



Winter 2025 Newsletter

Agency News



Staffing Announcement

After 20 years of dedicated service, May Seto is retiring as our Program Director. May's dedication, creativity, and leadership have been key to the growth and success of many of our programs, and she will be deeply missed by the Applegrove community.

We are excited to announce that Josh Grainger will be stepping into the role of Program Director. With his

experience and passion for community development, Josh is ready to continue building on May's legacy.

Join us in thanking May for her years of hard work and wishing her the best in her next chapter and in welcoming Josh to his new position!

Child & Youth

GET READY!

SUMMER REGISTRATIONS OPEN ON OUR WEBSITE FEBRUARY 3 AT 10:30 AM.

Summer Day Camp (6-12 years old)

Our camp is for children aged 6-12. Weekly sessions offer recreational and enriching activities including crafts, cooking, games, swimming, exploring the neighbourhood, trips and more. This is a place where children make friends, enjoy their days and build amazing memories.

Summer Leadership Program (12-15 years old)

This program provides opportunities for youth aged 12 – 15 to make friends, build confidence, and gain leadership and life skills. A combination of learning and fun makes for a well-balanced program. Leadership development components include team-building, problem-solving, community engagement, and activity planning. The group then puts their learning into practice by planning and hosting an event such as a kid's activity day or community movie night.

To learn more about our Child & Youth Programs visit our [website](#).



applegrove
children & youth

SUMMER ADVENTURE DAY CAMP

Registration opens
February 3 @ 10:30 am



June 30 -
AUG 22

\$200
/week



New friends. Swimming.
Field trips. Great activities.
Special events. Extended care is
Arts & Crafts. available.

Subsidies
available



www.applegrovecc.ca



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childandyouth@applegrovecc.ca

647-233-8143



SUMMER LEADERSHIP PROGRAM

SESSION 1: JULY 7-18 SESSION 2: JULY 28 - AUG. 15

Youth 12-15 build their
leadership skills
through engaging
activities, workshops,
trips and community
events

**\$200
/week**

Subsidies
available



Registration opens
February 3 @ 10:30 am



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Adults & Seniors



Income Tax Clinic

Need help completing your taxes? See if you are eligible for our free tax clinic.

You are eligible if you:

- Are a senior or a single person with income of \$35,000 or less or a 2-person family with income of \$45,000 or less.
- Have a simple, straightforward return, with income from basic employment, social assistance or pension.
- Do not have capital gains, rental or self-employed income.
- Only need the 2024 tax year prepared.

By appointment only. Appointments open February 3.

Appointments available:

March 5 - April 30

Wednesdays and Thursdays 9:30 am - 4:30 pm

For more information or to book an appointment:

email seniors@applegrovecc.ca or call **416-461-8143**.

Act-ively Preventing Elder Abuse

A **FREE** Interactive Theatre
Workshop That Empowers Our
Community Against Elder Abuse:
Recognize, Respond, and Support!

19 Feb | 10:30 AM - 12:30 PM

Aplegrove Community Complex Lounge -
60 Woodfield Rd, Toronto, M4L 2W6

A light lunch will be provided!



Theatre of the Beat - Act-ively Preventing Elder Abuse Workshop

February 19, 10:30 am - 1:30 pm

Location: Applegrove Lounge

Register by Feb 13. NO FEE.

Using Augusto Boal's Forum Theatre method, develop effective strategies for preventing elder abuse. Identify the types of elder abuse and warning signs to look out for within both oppressors and survivors. A light lunch will be provided.

For more information or to RSVP:

email seniors@applegrovecc.ca or call 416-461-8143.

SENIORS Café

East End Food Hub
Narthex Room
1470 Gerrard St. E.

Jan. 27, Feb. 24, Mar. 24,
Apr. 28, May 26, Jun. 23

Drop-in anytime between
3-5 pm



-  for older adults 55+  socialize & meet new friends
-  coffee/tea & light refreshments  play cards, board games
-  stay afterwards for the free Nourish East End Community Dinner

For more information contact: seniors@applegrovecc.ca | 647-548-8143



Seniors Café

February 24, March 24, April 28, May 26, June 23

3:00 pm - 5:00 pm

Location: East End Food Hub (1470 Gerrard St. E.)

Drop-in anytime between 3-5 pm for our free Café for older adults aged 55+. Enjoy coffee, tea and light refreshments while you socialize, meet new friends or play some cards, board games or Mahjong. Stay afterward for the free [Nourish East End Community Dinner](#).

For more information email seniors@applegrovecc.ca or call **416-461-8143**.

Families & Early Years

Baby & Toddler Yoga

Baby				Yoga
February	11	at	1:00	pm
Applegrove				EarlyON

Join us in celebrating Love with your Little One! Connect with your baby through Yoga with Laurie in a special Love themed class. No previous experience with yoga is necessary. Come ready to move and have fun! This class is ideal for babies from infants to 1 year.

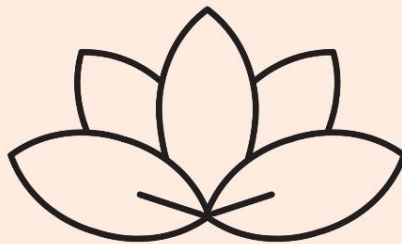
Toddler			Yoga
February	26	at 10:15	am
Applegrove			EarlyON

Join Laurie for a fun, active Yoga class geared toward toddlers ages 1.5 - 4. Arrive ready to move and play - we encourage all children and adults to participate!

Call 416-461-5043 or email frp@applegrovecc.ca for more information.

**BABY
YOGA
WITH LAURIE**

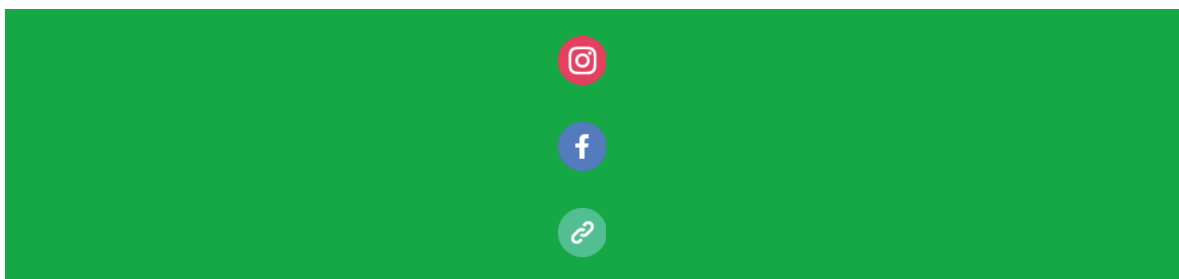
*CONNECT WITH YOUR BABY
THROUGH YOGA*



**TUESDAY,
FEBRUARY 11
1 - 1:45**



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