



Mon	Tue	Wed	Thu	Fri
<p><i>Back To School!</i></p>		<p>1</p> <p>Women's Group 12:30-2:30          Exploring Hands 10:00-11:30</p>	<p>2</p> <p>Sunnylea Parent-Child Drop-In: 9:15 am -11:15 am          Sunnylea Baby Club: 10:00 am - 11:30 am          Learning Through Play-Drop-in: 1:00 pm - 3:00 pm          Eating for Two: :1:00 pm - 3:00 pm</p>	<p>3</p> <p>Seniors Plus Club: 11:00 am - 4:00 pm          Sunnylea Drop-In: 9:30 am -11:30 am          Family Time Reading Drop-In: 9:30 am -11:30 am</p>
<p>6</p> <p><b>Labor Day          Health Centre Closed</b></p>	<p>7</p> <p>Norseman Parent-Child Drop-in: 9:30 am -11:30 am          Stonegate Farmers' Market: 4:00 pm - 7:00 pm          Chronic Disease Self-Management Program:          12:30 pm – 3:30 pm</p>	<p>8</p> <p>Exploring Hands: 10:00 am -11:30 am          Women's Group: 12:30 pm - 2:30 pm</p>	<p>9</p> <p>Sunnylea Parent-Child Drop-In: 9:15 am -11:15 am          Sunnylea Baby Club: 10:00 am - 11:30 am          Learning Through Play-Drop-in: 1:00 pm - 3:00 pm          Eating for Two: :1:00 pm - 3:00 pm</p>	<p>10</p> <p>Seniors Plus Club: 11:00 am - 4:00 pm          Sunnylea Drop-In: 9:30 am -11:30 am          Family Time Reading Drop-In: 9:30 am -11:30 am</p>
<p>13</p> <p>2000 Senior's Club: 10:00 am - 2:00 pm          Parent Relief: 9:30 - 3:00</p>	<p>14</p> <p>Norseman Parent-Child Drop-in: 9:30 am -11:30 am          Stonegate Farmers' Market: 4:00 pm - 7:00 pm          Chronic Disease Self-Management Program:          12:30 pm – 3:30 pm</p>	<p>15</p> <p>Exploring Hands: 10:00 am -11:30 am          Women's Group: 12:30 pm – 2:30 pm</p>	<p>16</p> <p>Sunnylea Parent-Child Drop-In: 9:15 am -11:15 am          Sunnylea Baby Club: 10:00 am - 11:30 am          Learning Through Play-Drop-in: 1:00 pm - 3:00 pm          Eating for Two: :1:00 pm - 3:00 pm</p>	<p>17</p> <p>Seniors Plus Club: 11:00 am - 4:00 pm          Sunnylea Drop-In: 9:30 am -11:30 am          Family Time Reading Drop-In: 9:30 am -11:30 am</p>
<p>20</p> <p>2000 Senior's Club: 10:00 am - 2:00 pm          Parent Relief: 9:00 - 3:00</p>	<p>21</p> <p>Norseman Parent-Child Drop-in: 9:30 am -11:30 am          Stonegate Farmers' Market: 4:00 pm - 7:00 pm          Chronic Disease Self-Management Program:          12:30 pm – 3:30 pm</p>	<p>22</p> <p>Women's Group: 12:30 pm -2:30 pm          "Let's Get Pickled" Pickling Workshop:          10:00 am - 12:00 noon</p>	<p>23</p> <p>Sunnylea Parent-Child Drop-In: 9:15 am -11:15 am          Sunnylea Baby Club: 10:00 am - 11:30 am          Learning Through Play-Drop-in: 1:00 pm - 3:00 pm          Eating for Two: :1:00 pm - 3:00 pm</p>	<p>24</p> <p>Seniors Plus Club: 11:00 am - 4:00 pm          Sunnylea Drop-In: 9:30 am -11:30 am          Family Time Reading Drop-In: 9:30 am -11:30 am</p> <p><b>Saturday September 25/10:          Stonegate Community Celebration &amp; Annual Meeting          12 noon - 4:00 pm          Community Rummage Sale starts at 9:00 am</b></p>
<p>27</p> <p>2000 Senior's Club: 10:00 am - 2:00 pm          Parent Relief: 9:00 – 3:00</p>	<p>28</p> <p>Norseman Parent-Child Drop-in: 9:30 am -11:30 am          Stonegate Farmers' Market: 4:00 pm - 7:00 pm          Chronic Disease Self-Management Program:          12:30 pm – 3:30 pm</p>	<p>29</p> <p>Women's Group: 12:30 pm – 2:30 pm</p>	<p>30</p> <p>Handicrafts for Women: 10:00 am - 11:30 am</p>	

## Programs, Events & Activities

### **Seniors Programs:**

For more information and to register please call (416) 231 - 7070 EXT: 307

**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**

**Exploring Hands**

**Family Reading Time**

**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:

### **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.

**Handicraft for Women at Stonegate CHC:** This group is designed for women to meet other women, socialize and work on those projects that you want to finish but never have the time (bring you knitting, sewing and crocheting)!. Registration is required; please call (416) 231 7070. Ext. 307

### **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 offers 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.

**Chronic Disease Self-Management Program:** A free program for anyone with a chronic disease, such as diabetes, asthma, emphysema, heart conditions, high blood pressure, MS,ALS, HIV/AIDS, etc., or anyone caring for a person with a chronic disease. This program teaches the skills needed for the daily management of chronic health problems. Tuesdays from 12:30 to 3:30pm. Registration is required as space is limited. Call 416 231 7070. Ext. 307 to register.

### **Workshops**

#### **"Let's Get Pickled" Pickling Workshop:**

Enjoy a classic pickle workshop where you will learn how to preserve the perfect cucumber. Also learn how to prep your cucumbers, sterilize your jars and properly seal your jars with ease. Wednesday, September 22 from 10:00 am to 12:00 pm. Registration is required as space is limited. Call 416 231 7070. Ext. 307 to register.