



December 2019 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Righting Relations: Decolonizing Relationships </p> <p>10 am- 2 pm (see event calendar for details)</p>	<p>3</p> <p>Seniors Breakfast with YWCA 9:30-11:00am</p> <p>Welcome Baby 12:30-2:30pm</p> <p>Cookin' Up Justice for youth (12-18) 4:00 – 6:00 pm</p>	<p>4</p> <p>Restoring Ourselves through Food </p> <p>11:30 – 2:30</p>	<p>5</p> <p>Yoga with YWCA 9:30-11:00am</p> <p>Intercultural Kitchen (ICK) 11:30 – 2:30</p> <p>Family Dinner & Advocacy Office 5:30-6:30pm</p>	<p>6</p> <p>Seniors Wellness & Breakfast with YWCA 9:30-11:00am</p> <p>One Dish Lunch & Advocacy Office 12:30-1:30pm</p>	<p>7</p> <p>Good Food Market & Café (low cost) 10:30 am - 12pm</p>
<p>9</p> <p>Kids in the Kitchen (ages 0-6yrs) 10 am-12 pm</p> <p>Squash Jam Workshop 1-3:30pm (see event calendar for details)</p>	<p>10</p> <p>Seniors Breakfast with YWCA 9:30-11:00am</p> <p>Welcome Baby 12:30-2:30pm</p> <p>Cookin' Up Justice for youth (12-18) 4:00 – 6:00 pm</p>	<p>11</p> <p>Restoring Ourselves through Food </p> <p>11:30 – 2:30</p>	<p>12</p> <p>Yoga with YWCA 9:30-11:00 am</p> <p>ICK 11:30-2:30 </p> <p>Sprouts and Microgreens 4:30-5:30 pm</p> <p>Family Dinner & Advocacy Office 5:30-6:30pm</p>	<p>13</p> <p>Seniors Wellness & Breakfast 9:30-11:00am</p> <p>One Dish Lunch & Advocacy Office 12:30-1:30pm</p> <p>Equity and Inclusion training for Volunteers 2:00 – 3:00 pm</p>	<p>14</p> <p>Market & Café (low cost) 10:30 am - 12 pm</p>
<p>16</p> <p>Kids in the Kitchen (ages 0-6 yrs) 10 am – 12 pm</p>	<p>17</p> <p>Self Defense and Senior Breakfast 9:30-11:00am</p> <p>Welcome Baby 12:30-2:30pm</p> <p>Cookin' Up Justice for youth (12-18) 4:00 – 6:00 pm</p>	<p>18</p> <p>Restoring Ourselves through Food </p> <p>11:30 – 2:30</p>	<p>19</p> <p>Yoga with YWCA 9:30-11:00am</p> <p>ICK 11:30-2:30 </p> <p>Winter Solstice Celebration Dinner 5:30-6:30pm</p>	<p>20</p> <p>YWCA Seniors Wellness & Breakfast 9:30-11:00am</p> <p>Body Butter Workshop 11:00 – 12:30 (see events)</p> <p>One Dish Lunch & Advocacy Office 12:30-1:30pm</p>	<p>21</p> <p>Market & Café (low cost) 10:30 am- 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.

Tuesdays, Thursdays & Fridays

Fitness 9:30-10:30; Light breakfast at 10:30

Welcome Baby (by Public Health Services)

For pregnant women. Learn about healthy eating, prenatal care, & caring for your baby.



Snack, grocery cards & bus tickets.

[Health Connections 905-546-3550](tel:905-546-3550)

Tuesdays, 12:30 - 2:30 pm

Cookin' Up Justice – Youth Network

Ages 12-18. Have some fun cooking in the kitchen, making & sharing food while discussing issues that matter. Contact LeeAnne to register. lmacgregor@n2ncentre.com



Restoring Ourselves Through Food (with SACHA)

Wednesdays 11:30 – 2:30, Dec 4, 11 & 18th

Exploring women's support and exploring food as a part of healing. Open to all women, non-binary and gender nonconforming folks.

Space is limited, register with Caitlin.

ccraven@n2ncentre.com



Intercultural Community Kitchen (ICK)

Thursdays 11:30 am – 2:30 pm

Group cooking and meal share. Exchange food knowledge and skills; build friendships and community. Please register with Caitlin.

ccraven@n2ncentre.com



Family Dinner Drop-In

Join us for a healthy, no cost meal bursting with flavour, colour and veggies. All are welcome.

