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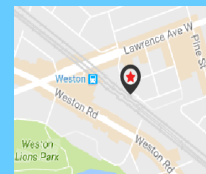
2019
March

Mon	Tues	Wed	Thu	Fri
<p>New Programs:</p> <ul style="list-style-type: none"> Newcomers Fair (Mar 5) Income Tax Clinic (Mar 6, 14, 21, 28) Senior's Forum (Mar 7) March Break (Mar 11-15) 	<ul style="list-style-type: none"> Emotional Health and Wellness Workshop (Mar 11) Diabetic Workshop: Learning about Fats (Mar 14) Waste Diversion Initiative (Mar 14) 	<ul style="list-style-type: none"> Foods for Brain Health Workshop (Mar 28) Getting Grounded for Somali Women Workshop (Mar 20, 27) 	<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>1. Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00pm-5:00pm</p> 
<p>4. 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>5. Newcomers Fair 9:00 am-1:30pm 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>6. Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm Income Tax Clinic 4:00pm-7:00pm</p> 	<p>7. Senior's Forum 12:00-4:00pm Mental Health Foundations 3:00 - 6:00 pm Peer 2 peer 6:00-7:00 pm</p> 	<p>8. International Women's Day Celebration! 12:00-1:00pm Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00pm-5:00pm</p> 
<p>11. March Break! 12:00-4:00pm Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Teaching Kids about Healthy Eating 2:00pm-3:00pm Sewing class 1:00pm-5:00 pm</p> 	<p>12. March Break! 12:00-4:00pm 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>13. March Break! 12:00-4:00pm 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>14. March Break! 12:00-4:00pm 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 1:30-2:30pm Mindfulness-2 pm-2:30pm Diabetic Workshop: Learning about Fats 2:30-3:30pm Sewing class 3pm-5pm Mental Health Foundations 3-6pm Income Tax Clinic 4:00pm-7:00pm Waste Diversion Initiative 5:00-6:00pm Peer 2 peer 6:00-7:00 pm</p> 	<p>15. March Break! 12:00-4:00pm Roma Settlement Worker 11:00 am - 5:00 pm Mental Health Foundations 11:30am - 2:00 pm Sewing class 1:00 pm-5pm</p> 
<p>18. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00pm</p> 	<p>19. 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>20. Diabetic 1:1 Spanish Speaking 10:00am-5:00pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Getting Grounded for Somali Women Workshop 12:30-2:30pm Sewing class 1:00 pm-5:00pm</p> 	<p>21. 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 Income Tax Clinic 4:00pm-7:00pm Peer 2 peer 6:00-7:00 pm</p> 	<p>22. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm</p> 
<p>25. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00pm</p> 	<p>26. 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>27. Meal Prep/Dollar Lunch 12:00 -1:00 pm Getting Grounded for Somali Women Workshop 12:30-2:30pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm</p> 	<p>28. 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 Foods for Brain Health Workshop 3:15-6:00pm Income Tax Clinic 4:00pm-7:00pm Peer 2 peer 6:00-7:00 pm</p> 	<p>29. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm 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
thecommunityplacehub@gmail.com
Come by
1765 Weston Rd.



@wmdhub

Program Description

	Program	Description
Mon-Fri	March Break	All kids ages 6-12 are welcome to the hub for fun filled activities from 12:00-4:00 pm!
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	Diabetes 1:1 (Spanish Speaking)	Visit the Hub for any questions about diabetes and have them answered by a nurse in a private session
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	Newcomer's Fair	This fair is to give newcomers in the community a chance to become familiar to the services and resources available to them.
Thurs	Senior's Forum	Calling all senior's to our 2019 forum, where they can become aware of the services available to them in their community. Also, come to watch MISTREATED, a play addressing elder abuse.
Thurs	Waste Diversion Initiative	We want to engage residents in activities that raise their awareness about proper waste disposal.
Thurs	Diabetic Workshop	This month we are learning to better incorporate healthy fats 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	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	International Women's Day	Come to this celebration as we will have special activities planned!
Friday	Birthday Celebration	Celebrating members Birthdays of the month through baking and decorating a cake for them.