



December 2018 Program Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>Seniors Wellness & Breakfast with YWCA 9:30-11:00am</p> <p>Welcome Baby 12:30-2:30pm </p>	<p>5</p> <p>Righting Relations: Adult Education for Change Community Building Workshop 11:30-2:30pm </p> <p>Seed your own Salad 1:30 – 3:00pm </p>	<p>6</p> <p>Fitness & Health with YWCA 9:30-11:00am</p> <p>Compost Tea and Worm Composting Workshop 4:00-5:30pm </p> <p>Family Dinner & Advocacy Office 5:30-6:30pm</p>	<p>7</p> <p>Seniors Wellness & Breakfast with YWCA 9:30-11:00am</p> <p>Woman's Circle 11:00 – 12:00pm</p> <p>Global Roots Lunch & Advocacy Office 12:30-1:30pm</p>	<p>8</p> <p>Good Food Market & Café (low cost) 10:30am-12pm</p>
<p>11</p> <p>Seniors Wellness & Breakfast with YWCA 9:30-11:00am</p> <p>Welcome Baby 12:30-2:30pm </p>	<p>12</p> <p>Warm Winter Drinks & Self Care 11:30am - 2:30pm </p>	<p>13</p> <p>Fitness & Health with YWCA 9:30-11:00am</p> <p>Family Nature Afternoon 3:30-5:30pm </p> <p>Family Dinner & Advocacy Office 5:30-6:30pm</p> <p>The Garden Film Screening 7:00–9:00pm</p>	<p>14</p> <p>Seniors Wellness & Breakfast with YWCA 9:30-11:00am</p> <p>Woman's Circle 11:00–12:00pm</p> <p>Global Roots Lunch & Advocacy Office 12:30-1:30pm</p>	<p>15</p> <p>Good Food Market & Café (low cost) 10:30am-12pm</p> <p>Pickle Paradise 11:00am-2:00pm </p>
<p>18</p> <p>Seniors Wellness & Breakfast with YWCA 9:30-11:00am</p> <p>Welcome Baby 12:30-2:30pm</p>	<p>19</p>	<p>20</p> <p>Fitness & Health with YWCA 9:30-11:00am</p> <p>Family Dinner & Advocacy Office – Solstice Celebration 5:30-6:30pm</p>	<p>21</p> <p>YWCA Seniors Celebration 9:30-11:00am</p> <p>Woman's Circle 11:00 – 12:00pm</p> <p>Global Roots Lunch & Advocacy Office 12:30-1:30pm</p>	<p>22</p> <p>Good Food Market & Café (low cost) 10:30am-12pm</p>

* Closed Dec 24th – Jan 2nd * All programs FREE except Low Cost Good Food Market & Café

= Registration Required. Please contact the program coordinators. (See other side)

Weekly Programs

Seniors Wellness Morning with YWCA Drop-in

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

Who: Seniors (no strict age requirements)

Tuesdays & Fridays

Fitness 9:30-10:30; Breakfast 10:30-11

Welcome Baby (by Public Health Services)

Learn about healthy eating, prenatal care, & caring for your baby. Snack, grocery cards & bus tickets

Health Connections 905-546-3550

Who: Must be pregnant to join

Tuesdays, 12:30 - 2:30 pm

Healthy Holidays Series: with YWCA Drop-In

Join YWCA staff for a morning of exercise & health education. All are welcome.

Thursdays, 9:30 - 11:00 am

Family Dinner Drop-In

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

Thursdays, 5:30 - 6:30 pm

Advocacy Office Drop-In

Peer-run project that provides advocacy with confidential information, referrals, and general assistance

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

Global Roots Lunch Drop-In

Enjoy a free, healthy, fresh lunch with a variety of culturally diverse cuisines. Share a meal while making new friends.

Fridays, 12:30 – 1:30 pm

Woman's Circle (registration required)

Join our peer advocates to learn and share how to use food for self-care on the inside and out.

Fridays, 11:00 am - 12:00 pm

Register with Peer Advocates, 905-574-1334 x 213

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

A low-cost, weekly fruit and vegetable market.

