

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Seniors 2000 Club 11:00-3:00 Parent Relief 9:30-11:00? Sunnylea Drop In 9:30-11:30 Japanese Culture 4:30-6:00 Tweens Experience 6:00-7:30 Japanese culture class 6:15-7:45 Salsa Class Beginners 5:30-6:30 Salsa Class Advanced 6:30-7:30</p>	<p>2</p> <p>Seniors Brunch 10:00-12:00 Kids Can Cook Junior 4:30-6:00 Kids Can Cook Senior 6:00-7:30 Baby-Sitting/First Aid 4:00-5:15 Prenatal @ Lamp 6:00-8:00 Norseman Drop In 9:30-11:30 Little chefs healthy eaters 10:00-11:30</p>	<p>3</p> <p>Women's Group 12:30-2:30 Homework Buddies 4:00-6:00 Tools For School 9:00-11:00 Exploring Hands 10:00-11:30 Tie Chi For Women 6:30-7:30 Incredible Years Parenting 1:00-3:00</p>	<p>4</p> <p>Sunnylea Drop In 9:30-11:30 Sunnylea Baby Club 10:00-11:30 Learning Through Play 1:00-3:00 Eating for Two 1:30-3:00 Klever Kids 4:00-6:00 Inspiring Harmony Project 4:00-5:30</p>	<p>5</p> <p>Seniors Plus Club 11:00-4:00 Sunnylea Drop In 9:30-11:30 Family Time Reading 9:30-11:30</p>
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<p>22</p> <p>Seniors 2000 Club 11:00-3:00 Parent Relief 9:30-11:00? Sunnylea Drop In 9:30-11:30 Japanese Culture 4:30-6:00 Tweens Experience 6:00-7:30 Japanese culture class 6:15-7:45 Salsa Class Beginners 5:30-6:30 Salsa Class Advanced 6:30-7:30</p>	<p>23</p> <p>Seniors Brunch 10:00-12:00 Kids Can Cook Junior 4:30-6:00 Kids Can Cook Senior 6:00-7:30 Baby-Sitting/First Aid 4:00-5:15 Prenatal @ Lamp 6:00-8:00 Cooking Out of the Box 6:30-8:00 Norseman Drop In 9:30-11:30 Little chefs healthy eaters 10:00-11:30</p>	<p>24</p> <p>Women's Group 12:30-2:30 Homework Buddies 4:00-6:00 Tools For School 9:00-11:00 Exploring Hands 10:00-11:30 Tie Chi For Women 6:30-7:30 Incredible Years Parenting 1:00-3:00</p>	<p>25</p> <p>Sunnylea Drop In 9:30-11:30 Sunnylea Baby Club 10:00-11:30 Learning Through Play 1:00-3:00 Eating for Two 1:30-3:00 Klever Kids 4:00-6:00 Inspiring Harmony Project 4:00-5:30</p>	<p>26</p> <p>Seniors Plus Club 11:00-4:00 Sunnylea Drop In 9:30-11:30 Family Time Reading 9:30-11:30</p>

Programs, Events & Activities

Seniors Programs:

For more information and to register please call Niki at (416) 231 - 7070 EXT: 239.

Seniors Brunch: Free nutritious brunch for local seniors, every Tuesday from 10:00 am. - 11:00 am, followed by an hour of gentle exercise and socializing.

Stonegate Plus Club: A social club providing recreational and social activities for local seniors. Members meet every Friday from 11 am – 4 pm in the Multi-Purpose Room. Activities include: Bingo, Bus Trips, Cards, Refreshments, etc.

Seniors Club 2000: A social club providing recreational and social activities for local Polish speaking seniors. Members meet every Monday from 11:00-3:00 in the multi purpose room. Activities include bingo, bus trips, gentle exercise, and refreshments.

Early Years (ages 0—6) Programs:

Please call Sonia at (416) 231-7070 ext. 281 for more information and details on these and all other Stonegate CHC Early Years programs and services:

Eating For Two: Free nutrition program offering lots of resources and information for expectant Moms, offered in partnership with Public Health every Thursday from 1:30 - 3:00 p.m. Space is limited and registration is required. Please call (416) 744 - 6312 EXT: 281, for more information and to register.

Parent Relief	Tools For School	Exploring Hands
Family Reading Time	Sunnylea Drop In	Learning Through Play Drop In

Children & Youth Programs:

Please call Larissa at (416) 231-7070 ext. 274 for more information and details on these and all other Stonegate CHC Children & Youth programs and services:

Klever Kids	Japanese Culture	Homework Buddies
Kids Can Cook	Tween Experience	Baby-Sitting /First aid Course

Women's Programs:

Please call Jill at (416) 231-7070 ext. 282 for more information and details on these and all other Stonegate CHC Programs and services for women.

Stonegate Women's Program: Offered every Wednesday from 12:30-2:30. An opportunity for women to come together, socialize and share information; as well as and resources in a safe and supportive environment. Space is limited & registration is required.

Introduction to Tai Chi for Women: Classes will run from 6:30-7:30 every Wednesday for 10 weeks. Classes will begin January 27th. Registration is required so please contact Jill at 416 231 7070 ext 282

Japanese Language and Culture Class for Women: classes will begin January 18th from 6:15-7:45 for a period of 8 weeks. Women will learn basic communication in Japanese. Activities will include cooking, hieroglyphs, calligraphy, and songs. Registration is required so please contact Jill at 416 231 7070 ext 282

General Programs and Services:

Asthma Education:

Learn more about asthma and asthma warning signs, triggers, medications and especially asthma control. Childcare services available upon request so call 416 231 7070 for more information and learn how to manage you asthma.

Smoking Cessation:

Have you thought about quitting smoking? We can help. Stonegate CHC offers professional resources and support to help you kick the habit. Our smoking cessation program is free for all community members and you don't need to be a patient. Ask us how we can help, please call (416) 231 - 7070 today.

Stonegate Housing Help Program:

The Stonegate Housing Help Program provides housing services with a focus on finding affordable housing and preventing eviction and homelessness. Our Housing Worker also offers assistance to clients in accessing income support (e.g. OW, ODSP), completing government forms, and general support services.

Please, call Iris at (416) 231-7070 EXT: 280, for more information.

Newcomer, Immigrant Settlement and Refugee Support Services:

Is offered every Thursday to all newcomers to Canada who are living in the Stonegate, and Park Lawn community. An experienced settlement worker can provide information and orientation, referral service; solution focused counselling, advocacy and assistance with form filling for newcomers. Appointments are required, please call us at (416) 231-7070 to make an appointment.