










# Summer 2019- Weekly Program Calendar

July 2nd – August 31, 2019

All programs **FREE** except  
Low Cost Good Food Market & Café

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning Garden Club</b> 9:30– 12:00 </p> <p><b>Seniors Fitness &amp; Breakfast with YWCA</b> 9:30-11:00am</p> <p><b>Welcome Baby</b> (for pregnant women) 12:30-2:30pm</p> <p><b>Freedom Garden</b> (takes place at 28 ATHENS STREET) 4:00-6:00pm </p>	<p><b>Intercultural Community Kitchen</b>  11:30am-2:30pm (starts July 10)</p> <p><b>Kids Club</b>  (ages 6-12) 3:00-6:00pm</p>	<p><b>Wellness Morning: Fitness &amp; Yoga with YWCA</b> 9:30-11:00am</p> <p><b>Intercultural Community Kitchen</b>  11:30am-2:30pm (starts July 11)</p> <p><b>Evening Garden Club</b>  5:00-7:00pm</p> <p><b>Family Dinner</b> 5:30-6:30pm</p> <p><b>Advocacy Office</b> 5:30-7:00pm</p>	<p><b>Seniors Fitness &amp; Breakfast with YWCA</b> 9:30-11:00am</p> <p><b>One Dish Lunch</b> 12:30-1:30pm</p> <p><b>Advocacy Office</b> 12:00pm-1:30pm</p>	<p><b>Saturday Garden Club</b>  9:30-12:00</p> <p><b>Good Food Market &amp; Cafe</b> (low cost) 10:30am-12pm</p>



**= Registration Required:** Please contact staff coordinators (details on back)



**Summer Programs for Kids! Details on Back.**

**The Hamilton Community Food Centre is a beautiful space for growing, cooking, education & action. Good food is just the beginning.**

**PLEASE NOTE: We will be closed July 1<sup>st</sup>, August 5<sup>th</sup> and September 2<sup>nd</sup>**

## Drop-in Programs

### **Seniors Fitness and Breakfast with YWCA Drop-in**

**Who:** Seniors (no strict age requirements)

Tuesdays & Fridays, Fitness 9:30 - 10:30;

Breakfast 10:30-11

Join us with YWCA staff for a morning of exercise and breakfast focused on wellness for seniors.

### **Welcome Baby Drop-in** (by Public Health Services)

**Who:** Must be pregnant to join

Tuesdays, 12:30 - 2:30 pm

Learn about healthy eating, breastfeeding, prenatal care & caring for your baby. Snack, grocery gift cards & bus tickets provided. 905-546-3550

### **Wellness Morning, Yoga & Fitness with YWCA Drop-In**

Thursdays, 9:30 - 11:00 am

Join YWCA staff for a morning of yoga.

### **Family Dinner Drop-in**

Thursdays, 5:30 - 6:30 pm

Join us for a hearty, healthy, free meal made with love. All are welcome.

### **Advocacy Office Drop-in**

Thursdays, 5:30 - 7:00 pm & Fridays, 12:00 - 1:30 pm

Peer-run project providing advocacy through information, referrals, and confidential assistance.

### **One Dish Lunch Drop-in**

Fridays, 12:30 – 1:30 pm

Enjoy a free lunch of healthy, fresh, culturally diverse plates while making new friends.

### **Good Food Market & Café Drop-In (low cost)**

Saturdays, 10:30 am - 12 pm

A low-cost, weekly fruit and vegetable market. Food is fresh, nutritious and affordable.



## Registration Required

### **Intercultural Community Kitchen**

**Wednesdays, 11:30 am - 2:30 pm**



Cook and enjoy meals from around the world with fresh ingredients. Exchange recipes & skills.

Conversation in English, Arabic, and Kurdish.

Space limited. Register with Narmin (contact below)

### **Intercultural Community Kitchen**

**Thursdays, 11:30 am - 2:30 pm**



Cook and enjoy a free, healthy and fresh meal together! Share knowledge from your Culture with others from diverse backgrounds.

Learn skills to empower you and build friendships and strong community. Space limited. Register with María Eugenia. (contact below)

### **Freedom Garden (28 Athens Street)**

Tuesdays 4:00 – 6:00 pm



Food justice, community building and gardening, oh my! Join in for weekly workshops, field trips and knowledge sharing. Registration is required. Contact Danielle for more info!

### **Garden Club**

Tuesdays, Thursdays and Saturdays

(see times and start dates on other side)



Gardening together, we'll grow foods you love. Share garden knowledge and learn skills. Children under 14 must be accompanied. Register at your first visit.

For more information ask LeeAnne (contact below)

### **Kids Club – Summer Programs**

**Who:** Age 6-12

Cook healthy meals, learn about growing food, make art, and play exciting games!



Space limited. Call Amy to register.

### **Registration & Staff Contacts:**

- Danielle, 905-574-1334 x 303, [dboissoneau@n2ncentre.com](mailto:dboissoneau@n2ncentre.com)
- LeeAnne, 905-574-134, x 308 [lmacgregor@n2ncentre.com](mailto:lmacgregor@n2ncentre.com)
- Amy, 905-574-1334 x 302, [aangelo@n2ncentre.com](mailto:aangelo@n2ncentre.com)
- Narmin, 905-574-1334 x 304, [nmzouri@n2ncentre.com](mailto:nmzouri@n2ncentre.com) (Arabic & Kurdish)
- María Eugenia 905-574-1334 x 304, [mlvalenzuela@n2ncentre.com](mailto:mlvalenzuela@n2ncentre.com) (Spanish)