

Mon	Tue	Wed	Thu	Fri
1 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 Tween Experience 6:00 – 7:30 Japanese Culture 6:15 – 7:45	2 Seniors Brunch 10:00-12:00 Kids can Cook Jr. 4:30 – 6:00 Kids Can Cook Sr. 6:00 – 7:30 Baby-Sitting/First Aid 4:00-5:15 Workshop on Apartment Repairs and Maintenance: 3:30 – 5:00	3 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 Tai Chi For Women 6:30-7:30	4 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 1:30-3:00 Klever Kids 4:00 – 6:00 Inspiring Harmony Project 4:00 – 5:30	5 Seniors Plus Club 11:00-4:00 Sunnylea Drop In 9:30-11:30 Family Time Reading 9:30-11:30
8 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 Tween Experience 6:00 – 7:30 Japanese Culture 6:15 – 7:45 Tween Experience 6:00 – 7:30	9 Seniors Brunch 10:00-12:00 Kids can Cook Jr. 4:30 – 6:00 Kids Can Cook Sr. 6:00 – 7:30 Baby-Sitting/First Aid 4:00-5:15 Nutrition Month Cooking Workshop 6:30- 8:00	10 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 Tai Chi For Women 6:30-7:30	11 Sunnylea Drop In 9:30-11:30 Learning Through Play 1:00-3:00 Eating for Two 1:30-3:00 Klever Kids 4:00 – 6:00 Handicrafts for women 10:00- 11:30	12 Seniors Plus Club 11:00-4:00 Sunnylea Drop In 9:30-11:30 Family Time Reading 9:30-11:30
15 Seniors 2000 Club 11:00-3:00 Parent Relief 9:30-11:00? Sunnylea Drop In 9:30-11:30 Tween Experience 6:00-7:30	16 Seniors Brunch 10:00-12:00 Nutrition Month Cooking Workshop 6:30- 8:00	17 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 Tai Chi For Women 6:30-7:30	18 Sunnylea Drop In 9:30-11:30 Learning Through Play 1:00-3:00 Eating for Two 1:30-3:00 Handicrafts for women 10:00- 11:30	19 Seniors Plus Club 11:00-4:00 Sunnylea Drop In 9:30-11:30 Family Time Reading 9:30-11:30
22 Seniors 2000 Club 11:00-3:00 Parent Relief 9:30-11:00? Sunnylea Drop In 9:30-11:30	23 Seniors Brunch 10:00-12:00 Cooking out of the box 6:30 – 8:00 Nutrition Month Cooking Workshop 6:30- 8:00	24 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 Tai Chi For Women 6:30-7:30	25 Sunnylea Drop In 9:30-11:30 Learning Through Play 1:00-3:00 Eating for Two 1:30-3:00 Handicrafts for women 10:00- 11:30	26 Seniors Plus Club 11:00-4:00 Sunnylea Drop In 9:30-11:30 Family Time Reading 9:30-11:30
29 Seniors 2000 Club 11:00 – 3:00 Parent Relief 9:30 – 11:00 Sunnylea Drop In 9:30- 11:30	30 Seniors Brunch 10:00- 12:00 Nutrition Month Cooking Workshop 6:30- 8:00	31 Women's Group 12:30-2:30 Exploring Hands 10:00-11:30 Tai Chi For Women 6:30-7:30		

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 **Pop Dance** **Homework Buddies**
Inspiring Harmony Project **Kids Can Cook** **Tween Experience**

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

Women's Exercise – Classes Are Full

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. 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.

Special Events or Activities:

Workshops

“Apartment Repairs and Maintenance” Workshop on Tuesday March 2 from 3:30 to 5:00. **Registration is required;** please call us at (416) 231 070, ext. 280

“Refugee Issues” workshop on Monday March 8 from 3:30 to 5:00 for more information and/or registration, please call Iris, Housing Worker, at (416 231-7070 ext.280

“Nutrition Month Cooking” Workshop Takes place March 09/2010 from 6:30 to 8:00 pm every week per four weeks registration is required, please call at 416 231 7070