


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>1</b> TAG	<h2>After School Program Sprouts May 2026</h2> <p><b>Asian Heritage Month</b> 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><b>Jewish Heritage Month</b> - 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><b>Polish Heritage Month</b> - May 10th 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><b>May 6 Red Dress Day</b> 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><b>Liliana Sanchez (she/her)</b> <b>Child &amp; Youth Coordinator</b> 647.233.8143 <a href="mailto:childandyouth@applegrovecc.ca">childandyouth@applegrovecc.ca</a></p> 
<b>4</b> KID'S CHOICE	<b>5</b> FELT FLOWERS	<b>6</b> RED DRESS DAY PEACH COBBLER	<b>7</b> CARDS	<b>8</b> MOTHERS DAY PICNIC	
<b>11</b> LET'S TALK CARNIVAL	<b>12</b> FLOWER BRACELETS	<b>13</b> VEGAN SHEPHERD'S PIE	<b>14</b> SIDE WALK CHALK	<b>15</b> PICKLEBALL	
<b>18</b> VICTORIA DAY  PROGRAM CLOSED	<b>19</b> STRING ART	<b>20</b> ICE CREAM IN A BAG	<b>21</b> VICTORIA DAY CROWNS	<b>22</b> CAPTURE THE FLAG	
<b>25</b> CARNIVAL PREP	<b>26</b> ROCK PAINTING	<b>27</b> TACOS	<b>28</b> SCAVANGER HUNT	<b>29</b> MOVIE DAY	

## 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.

### Reading and Homework

**3:30 PM**

Children will have 30 minutes for homework or reading, supervised by staff. Books and drawing materials will be provided. Computers may be used for homework if needed. If no homework is assigned, this time will be used as quiet individual or downtime.

### Activity Time

**4:00 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 favorite activities, let their staff know and keep in mind this will be individual time for your child to do their homework.

### Program Ends

**6:00 PM**

Please let us know if you are going to be running late picking up your children. Continuous late pickups 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