

Community Place Hub Calendar

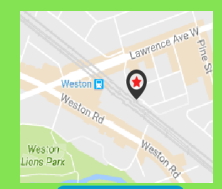
2019
April

Mon	Tues	Wed	Thu	Fri
<p>1. 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>2. Exercise for older Adults 10:30 -11:30 am Meal Prep/Dollar Lunch 12:00pm-1:00pm Computer Learning 12:00-5:00 pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p>	<p>3. Meal Prep/Dollar Lunch 12:00 -1:00 pm Getting Grounded for Somali Women 12:00 pm-2:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm</p>	<p>4. 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 3-6pm Income Tax Clinic 4:00pm-7:00pm New Social Peer 2 peer 6:00-7:00 pm</p>	<p>5. Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00 pm-5pm</p>
<p>8. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm International Roma Day 3:00pm-5:00 pm Sewing class 1:00pm-5:00 pm</p> 	<p>9. Exercise for older Adults 10:30 -11:30 am Meal Prep/Dollar Lunch 12:00pm-1:00pm Computer Learning 12:00-5:00 pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p> 	<p>10. Meal Prep/Dollar Lunch 12:00 -1:00 pm Getting Grounded for Somali Women 12:00 pm-2:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm</p> 	<p>11. Exercise for older Adults 10:30 -11:30 am Expressive art group 12-1:30pm Good Food Market 12-3:00pm Emotional Health and Wellness Workshop 1:30pm-2:30pm Diabetic Workshop: Eating More Fibre 2:00pm-3:30pm Mindfulness-2 pm-2:30pm Sewing class 3pm-5pm Mental Health Foundations 3-6pm Income Tax Clinic 4:00pm-7:00pm New Social Peer 2 peer 6:00-7:00 pm</p> 	<p>12. Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00pm-5:00pm</p> 
<p>15. Morning Stretch 12:00-12:30 pm Spring Cleaning! 12:00-3:00pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00 pm</p> 	<p>16. Exercise for older Adults 10:30 -11:30 am Roma Settlement Worker 11:00 am - 4:00 pm Meal Prep/Dollar Lunch 12:00pm-1:00pm Ontario Case Worker 1:00 pm - 4:00 pm Computer Learning 12:00-5:00 pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p> 	<p>17. Meal Prep/Dollar Lunch 12:00 -1:00 pm Getting Grounded for Somali Women 12:00 pm-2:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm Easter Family Fun Night! 4:00-6:30 pm</p> 	<p>18. 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 3-6pm New Social Peer 2 peer 6:00-7:00 pm</p> 	<p>19. The hub is closed on this day.</p> 
<p>22. The hub is closed on this day.</p>  <p>Easter Monday</p>	<p>23. Exercise for older Adults 10:30 -11:30 am Meal Prep/Dollar Lunch 12:00pm-1:00pm Computer Learning 12:00-5:00 pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p> 	<p>24. Meal Prep/Dollar Lunch 12:00 -1:00 pm Getting Grounded for Somali Women 12:00 pm-2:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm</p> 	<p>25. 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 Cancer Prevention Workshop 3:15pm-6:00pm Mental Health Foundations 3-6pm New Social Peer 2 peer 6:00-7:00 pm</p> 	<p>26. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm Birthday Celebration 3:30-5:00 pm</p> 
<p>29. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00pm</p> 	<p>30. Exercise for older Adults 10:30 -11:30 am Meal Prep/Dollar Lunch 12:00pm-1:00pm Computer Learning 12:00-5:00 pm BINGO 12:30 -1:30 pm Sewing class</p> 	<p>New Programs :</p> <ul style="list-style-type: none"> Income Tax Clinic (April 4, 11) Getting Grounded for Somali Women (April 3, 10, 17, 24) Emotional Health and Wellness Series (April 11) 	<ul style="list-style-type: none"> Diabetic Workshop : Eating More Fibre (April 11) Cancer Prevention Workshop (April 25) 	<p>Daily programs:</p> <ul style="list-style-type: none"> Community Place Hub Morning Meeting 11:30am-11:50am Fashion Sale 11:30am- 4:30pm

- Free Daily**
- Computer
 - Internet
 - Print
 - Fax
 - Copy
 - Scan
 - Resource Support

For more info:

Call at
416-323-1429
Email to
**thecommu-
nityplacehub@
gmail.com**
Come by
**1765 Weston
Rd.**



Program Description

	Program	Description
Mon	Morning Stretch	Start your week with a relaxing session for your body and soul
Mon	Emotional Health and Wellness Workshop	Come so we can have a conversation on ways to preserving good emotional health and wellness.
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 & 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	Getting Grounded for Somali Women Workshop	Come to this support group for Somali women aged 18 plus!
Wed	Easter Family Fun Night	Join us for an evening of fun games and refreshments!
Tues& Thurs	Exercise for Adults	Starting your day with high energy and motivation. An exercise group to enhance your circulation and physical fitness. All activity levels are welcome!
Thurs	Diabetic Workshop	This month we are learning to better incorporate more fibre into your diet!
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	Cancer prevention workshop	Discuss with a dietician on how to prevent cancer
Thurs	New Social Peer 2 Peer	People who identify with mental illness share space and have great conversation around different topics of their choice.
Thurs	Mental Health Foundations	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	Birthday Celebration	Celebrating members Birthdays of the month through baking and decorating a cake for them.