






















Community Place Hub Calendar

2018
DECEMBER

Mon	Tues	Wed	Thu	Fri
<p>3. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00 pm</p> 	<p>4. Meal Prep/Dollar Lunch 12:00pm-1:00pm Exercise for older Adults 10:30 -11:30 am Fall Prevention Workshop 12:00 -1:00pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p>	<p>5. Yoga 12:00-1:00pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 12:00-4:00 pm</p> 	<p>6. Exercise for older Adults 10:30 -11:30 am Good Food Market 12:00pm-3:00pm Expressive arts group 12-1:30pm Mindfulness 2 pm-2:30pm Sewing class 3pm-5pm Mental Health Foundations 3:00 - 6:00 pm Peer 2 peer 6:00-7:00pm</p> 	<p>7. Yoga 10:30-11:30am Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00pm-5:00pm</p> 
<p>10. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00 pm</p> 	<p>11. Meal Prep/Dollar Lunch 12:00pm-1:00pm Exercise for older Adults 10:30 -11:30 am BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm</p> 	<p>12. Yoga 12:00-1:00 pm Rebuild Your Career Workshop 12:00-2:00pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 12-4:00 pm</p> 	<p>13. Exercise for older Adults 10:30 -11:30 am Expressive art group 12-1:30pm Good Food Market 12-3:00pm Mindfulness-2 pm-2:30pm Sewing class 3pm-5pm Mental Health Foundations 3:00 - 6:00 pm Peer 2 peer 6:00-7:00 pm</p> 	<p>14. Yoga 10:30-11:30am Diabetic 1:1 (Spanish Speaking) 11-5:00pm Roma Settlement Worker 11:00am-3:45pm Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00pm-5:00pm</p> 
<p>17. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00 pm</p> 	<p>18. Meal Prep/Dollar Lunch 12:00pm-1:00pm Exercise for older Adults 10:30 -11:30 am BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm Family Fun Night! 4:30-6:30pm</p> 	<p>19. Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 12:00-4:00 pm</p> 	<p>20. Exercise for older Adults 10:30 -11:30 am How to Manage Anxious & Depressive Thinking Workshop 12:00-1:00pm Expressive art group 12-1:30pm Good Food Market 12-3:00pm Mindfulness-2 pm-2:30pm Sewing class 3pm-5pm Mental Health Foundations Holiday Dinner 3 -6:00pm One pan meals in less than 30 minutes 3:00-5:00pm Peer 2 peer 6:00-7:00 pm</p> 	<p>21. Mental Health Foundations 11:30am - 2:00 pm Ontario Case Worker 1:00pm-3:45 pm Sewing class 1:00 pm-5pm</p> 
<p>24. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00 pm</p> 	<p>25. The hub is closed on this day.</p> 	<p>26. The hub is closed on this day.</p> 	<p>27. Exercise for older Adults 10:30 -11:30 am Good Food Market 12:-3:00pm Expressive art group-12-1:30pm Mindfulness- 2 :00-2:30pm Sewing class 3pm-5pm Mental Health Foundations 3-6pm Peer 2 peer 6:00-7:00 pm</p> 	<p>28. Diabetic 1:1 (Spanish Speaking) 11-5:00pm Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm Birthday Celebration</p> 
<p>31. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00pm</p> 	<p>Holiday Christmas Dinner! December 16th 3:00pm-5:00pm</p> 	<p>Daily Programs</p> <ul style="list-style-type: none"> Community Place Hub Meeting 11:30am-11:50am Fashion Sale 11:30am-4:30pm 	<p>New Programs:</p> <ul style="list-style-type: none"> Fall Prevention Workshop Dec. 4 (12:00-1:00pm) Rebuild Your Career Workshop Dec. 12 (12:00-2:00pm) Family Fun Night! Dec. 18 (4:30-6:30pm) One pan meals in less than 30 minutes Dec. 20 (3:00-5:00pm) How to Manage Anxious & Depressive Thinking Workshop Dec. 20 (12:00-1:00pm). 	

Free Daily

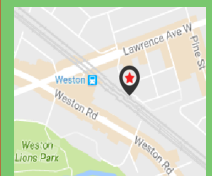
- Computer
- Internet
- Print
- Fax
- Copy
- Scan
- Resource Support

For more info:

Call at
416-323-1429

Email to
thecommunity-placehub@gmail.com

Come by
1765 Weston Rd.



@wmdhub

Program Description

	Program	Description
Mon	Morning Stretch	Start your week with a relaxing session for your body and soul
Mon Tues &Wed	Meal Prep/ Dollar Lunch	Make a light lunch with the community! Lunches are \$1 and are offered on Mondays ,Tuesdays and Wednesdays at 12:00pm!
Tues	Fall Prevention Workshop	With winter on its way, we would like to teach you ways you can prevents the risk of falling. Come and join us in this informative workshop!
Tues	Family Fun Night	Come and enjoy a night out at the hub, watch movies and play games with us!
Tues & Wed	Computer Learning	Free individual computer classes to improve your computer skills. Private classes are held to meet your needs.
Mon- Friday	Sewing class	Come and learn how to sew in different fun ways! Learn how to make grocery bag, aprons and fix your own clothing
Wed	Rebuild your career work- shop	Looking to get back on track? Come to this workshop to learn how you can rebuild your career!
Wed & Fri	Yoga	The hub has brought back yoga for the first two weeks of December! Come and help your body stretch and relax.
Thurs	One pan meals in less than 30 minutes	Come down to the community place hub and learn how you can cook one pan healthy meals in only 30 minutes!
Thurs	How to Manage Anxious and Depressive Thinking Part 4	Learn to work with more adaptive ways of thinking to give the anxious and depressive less of a hold in your life.
Thurs	Expressive Art Group	Learn self expression through painting, crafts, adult coloring beading and much....much...more!
Thurs	Mindfulness	Maintaining moment by moment awareness of our thoughts, feelings, bodily sensations and surrounding environment. It also involves acceptance and practice of being in that moment
Thurs	Peer 2 peer	People who identify with mental illness share space and have great conversation around different topics of their choice.
Thurs	Mental Health Founda- tions	This group is about working together to enhance mental wellness. Make a meal together (\$1) or be involved in other tasks outside the kitchen.
Friday	Diabetes 1:1 (Spanish Speaking)	Visit the Hub for any questions about diabetes and have them answered by a nurse in a private session
Friday	Birthday Celebration	Celebrating members Birthdays of the month through baking and decorating a cake for them.