




Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>Sunnylea Drop In 9:30-11:30            Sunnylea Baby Club 10:00 11:30            Learning Through Play Drop in 1:00-3:00            Eating for Two 1:00-3:00            Handicrafts for women 10-11:30</p>	<p>2</p> <p>Seniors Plus Club 11:00-4:00            Sunnylea Drop In 9:30-11:30</p>
<p>5</p> <p>Parent Relief 9:00-11:00</p>	<p>6</p> <p>Seniors Brunch 10:00-12:00            Norseman Drop in 9:30-11:30            Prenatal Class 6:00-8:00            Stonegate Farmers' Market 4:00-7:00</p>	<p>7</p> <p>Women's Group 12:30-2:30            Exploring Hands 10:00-11:30            Salsa Class Beginners 6:00-7:00            Salsa Class Advanced 7:00-8:00</p>	<p>8</p> <p>Sunnylea Drop In 9:30-11:30            Sunnylea Baby Club            Learning Through Play 1:00-3:00            Eating for Two 1:00-3:00            Handicraft s for women 10:00 - 11:30</p>	<p>9</p> <p>Seniors Plus Club 11:00-4:00            Sunnylea Drop In 9:30-11:30            Family Time Reading 9:30-11:30</p>
<p>12</p> <p>Parent Relief 9:30-11:00            Summer Experience 10:00-12:00            Yoga in the Park 10:00 - 11:00</p>	<p>13</p> <p>Seniors Brunch 10:00-12:00            Norseman Drop in 9:30-11:30            Turning up the Heat!! Junior. 10:00-12:00            Turning up the Heat!! senior 1:30-2:30            Stonegate Farmers' Market 4:00-7:00</p>	<p>14</p> <p>Women's Group 12:30-2:30            Exploring Hands 10:00-11:30            Activities in the park 10:00 -12:00            Salsa Class Beginners 6:00-7:00            Salsa Class Advanced 7:00-8:00            Garden Bus Tour: HOPE Community Garden:            5:00-8:00            Good Food Box Delivery</p>	<p>15</p> <p>Sunnylea Drop In 9:30-11:30            Learning Through Play 1:00-3:00            Eating for Two 1:00-3:00            Youth Drop-in 1:00-3:00</p>	<p>16</p> <p>Seniors Plus Club 11:00-4:00            Sunnylea Drop In 9:30-11:30            Family Time Reading 9:30-11:30</p>
<p>19</p> <p>Parent Relief 9:00-11:00            Yoga in the Park 10:00-11:00</p>	<p>20</p> <p>Seniors Brunch 10:00-12:00            Norseman Drop in 9:30-11:30            Turning up the Heat!! Junior. 10:00-12:00            Turning up the Heat!! senior 1:30-2:30            Stonegate Farmers' Market 4:00-7:00</p>	<p>21</p> <p>Women's Group 12:30-2:30            Exploring Hands 10:00-11:30            Contraptions 1:30-3:30            Activities in the park 10:00 -12:00            Salsa Class Beginners 6:00-7:00            Salsa Class Advanced 7:00-8:00            Worm Composting 3:00-5:00</p>	<p>22</p> <p>Sunnylea Drop In 9:30-11:30            Spanish Language &amp; Culture Class for women:            10-11:30            Learning Through Play 1:00-3:00            Eating for Two 1:00-3:00            Community Field Trips (times differ for each trip)            Youth Drop-in 1:00-3:00</p>	<p>23</p> <p>Seniors Plus Club 11:00-4:00            Sunnylea Drop In 9:30-11:30            Family Time Reading 9:30-11:30            Babysitting/First Aid Certification 9:30 -3:30</p>
<p>26</p> <p>Parent Relief 9:00 – 11:00            Community Field Trip (times differ for each trip)            Yoga in the Park 10:00 – 11:00</p>	<p>27</p> <p>Seniors Brunch 10:00- 12:00            Seniors Brunch 10:00-12:00            Norseman Drop in 9:30-11:30            Turning up the Heat!! Junior. 10:00-12:00            Turning up the Heat!! senior 1:30-2:30            Stonegate Farmers' Market 4:00-7:00</p>	<p>28</p> <p>Women's Group 12:30-2:30            Exploring Hands 10:00-11:30            Art- Experience 1:30-3:30            Activities in the park 10:00 -12:00            Salsa Class Beginners 6:00-7:00            Salsa Class Advanced 7:00-8:00            Garden Bus Tour: HOPE Community Garden:            5:00-8:00            Good Food box Delivery</p>	<p>29</p> <p>Sunnylea Drop In 9:30-11:30            Spanish Language &amp; Culture Class for women:            10-11:30            Learning Through Play 1:00-3:00            Eating for Two 1:00-3:00            Youth Drop-in 1:00-3:00</p>	<p>30</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 (416) 231 - 7070 EXT: 307

**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. Program closed for the summer, reopening September 13/2010

### **Early Years (ages 0—6) Programs:**

Please call (416) 231-7070 ext. 307 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**

**Love, laugh and learn**

**Exploring Hands**

**Toys in the Park**

**Family Reading Time**

**Little Chefs, Healthy Eaters**

**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:

**Turning Up the Heat!**

**Art Experience**

**Contraptions**

**Community Field Trips**

**Youth Drop-In**

**Activities in the Park**

### **Women's Programs:**

Please call (416) 231-7070 ext. 307 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.

### **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. Staff offer assistance to clients in accessing income support (e.g. OW, ODSP), completing government forms, and general support services. Please, call (416) 231-7070 for more information.

#### **Newcomer, Immigrant Settlement and Refugee Support Services:**

It 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 counseling, advocacy and assistance with form filling for newcomers. Appointments are required, please call us at (416) 231-7070 to make an appointment.

#### **Special Events or Activities:**

**Stonegate Farmers Market:** The Market season is back! Come and join us every Tuesday from 4-7 in the St. James Humber Bay Church Parking lot. Each week there will be fun food and entertainment for the whole family.

#### **Workshops**

##### **Garden Bus Tour: HOPE Community Garden:**

During the Tour you will have the chance to learn about the neighboring community garden, its set-up and practices, and to meet HOPE community gardeners at their monthly potluck. Wednesday, July 14<sup>th</sup> from 5:00 to 8:00 pm.

##### **Worm Composting:**

Worm composting is an ideal option for keen gardeners living in small spaces. This worm composting workshop will demonstrate how to set-up your own worm bin and maintain a healthy, productive system. Wednesday July 21<sup>st</sup> from 3:00 to 5:00 pm. For more information and to register, please call (416) 231 7070 ext. 307