


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> ORBIT THE BALLOONS	<b>2</b> FRIENDSHIP BRACELETS	<b>3</b> MAKING HANDWASHING FUN	<b>4</b> PIZZA ME UP	<b>5</b> MARK ME WITH A BOOK	<p><b>After School Program Sprouts May 2023</b></p> <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 as made to Canada as well as the courage, determination, and resilience that its members have shown throughout history.</p> <p><b>May 11<sup>th</sup> – Sprouts Crepe Fundraiser</b> The sprouts will be serving up fresh crepes to purchase! Cash or e-transfer only. All funds will go to supporting Applegrove’s programs and events.</p> <p><b>May 14<sup>th</sup> – Mother’s Day</b> Mother's Day is a celebration honoring mothers, mothers-to-be or mothers-at-heart, as well as motherhood, maternal bonds, and their influence in society.</p> <p><b>May 22<sup>nd</sup> –Victoria Day</b> Applegrove and its programs are closed for the Victoria Day Holiday.</p> <p><b>Josh Grainger (he/him)</b> Child &amp; Youth Coordinator 647.233.8143 <a href="mailto:childandyouth@applegrovecc.ca">childandyouth@applegrovecc.ca</a></p> 
<b>8</b> MOTHER’S DAY GIFTS	<b>9</b> EXPERIMENTING WITH LIQUIDS (V 2.0)	<b>10</b> SILLY HAIR DAY	<b>11</b> <i>Sprouts Fundraiser</i> CREPES	<b>12</b> 5 MINUTE MEDITATIONS	
<b>15</b> SHRINKY DINKS	<b>16</b> GALAXY IN A BOTTLE	<b>17</b> MARBLE PAINTING	<b>18</b> SWEET POTATO AREPAS	<b>19</b> TWISTER	
<b>22</b> <i>Victoria Day</i> APPLEGROVE CLOSED	<b>23</b> READ ME UP (MAKE AN OLD- FASHIONED CLOCK)	<b>24</b> COLOUR YOUR BRAIN	<b>25</b> FALLAFEL	<b>26</b> KIDS’ CHOICE	
<b>29</b> BIRD FEEDERS	<b>30</b> ORIGAMI	<b>31</b> TRIVIA			

## 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.

## 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 & Leadership Programs

The Drop-in is a casual program where youth have fun, hang out with friends and get active! Activities are based on people's interests and include things like basketball, cooking, game and movie nights. 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.