH 11-15TH – CLOSED FOR MARCH BREAK The Afterschool Program is closed today except for those who registered and paid for our March Break Camp.</div> <div>MARCH 21st – INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION This day recognizes that the injustices and prejudices fueled by racial discrimination take place every day but is observed annually on March 21. In Canada, this date is an opportunity to reflect on the fact Indigenous Peoples, racialized communities and religious minorities in Canada continue to face racism and discrimination every day.</div> <div>MARCH 28th – Holi Holi is a popular and significant Hindu festival celebrated as the Festival of Colours, Love, and Spring. It celebrates the eternal and divine love of the deities Radha and Krishna. Additionally, the day signifies the triumph of good over evil, as it commemorates the victory of Vishnu as Narasimha over Hiranyakashipu.</div> <div>Josh Grainger (he/him) Child &amp; Youth Coordinator 647.233.8143 <a href="mailto:childandtheyouth@applegrovecc.ca">childandtheyouth@applegrovecc.ca</a></div> <div> <b>applegrove</b> children &amp; youth</div>
				1 CLOUD DOUGH	
4 TAG GAMES	5 BANANA PUDDING	6 DUCT TAPE WALLETS	7 PICTIONARY	8 International Women’s Day YOGA	
11	12	13	14	15	
CLOSED FOR MARCH BREAK					
18 BASEBALL	19 CORN DOG MUFFINS	20 RAMADAN LANTERNS	21 International Day for the Elimination of Racial Discrimination COMMUNITY MURAL	22 DANCE	
25 Holi begins CHALK ART	26 PASTA	27 SHRINKY DINKS	28 SOCCER	29 Good Friday APPLEGROVE IS CLOSED FOR THE EASTER LONG WEEKEND	

## 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