

Daily Community Meeting:
10:10 AM & 2:00 PM

November – December

10th, 2023
27th, 2023

Daily Services & Activities

MONDAY November 27th	TUESDAY November 28th	WEDNESDAY November 29th	THURSDAY November 30th	FRIDAY December 1st	SUNDAY December 3rd
<p>Sewing Class 11 am – 4 pm</p> <p>Drop-in 2 pm – 5 pm</p>  <p>FITNESS WELLNESS Every MONDAY 1:30 PM – 3:30 PM</p>	<p>Sewing Class 11 am – 4 pm</p> <p>Chair Yoga & Meditation 10:30 am – 11:30 am</p> <p>Walking Group 3 pm – 4 pm</p> <p>Drop-in 2 pm – 5 pm</p>	<p>Sewing Class 11 am – 4 pm</p> <p>New Nutrition Workshop 11 am – 12 pm</p> <p>Games & Puzzles 1:30 pm – 3 pm</p> <p>Computer Learning 11 am – 12:30 pm</p> <p>Drop-in 2 pm – 5 pm</p>	<p>Sewing Class 11 am – 4 pm</p> <p>Expressive Art 1:30 pm – 3:30 pm</p> <p>Peer to Peer 5 pm – 6 pm</p> <p>Drumming Workshop Every THURSDAY 11:30 AM – 1 PM</p> 	<p>Sewing Class 11 am – 4 pm</p> <p>Yoga & Meditation (virtual) 11:00 am – 12 pm</p> <p>Crochet 12:00 pm – 3 pm</p> <p>Games 1:30 pm – 3 pm</p> <p>Karaoke 2 pm – 5 pm</p> <p>Drop-in 2 pm – 5 pm</p> 	<p>Drop-in Hour 10 am – 3 pm</p> <p>Movie 12 pm – 2 pm</p>
MONDAY December 4th	TUESDAY December 5th	WEDNESDAY December 6th	THURSDAY December 7th	FRIDAY December 8th	SUNDAY December 10th
<p>Sewing Class 11 am – 4 pm</p> <p>Drop-in 2 pm – 5 pm</p>  <p>FITNESS WELLNESS Every MONDAY 1:30 PM – 3:30 PM</p>	<p>Sewing Class 11 am – 4 pm</p> <p>Chair Yoga & Meditation 10:30 am – 11:30 am</p> <p>Walking Group 3 pm – 4 pm</p> <p>Drop-in 2 pm – 5 pm</p> 	<p>Sewing Class 11 am – 4 pm</p> <p>New Nutrition Workshop 11 am – 12 pm</p> <p>Games & Puzzles 1:30 pm – 3 pm</p> <p>Computer Learning 11 am – 12:30 pm</p> <p>Drop-in 2 pm – 5 pm</p>	<p>Sewing Class 11 am – 4 pm</p> <p>Expressive Art 1:30 pm – 3:30 pm</p> <p>Peer to Peer 5 pm – 6 pm</p> <p>Drumming Workshop Every THURSDAY 11:30 AM – 1 PM</p> 	<p>Sewing Class 11 am – 4 pm</p> <p>Yoga & Meditation (virtual) 11:00 am – 12 pm</p> <p>Crochet 12:00 pm – 3 pm</p> <p>Games 1:30 pm – 3 pm</p> <p>Karaoke 2 pm – 5 pm</p> <p>Drop-in 2 pm – 5 pm</p> 	<p>Drop-in Hour 10 am – 3 pm</p> <p>Movie 12 pm – 2 pm</p>

COMMUNITY PLACE HUB

More Information: ☎ 416 – 323 – 1429 | 📍 1765 Weston Rd, York, M9N 3P7 | ✉ communityplacehub@progressplace.org

Welcome to



Community Place Hub

The Community Place Hub strives to improve

HEALTH, WELL-BEING, QUALITY OF LIFE PERSONAL DEVELOPMENT

of all community members.

This is achieved through providing a welcoming and inclusive space. This creates a sense of community that fosters hope, respect and belonging.

Open Hours

Monday to Wednesday
9:00 am – 5:00 pm

Thursday
9:00 am – 6:30 pm

Friday
9:00 am – 5:00 pm

Sunday
9:00 am – 5:00 pm

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Daily Services & Activities

Everyday Lunch | Thursday Dinner
12:30 pm | **4 pm - 5 pm**



MONDAY November 27th	TUESDAY November 28th	WEDNESDAY November 29th	THURSDAY November 30th	FRIDAY December 1st	SUNDAY December 3rd
			Pasta and Meatballs Smoothie Hotdog	Egg Sandwich and Soup Banana	Chicken Salad Yogurt
MONDAY December 4th	TUESDAY December 5th	WEDNESDAY December 6th	THURSDAY December 7th	FRIDAY December 8th	SUNDAY December 10th
Lasagna Apple	Cabbage Roll Juice	Pesto Pasta Bananas	Chicken/Veggie Wrap and Lentil Soup Smoothie Tuna Sandwich	Rice and Peas with Chicken Parfait	Fish Fillet and Fries Yogurt

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