

















Community Place Hub Calendar

2019
MAY

Mon	Tues	Wed	Thu	Fri
<p>New Programs :</p> <ul style="list-style-type: none"> Youth Job Fair (May 4) Emotional Health and Wellness Series (May 9) Diabetic Workshop: Eating More Fruits and Vegetables (May 9) Crosstown Family Nurse (May 14) Beat The Heat (May 22) Top Mood Foods Workshop (May 23) <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 		<p>1. 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>2. 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>3 Mental Health Founda-tions 11:30am - 2:00 pm Sewing class 1:00 pm-5pm</p> 
<p>6. 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>7. 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>8. 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>9. 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 Workshop: Eating More Fruits and Vegetables 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 pm</p> 	<p>10. Mental Health Founda-tions 11:30am - 2:00 pm Sewing class 1:00pm-5:00pm</p> 
<p>13. 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>14. 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 Crosstown Family Team Nurse 2:00pm-3:00pm BINGO 12:30 -1:30 pm Sewing class 1:00 pm-5:00pm</p>	<p>15. 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>16. 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>17. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm</p>
<p>20. The Hub will be closed on this day due to Victoria Day</p>	<p>21. 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>22. Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00 pm-5:00pm Computer Learning 2:00-4:00 pm Beat The Heat 2:00 - 3:00pm</p> 	<p>23. 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 Top Mood Foods Workshop 3:15pm-6:00pm Mental Health Foundations 3-6pm New Social Peer 2 peer 6:00-7:00 pm</p> 	<p>24. Mental Health Founda-tions 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm</p>
<p>27. Morning Stretch 12:00-12:30 pm Meal Prep/Dollar Lunch 12:00 -1:00 pm Sewing class 1:00pm-5:00pm</p> 	<p>28. 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>29. 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>30. 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 New Social Peer 2 peer 6:00-7:00 pm</p>	<p>31. Mental Health Foundations 11:30am - 2:00pm Sewing class 1:00 pm-5:00pm Birthday Celebration 3:30-5:00 pm</p> 

Free Daily

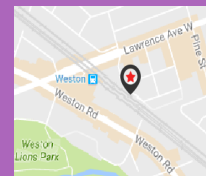
- Computer
- Internet
- Print
- Fax
- Copy
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- Resource Support

For more info:

Call at
416-323-1429

Email to
thecommu-nityplacehub@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	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
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 on how to eat more fruits and vegetables in 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	Top Moods workshop	Discuss with a dietician on how to include foods that improve your mood!
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.