

Community Place Hub Calendar

2019
June

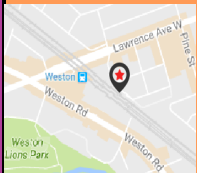
Mon	Tues	Wed	Thu	Fri
<p>3. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Yoga Classes 1:00 - 2:00pm Beatboxing 3:00 - 4:30 pm Sewing class 1:00pm-5:00 pm</p>	<p>4. Exercise for older Adults 10:30 -11:30 am Meal Prep/Dollar Lunch 12:00pm-1:00pm Computer Learning 12:00-5:00 pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p>	<p>5. Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm</p>	<p>6. 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>7. Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00 pm-5pm Beatboxing 3:00 - 4:30 pm</p>
<p>10. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Yoga Classes 1:00 - 2:00pm Beatboxing 3:00 - 4:30 pm Sewing class 1:00pm-5:00 pm</p>	<p>11. Exercise for older Adults 10:30 -11:30 am Meal Prep/Dollar Lunch 12:00pm-1:00pm Computer Learning 12:00-5:00 pm Preventative Health Screening: Crosstown Family Team Nurse 2:00pm-3:00pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p>	<p>12. Meal Prep/Dollar Lunch 12:00 -1:00 pm Outdoor Gardening and BBQ 12:00-2:00pm Sewing class 1:00 pm-5:00pm Chronic Disease Management 1:00pm- 2:30pm Computer Learning 2:00-4:00 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 Emotional Health and Wellness Series 1:30pm- 2:30pm Diabetic Information Session: Eating Out 2:30pm-3:30pm Mindfulness-2 pm-2:30pm Sewing class 3pm-5pm Mental Health Foundations 3-6pm New Social Peer 2 peer 6:00-7:00</p>	<p>14. Mental Health Foundations 11:30am - 2:00 pm Roma Settlement Worker 11:00 am - 4:00 pm Ontario Case Worker 1:00 pm - 4:00 pm Beatboxing 3:00 - 4:30 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 Yoga Classes 1:00 - 2:00pm Beatboxing 3:00 - 4:30 pm Sewing class 1:00pm-5:00 pm</p>	<p>18. 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>19. Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Chronic Disease Management 1:00pm- 2:30pm Computer Learning 2:00-4:00 pm</p>	<p>20. Exercise for older Adults 10:30 -11:30 am Senior's Month Tea Party and Brunch 11:30-12:30 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</p>	<p>21. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm Beatboxing 3:00 - 4:30 pm</p>
<p>24. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Yoga Classes 1:00 - 2:00pm Beatboxing 3:00 - 4:30 pm Sewing class 1:00pm-5:00pm</p>	<p>25. 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>26. Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Chronic Disease Management 1:00pm- 2:30pm Computer Learning 2:00-4:00 pm</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 How to Lower Your Grocery Bill Every Week Workshop 3:15pm-6:00pm Mental Health Foundations 3-6pm New Social Peer 2 peer 6:00-7:00 pm</p>	<p>28. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm Beatboxing 3:00 - 4:30 pm Birthday Celebration 3:30-5:00 pm</p>

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.**



@wmdhub

New Programs :

- Yoga Classes (June 3, 10, 17, 24)
- Preventive Health Screening Workshop: Crosstown Family Nurse (June 11)
- Chronic Disease Management : Access Alliance (June 12, 19, 26)
- Emotional Health and Wellness Series (June 13)
- Diabetic Information Session: Eating Out (June 13)
- Senior's Month Tea Party and Brunch (June 20)
- How to Lower Your Grocery Bill Every Week Workshop (June 27)

Daily programs:

- Community Place Hub Morning Meeting 11:30am-11:50am
- Fashion Sale 11:30am- 4:30pm

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	Yoga	Join our new yoga cases every Monday from 1:00pm- 2:00pm!
Tue	Preventative Health Screening	Discuss with the nurse from the Crosstown Family Health Team about colon, breast, cervical, prostate, heart health, diabetes, and screening recommendations!
Wed	Chronic Disease Management	Discuss with a professional on how to prevent and manage diseases!
Wed	Outdoor Gardening and BBQ	Join us as we clean and garden our front lawn, followed by a BBQ to welcome summer!
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 for free!
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!
Thu	Senior's Month Tea Party and Brunch	An intimate celebration of seniors in Senior's Month followed by brunch!
Thurs	Diabetic Information Session	This month we are learning on how to eat out healthy!
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	How to Lower Your Grocery Bills workshop	Discuss with a dietician on how to lower your grocery bills every week!
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.