



# Winter 2020 - Weekly Program Calendar

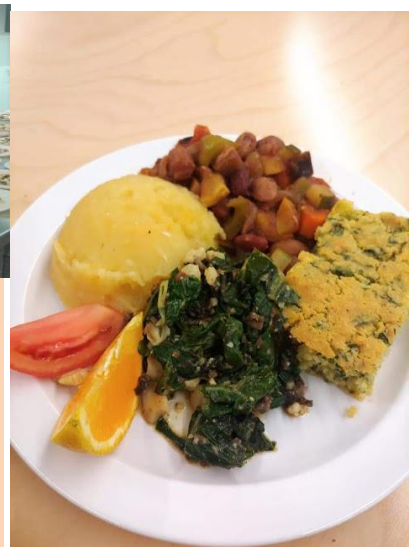
**(January 6th through March 31st)**  
All programs at 310 Limeridge Road W

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Kids in the Kitchen (0-6yrs)</b> 10:00 – 12:00 (runs until February 10<sup>th</sup>)</p>	<p><b>Welcome Baby</b> (for pregnant women) 12:30-2:30pm</p> <p><b>Cookin' Up</b> ❄️ <b>Justice for Youth (12-18 yrs)</b> 4:00 - 6:30pm (starts January 21<sup>st</sup>)</p>	<p><b>RISE UP! Breakfast Drop-In Meal</b> 8:00 – 9:00 am</p> <p><b>Seniors Wellness &amp; Fitness with YWCA</b> 9:30-10:30am</p> <p><b>Intercultural Community Kitchen</b> ❄️ 11:30am – 2:30pm (starts January 8<sup>th</sup>)</p> <p><b>Kids Club</b> ❄️ 3:30-6:00pm (starts January 8<sup>th</sup>)</p>	<p><b>Wellness Morning: &amp; Yoga Stretch with YWCA</b> 9:30-10:30am</p> <p><b>Intercultural Community Kitchen</b> ❄️ 11:00am-2:00pm (starts January 9<sup>th</sup>)</p> <p><b>Family Dinner Drop-in Meal</b> 5:30-6:30pm</p> <p><b>Advocacy Office</b> 5:30-7:00pm</p>	<p><b>Food Stories Expressed through the Arts</b> 10:00 – 12:00 (starts January 31<sup>st</sup>)</p> <p><b>One Dish Lunch Drop-in Meal</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 feature whole foods, plant-based meals and focus on food as a community builder and to advocate for good food for all. Everyone is welcome!**

## Drop-in Programs

### **RISE UP! Breakfast**

Wednesdays, 8:00 am – 9:00 am

Drop-in for a nutritious morning meal with friends or grab a quick bite on your way to start the day. Open to everyone!

### **Wellness & Fitness Mornings with YWCA Drop-in**

**Who:** Seniors (no strict age requirements)

Wednesdays & Thursdays, 9:30-10:30

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

Contact Rana: [RAldibs@ywcahamilton.org](mailto:RAldibs@ywcahamilton.org)

### **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.

### **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. Local and organic foods are featured when available.

### **Kids in the Kitchen** (by Wesley Centre)

**Who:** Children 0-6 yrs and their parents / caregivers

Mondays, 10-12 pm

Roll up your sleeves and get messy! Hands on activities featuring food, cooking and nutrition.

Contact Ala: [ala.mohamed@wesley.ca](mailto:ala.mohamed@wesley.ca)

905-521-0926 for questions and registration.

### **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

## Special Programs

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

**Who:** Youth ages 12-18

Tuesdays, 4:00 – 6:30 pm, (starts January 21<sup>st</sup>)

Cook delicious food together, have conversations about food justice and good food. Learn food skills and meet other youth. Contact LeeAnne (info below)



### **Food Stories Expressed through the Arts**

**Fridays**, 10-12; January 31<sup>st</sup> – March 20<sup>th</sup>



Explore your relationship with food and the land through cultural storytelling and the expressive arts (music, visual arts, dance and movement, drama). No arts background required! Just an open mind and open heart! Contact Heryka (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 (1-5 year olds)

### **Kids Club** (starts January 8<sup>th</sup>)

**Who:** Age 6-12 ; **Wednesdays**, 3:30 - 6:00 pm



Hands-on fun for children! Focuses on building knowledge, skills and confidence around cooking and growing food. Space is limited. Register with Amy (contact below)

### **Intercultural Community Kitchen**



**Thursdays**, 11:00 pm-2:00 pm, (starts January 9<sup>th</sup>)

Cook and enjoy a fresh meal together. Exchange healthy recipes and knowledge from your culture. Register with Caitlin (see below, speaks Spanish also) Ask about childminding (1-5 year olds)

## Registration & Question Contacts:

Amy, 905-574-1334 x 302 (meal programs, kids club)

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

Caitlin, 905-574-1334 x 304, (community kitchens)

[ccraven@n2ncentre.com](mailto:ccraven@n2ncentre.com) (Spanish)

Heryka, 905-574-1334, x 303 (volunteering & advocacy)

[hmiranda@n2ncentre.com](mailto:hmiranda@n2ncentre.com) (Spanish)

LeeAnne, 905-574-1334, x 308 (gardens, youth justice)

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

Narmin, 905-574-1334 x 210 (community kitchens)

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