



Spring 2019- Weekly Program Calendar

April 9 – June 30th

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

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning Garden Club 9:30– 12:00 (starts May 7th)</p>		<p>Wellness Morning: Fitness & Yoga with YWCA 9:30-11:00am</p>	<p>Seniors Fitness & Breakfast with YWCA 9:30-11:00am</p>	
<p>Seniors Fitness & Breakfast with YWCA 9:30-11:00am</p>	<p>Intercultural Community Kitchen 11:30am-2:30pm (starts April 17th)</p>	<p>Intercultural Community Kitchen 11:30am-2:30pm (starts April 18th)</p>	<p>One Dish Lunch 12:30-1:30pm</p>	<p>Saturday Garden Club 9:30-12:00 (starts May 11th)</p>
<p>Welcome Baby (for pregnant women) 12:30-2:30pm (closed May 28th)</p>	<p>Kids Club (ages 6-12) 3:00-6:00pm (starts April 10th)</p>	<p>Evening Garden Club 6-8pm (starts June 6th)</p>	<p>Advocacy Office 12:00pm-1:30pm</p>	<p>Good Food Market & Cafe (low cost) 10:30am-12pm (closed April 20th)</p>
<p>Cookin' up Justice Youth Food Justice Network (12-18 yrs) 3:30-6:30pm</p>		<p>Family Dinner 5:30-6:30pm</p>	<p>Food Justice Collective 12:30pm-2:00pm</p>	
		<p>Advocacy Office 5:30-7:00pm</p>		



= Registration Required: Please contact staff coordinators (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 on Mondays
April 8 & May 20
and
April 19th – 22nd**



See Other Side (Updated March 27, 2019)

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 (**closed May 28th**)
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 (**closed April 20th**)
A low-cost, weekly fruit and vegetable market. Food is fresh, nutritious and affordable.

Food Justice Collective

Fridays 12:30 - 2:00pm
Creatively advocate for personal and social change through a foods based lens. Arts based methods will be used to explore food justice. Everyone is welcome.

Rolston Neighbourhood Planning Team (by community)

Want to get involved and connect with other neighbours in Rolston? Contact the Neighbourhood Planning Team (meetings are announced through this email): rolston.planning.team@gmail.com

Registration Required

Intercultural Community Kitchen




Wednesdays, 11:30 am - 2:30 pm (starts April 17th)
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 (starts April 18th)
Cook and enjoy a fresh meal together. Exchange healthy recipes and knowledge from your culture. Space limited. Register with María Eugenia (contact below)

Cookin' Up Justice – Youth Food Justice Network


Who: Ages 12-18
Tuesdays 3:30 – 6:30 pm (starts April 16th) 
Cook delicious, nutritious, culturally appropriate food together. Have conversations about land, good food and community. Learn food skills and meet other youth. Contact Danielle to register (below)

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 Amy (contact below)

Kids Club – After School Program **Who:** Age 6-12

Wednesdays, 3:00 - 6:00 pm (starts April 10th)
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

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

Narmin, 905-574-1334 x 304,
nmzouri@n2ncentre.com (Arabic & Kurdish)

María Eugenia 905-574-1334 x 304,
mvalenzuela@n2ncentre.com (Spanish)