







# Winter 2019 - Weekly Program Calendar

(January 3<sup>rd</sup> through March 31<sup>st</sup>)  
All programs at CFC unless noted

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

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Seniors Wellness Morning: 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>Cookin' Up Justice, Youth Food Justice Project</b> 3:30 – 6:30pm  (starts January 15)</p>	<p><b>Intercultural Community Kitchen</b>  11:30am – 2:30pm (starts January 9<sup>th</sup>)</p> <p><b>Kids Club</b>  3:00-6:00pm (starts February 6<sup>th</sup>)</p>	<p><b>Wellness Morning: Fitness &amp; Health with YWCA</b> 9:30-11:00am</p> <p><b>Intercultural Community Kitchen</b>  11:30am-2:30pm (starts February)</p> <p><b>Family Dinner</b> 5:30-6:30pm</p> <p><b>Advocacy Office</b> 5:30-7:00pm</p>	<p><b>Seniors Wellness Morning: 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>Good Food Market &amp; Café</b> (low cost) 10:30am-12:00pm</p>



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

**Storm Policy:** If both School Boards (HWDSB and HWCDSB) close due to weather, we close.



**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.**



## Drop-in Programs

### **Seniors Wellness Morning 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.

Contact Rana 905-522-9922 ext 180

### **Welcome Baby (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.

Health Connections, 905-546-3550

### **Wellness Morning with YWCA Drop-in**

**Who:** Everyone is welcome

Thursdays, 9:30 - 11:00 am

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

### **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 general assistance in a confidential setting.

### **One Dish Lunch**

Fridays, 12:30 – 1:30 pm

Share in a nourishing, earth friendly lunch, made simply with fresh whole foods from the land. Learn more about the Dish with One Spoon wampum while enjoying good food together in community.

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

Saturdays, 10:30 am-12:00 pm

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



## Special Programs


### **Cookin' Up Justice Youth Food Justice Network**

**Who:** Youth ages 12-18

Tuesdays, 3:30-6:30 pm, January 15 to March 26

For youth to cook delicious, nutritious, culturally appropriate food together, to have conversations about land, good food and community.

Learn food skills and meet other youth on the Mountain

Contact Danielle to register (info below) 

### **Registration Required**

#### **Intercultural Community Kitchen**

Wednesdays, 11:30 am-2:30 pm

Cook and enjoy Middle Eastern meals with fresh ingredients. Exchange recipes & skills. Conversation in English, Arabic, and Kurdish.

Register with Narmin (contact below)

Ask about childminding (1-6 year olds)

#### **Kids Club (starts Feb 6<sup>th</sup>)**

**Who:** Age 6-12

Wednesdays, 3:00 - 6:00 pm

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

Register with Amy (contact below)

#### **Intercultural Community Kitchen**

Thursdays, 11:30 pm-2:30 pm, start date TBA.

Cook and enjoy a fresh meal together. Exchange healthy recipes and knowledge from your culture.

Register with Amy (contact below)

Ask about childminding (1-6 year olds)

### **Registration & Question Contacts:**

Danielle, 905-574-1334 x 303,

[dboissoneau@n2ncentre.com](mailto:dboissoneau@n2ncentre.com)

Narmin, 905-574-1334 x 304,

[nmzouri@n2ncentre.com](mailto:nmzouri@n2ncentre.com) (Arabic & Kurdish)

Amy, 905-574-1334 x 302, (kitchens & gardens)

[aangelo@n2ncentre.com](mailto:aangelo@n2ncentre.com)

[www.n2ncentre.com/hamilton-community-food-centre](http://www.n2ncentre.com/hamilton-community-food-centre)