



Fall 2019 - Program Calendar
September 3rd - November 30, 2019

All programs FREE except
Low Cost Good Food Market & Café

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Seniors Fitness & Breakfast with YWCA 9:30-11:00am</p> <p>Morning Garden Club 9:30 – 12pm</p> <p>Welcome Baby (for pregnant women) 12:30-2:30pm</p> <p>Cooking Up Justice For Youth (12-18) 3:30 to 5:30pm (starts Sept 17th)</p>	<p>Intercultural Community Kitchen (Starts September 18th) 11:30am – 2:30pm</p> <p>Kids Club (starts Sept 11th) Drop-off: 3 - 4 PM Pick-up: 6:00pm</p>	<p>Wellness Morning: Fitness and Yoga with YWCA 9:30-11:00am</p> <p>Intercultural Community Kitchen (Starts October 3rd) 11:30am-2:30pm</p> <p>Evening Garden Club 5:00-7:00pm</p> <p>Family Dinner 5:30-6:30pm</p> <p>Advocacy Office 4:00 -7:00pm</p>	<p>Senior Fitness and Breakfast with YWCA 9:30-11:00</p> <p>One Dish Lunch 12:30-1:30pm</p> <p>Advocacy Office 12:00pm-1:30pm</p>	<p>Morning Garden Club 9:30am – 12:00pm</p> <p>Good Food Market & Café (low cost) 10:30am-12:00pm</p>

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

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 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,

hamilton.ca/PrenatalGroups

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 - 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 (starting September 18th)



Thursdays, 11:30 am - 2:30 pm (starting October 3rd)

Cook and enjoy meals in a group with recipes from around the world and fresh ingredients. Exchange recipes & skills. Learn skills to empower you and build friendships and strong community. Space limited. Register for Wednesdays with Narmin and for Thursdays with Amy (contacts below)

Cooking Up Justice | Youth Food Justice Project

Tuesdays, 3:30-5:30 pm, (Starting Sept. 17th)



Who: Youth aged 12 - 17

Cooking up Justice will help to provide a platform for young people to talk about, and do something about, food justice while enjoying delicious, nutritious food together. It also provides skill based learning in a commercial kitchen which can translate to job skills. Register with Krista (contact below)

Garden Club

Tuesdays, Thursdays and Saturdays



(Sessions end the last week of October)

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 After school program

(Starts September 11th)



Who: Age 6-12 Time: Drop off between 3 - 4 PM. Program ends at 6 PM. Indoor and outdoor activities. Cook healthy meals, learn about growing food, make crafts & art, and play exciting games! Space limited. Call Amy to register.

Registration & Staff Contacts:

- Krista, 905-574-1334 x 205, kdaoust@n2ncentre.com
- LeeAnne, 905-574-134, x 308 lmacgregor@n2ncentre.com
- Amy, 905-574-1334 x 302, aangelo@n2ncentre.com
- Narmin, 905-574-1334 x 304, nmzouri@n2ncentre.com (Arabic & Kurdish)