Food is fresh, nutritious and affordable.

Saturdays, 10:30 am - 12pm



Contact:

General: Danielle, 905-574-1334 x 303,
dboissoneau@n2ncentre.com

Arabic, Kurdish: Narmin, 905-574-1334 x 304,
nmzouri@n2ncentre.com

The Hamilton Community Food Centre is a beautiful space for growing, cooking, and sharing good food together.

We use food as a tool – not just for nourishment – but to build connections & community, and to advocate for good food for all.

We invite you to join us for a meal, or any of our drop-in programs and events. Good food is just the beginning.



December 2018 Special Events Calendar

DEC

5

Righting Relations: Adult Education for Change Community Building Workshop

Wednesday 11:30 am - 2:30 pm

Call out for **Newcomers, Indigenous peoples and anyone interested in change**

A workshop for adult educators / change makers using popular education tools to build and support collective action initiatives. Meet new people who are also interested in building skills and tools for facilitation and community building.

Everyone is welcome! Please **register** with Danielle dboissoneau@n2ncentre.com

DEC

5

Seed your own Salad

Wednesday, 1:30 pm – 3 pm

Learn how to seed salad greens at home and grow them on your window sill to enjoy this winter. We'll provide seeds and soil. Participants are encouraged to bring their own plastic container similar in size to a box of salad mix from the store

Register with Amy 905-574-1334 x 302, aangelo@n2ncentre.com

DEC

6

Compost Tea and Worm Composting Workshop

Thursday, 4:00pm-5:30pm

Learn about composting household waste with worms and how to feed your house plants with worm compost tea. Participants will take home compost tea for their house plants. This workshop is in partnership with Green Venture and is appropriate for families.

Register with Amy 905-574-1334 x302, aangelo@n2ncentre.com

DEC

12

Warm Winter Drinks and Self Care

Wednesday, 11:00am – 2:30pm

One of the ways of helping yourself is by focusing on healthy practices and self care. Join us as we prepare warm drink recipes.

Register with Narmin 905-574-1334 x304, nmzouri@n2ncentre.com

DEC

13

Family Nature Afternoon

Thursday, 3:30 pm – 5:30 pm

Spend the afternoon inside with the Hamilton Naturalists' Club doing nature crafts! Cozy drinks. Participants make a bird feeder and pollinator seed balls to take home.

Register with Amy 905-574-1334 x 302, aangelo@n2ncentre.com



DEC

13

The Garden Film Screening

Thursday 7:00pm – 9:00pm

Join us to watch the story of a 14 acre garden, the largest of it's kind in the US, which was created as a way to heal after the LA Riots. What grew was food, community and increased access to food but now bulldozers threaten their oasis. Stay for discussion. Everyone is welcome. FREE

DEC

15

Pickle Paradise

Saturday, 11:00 am – 2:00 pm

Get yourself into a pickle! Learn about the science and methods of pickling foods, and then have a brine time making pickle recipes from around the world. Take home a jar of fresh pickles to share. All ages welcome (children must be joined by a guardian)

Register with Mark, 905-574-1334 x 305, mraymond@n2ncentre.com



DEC

20

Seniors Wellness Year-End Celebration with YWCA

Thursday, 9:30 am - 12:00 pm

Come celebrate a year of Seniors programming with the YWCA team featuring lots of self-care workshops and hands-on activities along with a big, healthy brunch.

Drop-in welcome. Questions? Contact Rana, 905-522.9922 x 180, womanalive@ywcahamilton.org

DEC

20

Solstice Celebration !

Thursday, 5:00 pm – 7:00 pm

Celebrate the shortest day of the year as we look forward to planting gardens again and seeing more sunshine around the corner. Enjoy music, fun & activities and join us for a special meal.

Drop-in welcome. Questions? Contact Krista, 905-574-1334 x 205, kdaoust@n2ncentre.com

DEC

21

Woman's Circle – last session

Friday, 11:00 am – 12:00 pm

Join our peer advocates to learn and share how to use food for self-care on the inside and out.

Registration please. Contact Danielle 905-574-1334 x 303, dboissoneau@n2ncentre.com