


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 PICTIONARY	2 BASKET-BALL	<h2>After School Program Seeds</h2> <h1>May 2025</h1> <p>Asian Heritage Month is an opportunity for us to learn more about the many achievements and contributions of Canadians of Asian heritage who, throughout our history, have done so much to make Canada the country we know and love.</p> <p>Jewish Heritage Month - Canada is home to an estimated 400,000 people of Jewish heritage, making it the fourth-largest Jewish community in the world. During this month, we recognize the many contributions the Jewish community has made to Canada as well as the courage and resilience that its members have shown throughout history.</p> <p>Polish Heritage Month - May 3rd is an important Polish holiday celebrating the 1791 Constitution, symbolizing Poland's pursuit of freedom and democracy. In Ontario, May is recognized as Polish Heritage Month to honor the contributions of Polish Canadians to the province's history and culture</p> <p>May 5 – Red Dress Day A day to remember and honour missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ peoples (MMIWG2S+). Red Dress Day serves as a painful reminder of the ongoing genocidal crisis of missing and murdered Indigenous women, girls and 2SLGBTQQIA+ people and invites solidarity and action.</p> <p>Liliana Sanchez (she/her) Child & Youth Coordinator</p> <p>childandyouth@applegrovecc.ca</p> 
5 BADMINTON Red Dress Day	6 BOARD GAMES	7 MOTHER'S DAY ART	8 JUMPS	9 SOCCER May 11 Mothers Day	
12 KICKBALL	13 PAPER PLANE CHALLENGE	14 BIRD FEEDERS	15 OUTDOOR IMPROV	16 BALLOON GAMES	
19 PROGRAM CLOSED Victoria Day	20 SANDCASTLE CONTEST	21 ORIGAMI	22 PARACHUTE GAMES	23 YOGA IN THE PARK	
26 DANCE GAMES	27 OUTDOOR CHALK ART	28 FLOWER MAKING	29 HOMEMADE ICECREAM	30 LONG JUMP	

DAILY ROUTINES

Pick-Up

3:45 PM

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. The staff will then walk the group either to the Toronto Formosan Presbyterian Church or to Moncur Park for snack. Please text/call Jared or Shelley at 416-459-0231 to know which location they are at.

Snack

4:00 PM

The group will be provided 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

4:30 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.

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