

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	After School Program SPROUTS September 2026 SEPTEMBER 8 – FIRST DAY OF SCHOOL Welcome to Afterschool 2026-2027 SEPTEMBER 15-16- MEXICAN INDEPENDENCE DAY People of Mexican heritage all over the world celebrate this important holiday commemorating Mexico's declaration of independence from Spain in 1810, and it's filled with national pride, colorful parades, mariachi concerts, and food, food, and more food! Celebrate at Nathan Phillips Square: https://mexicantoronto.ca/ SEPTEMBER 30- NATIONAL DAY FOR TRUTH AND RECONCILIATION/ORANGE SHIRT DAY The day honours the lost children and Survivors of residential schools, their families and communities. Public commemoration of the tragic and painful impacts of residential schools is a vital component of the reconciliation process. The slogan for Orange Shirt Day – Every Child Matters – is a declaration that no matter how much they were ignored and dismissed during Canada's residential school era, the lives of Indigenous children matter. Liliana Sanchez (she/her) Child & Youth Coordinator 647.233.8143 childandyouth@applegrovecc.ca  applegrove children & youth
Program closed	8 GET TO KNOW YOU	9 CIRCLE OF FRIENDS	10 EVERYONE IS IT TAG	11 ROCKET BALLONS	
14 SPUD	15 SALT PAINTING	16 SLIME	17 BASKETBALL	18 HULA HOOP PASS	
21 NOODLE TAG	22 JELLY FISH ART	23 RAINBOW LOOMS	24 TWO TUCH	25 MINUTE TO WIN IT	
28 CROSS CANADA	29 POPPY ART	30 TRUTH AND RECONCILIATION KEY CHAINS			

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 pick-ups will result in additional fees

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 Leadership Programs

The Leadership program is a registered program and provides opportunities to participate in activities, events & trips that build leadership and life skills. To register email Josh. Programs are for youth aged 12-16 and are 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 | @APPLEGROVECC