Thursdays, 5:30 - 6:30 pm

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

We invite you to join us for a meal, or any of our drop-in programs and events.

Good food is just the beginning.

Advocacy Office Drop-In

Peer-support providing advocacy with confidential information, referrals and support.

Thursdays, 5:00-6:30 pm & Fridays, 12:00-1:30

One Dish Lunch Drop-In

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

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

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



Contact: 905-574-1334

General Inquiries:

Krista, x 205, kdaoust@n2ncentre.com

Arabic, Kurdish:

Narmin, x 304, nmzouri@n2ncentre.com

Spanish:

Caitlin, x 304 ccraven@n2ncentre.com

Heryka, x 303 hmiranda@n2ncentre.com



December 2019 Special Events Calendar

DEC

2

Righting Relations: Decolonizing Relationships with Michelle Thomas Monday, 10:00 - 2:00 pm

The aim of this workshop is to learn our histories and transform relations.

Michelle Thomas is a Seneca Bear clan woman from Six Nations of the Grand River. Her professional background is in education, holistic healing and business. She strives to incorporate Haudenosaunee values in all her work and is passionate about creating opportunities for people to decolonize their minds.

Childcare available (please register); Lunch will be served.

Everyone is welcome! Please **register** with Caitlin ccraven@n2ncentre.com

DEC

4

Restoring Ourselves Through Food (with SACHA)

Wednesdays, December 4, 11 & 18th – 11:30 – 2:30 pm

Exploring food as part of a healing journey and the power of women's mutual support. This program is open to adult women, non-binary, and gender nonconforming folks. This program is a 3-session series and space is limited, please register by contacting Caitlin at 905-574-1334, x 304 ccraven@n2ncentre.com

DEC

9

Kids in the Kitchen (with Wesley Urban Ministries) 0-6 yrs old

Starting December 9th - Mondays, 10:00 am - 12:00 pm (until February 10, 2020)

Bring your children to mix up a storm and participate in the joy of cooking. Fun, hands-on activities focused on food, cooking and nutrition. Roll up your sleeves and have some fun with your little ones. Space is limited, please register with Ala at 905-521-0926 x 229 or ala.mohamed@wesley.ca

DEC

9

Squash Jam Workshop

Monday, 1:00 – 3:30 pm

How to enjoy this vegetable through the winter. Squash is a perfect healthy ingredient for the winter months. We will learn different ways of using squash, including hot jam.

Register with Narmin 905-574-1334, x210 nmzouri@n2ncentre.com

DEC

12

Microgreens and Sprouts Workshop

Thursday, 4:30 – 5:30 pm

Learn about growing fresh sprouts and greens throughout the winter, in your home kitchen. Come for this workshop, stay for our community dinner at 5:30. No registration necessary.

Led by LeeAnne MacGregor, 905-574-1334, x 308, lmacgregor@n2ncentre.com



DEC

13

Equity and Inclusion Volunteer Onboarding

Friday, 2:00 – 3:00 pm

For volunteers who have completed a Neighbour to Neighbour Centre orientation. Learn more about various volunteer roles, our Safe(r) Space Policy, and some skills and tools to work with people from diverse backgrounds. No registration necessary. Led by Heryka Miranda, 905-574-1334, x 303, hmiranda@n2ncentre.com



DEC

17

Seniors Wellness Special Year End Session – Self-Defense !

Tuesday, 9:30 am – 11:30 am

Come celebrate a year of Seniors programming with the YWCA team featuring Self Defense training, followed by a healthy breakfast.

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

DEC

19

Winter Solstice Celebration Dinner!

Thursday, 5:30 – 6:30 pm

Join us as we celebrate the time of year when the days are shortest! Warm up with delicious, comforting food, music and fun activities on this special day!

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

DEC

20

Body Butter Workshop

Friday 11:00 am – 12:30 pm

Put a little self care into your holiday season by making your own body butter. Shea butter is a natural beauty product that will soften your skin and protect against the elements this season. Make it a gift or keep for yourself and customize with natural essential oils. Contact Nicola to register advocacy@n2ncentre.com

DEC

23

Making Philo Pastry Workshop

Monday, 1:00 – 3:30 pm

Learn how to make puff pastry into many fun shapes. Enjoy making these treats at home. Kids will have lots of fun creating their own shapes instead of buying them at the store.

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