



# Sunnydale Community Centre - November 2018

## 508H Sunnydale Place (519-883-0410)

The centre is generally open Monday to Thursday 9 a.m. - 5 p.m. and Friday 9 a.m. to 1 p.m.

Mon	Tue	Wed	Thu	Fri
<b>Christmas Bureau Application Dates</b>			<b>Outreach 9:30-12</b> 1 Neighbourhood Food Program 11:00 a.m. English Conversation Circle 1-3 p.m. Tutoring 4-5:30 p.m.	<b>No Outreach</b> 2
<b>November 2</b> 10:30 a.m. -1:30 p.m. <b>November 7</b> 10:30 a.m. -1:30 p.m. <b>November 26</b> 4:00 -7:30 p.m. <b>November 29</b> 4:30 -7:30 p.m.	<b>Waterloo Pentecostal Assembly (395 King St. North)</b> <b>Albert McCormick Community Centre (500 Parkside Dr.)</b> <b>Albert McCormick Community Centre</b> <b>Waterloo Pentecostal Assembly</b>			
Additional information is on the other side of this calendar.				
<b>Outreach 9:15-5:15</b> 5 Coffee & Conversation 9:30-11:30 a.m. Bridge to Music 12-2:00 Sewing 1-3 p.m.	<b>Outreach 12-5:30</b> 6 Time for Us 9:30-11:30 a.m. Career/Work Coaching 1-2 English Conversation Circle 1-3 p.m. Incredible Kids 3:45-5:15	<b>Outreach 9:30-5:30</b> 7 ASP (Gr. 3-6) 3:45-5 p.m.	<b>Outreach 9:30-5:30</b> 8 Neighbourhood Food Program 11:00 a.m. English Conversation Circle 1-3 p.m. Tutoring 4-5:30 p.m.	<b>No Outreach</b> 9
<b>Outreach 9:15-5:15</b> 12 Coffee & Conversation 9:30-11:30 a.m. Bridge to Music 12-4:00 Sewing 1-3 p.m.	<b>Outreach 9:30-5:30</b> 13 Time for Us 9:30-11:30 a.m. Career/Work Coaching 1-2 English Conversation Circle 1-3 p.m. Incredible Kids 3:45-5:15	<b>Outreach 9:30-5:30</b> 14 Cooking in Community / Preschool Program 9:30-11:30 a.m. ASP (Gr. 3-6) 3:45-5 p.m.	<b>No Outreach</b> 15 Neighbourhood Food Program 11:00 a.m. English Conversation Circle 1-3 p.m. Tutoring 4-5:30 p.m.	<b>No Outreach</b> 16  <b>Centre Is Closed</b>
<b>Outreach 9:15-5:15</b> 19 Coffee & Conversation 9:30-11:30 a.m. Sewing 1-3 p.m. L.S.C.A. Meeting 6:30 p.m.	<b>Outreach 9:30-5:30</b> 20 Time for Us 9:30-11:30 a.m. Career/Work Coaching 1-2 English Conversation Circle 1-3 p.m. Incredible Kids 3:45-5:15	<b>Outreach 9:30-5:30</b> 21 Cooking in Community / Preschool Program 9:30-11:30 a.m. ASP (Gr. 3-6) 3:45-5 p.m.	<b>Outreach 9:30-5:30</b> 22 Neighbourhood Food Program 11:00 a.m. English Conversation Circle 1-3 p.m. Tutoring 4-5:30 p.m.	<b>No Outreach</b> 23
<b>Outreach 9:15-5:15</b> 26 Coffee & Conversation 9:30-11:30 a.m. Bridge to Music 12-4:00 Sewing 1-3 p.m.	<b>Outreach 9:30-5:30</b> 27 Time for Us 9:30-11:30 a.m. Career/Work Coaching 1-2 English Conversation Circle 1-3 p.m. Incredible Kids 3:45-5:15	<b>Outreach 9:30-5:30</b> 28 ASP (Gr. 3-6) 3:45-5 p.m.	<b>Outreach 9:30-5:30</b> 29 Neighbourhood Food Program 11:00 a.m. English Conversation Circle 1-3 p.m. Tutoring 4-5:30 p.m.	<b>No Outreach</b> 30 Cooking in Community – Supermarket Tour 9:00 -11:30 a.m.

(Please see other side for additional information and program details).

## Sunnydale Community Reminders/Information:

- **Neighbourhood Food Program** is available each Thursday at 11:00 a.m. If you are unable to come at this time, you may call the centre by 9:00 a.m. on Thursday and ask that food to be put aside for you. Food must be picked up by 5:00 p.m. unless other arrangements have been made with staff.
- **Lakeshore South Community Association (LSCA, formerly Sunnydale Community Association)**, your neighbourhood association, works in partnership with House of Friendship to provide important resources and services for this community through the Sunnydale Community Centre. For more information, please check out LSCA'S website at <https://www.lakeshoresouthca.com/>. The next monthly meeting is at the community centre on Monday, November 19 at 6:30 p.m. Everyone is welcome.
- **KW Christmas Bureau can help anyone living on low income in Kitchener or Waterloo.** House of Friendship and The Kitchener Salvation Army work with generous donors to meet needs in the community. If you are in need of help over Christmas, you must apply in person; Waterloo application information is noted on the front of this calendar. Additional application information is available at [christmashampers.ca](http://christmashampers.ca). If you have mobility issues or are unable to apply in person, you may contact the Emergency Food Hamper Program at 519-742-8327 or at [info@christmashampers.ca](mailto:info@christmashampers.ca) and they will assist you with your application. Applications will not be accepted after November 30, 2018. When applying, please bring a piece of identification for you and each person in your household. If you would like to apply for gifts, please bring your calendar or day planner since you will be asked to choose an appointment time to pick up your gifts when you apply.

## Community Centre Programs:

**After School Program (ASP)** for Grades 3-6 is offered on Wednesdays from 3:45-5:00 p.m. Pre-registration is required.

**Bridge to Music**, a partnership with K-W Symphony, provides music lessons for students between 6 and 13 years.

**Career/Work Coaching**, a service available through Conestoga Career Centre, provides assistance for people looking for work or training. Please call Dana at 519-885-0300 extension 5236, for an appointment.

**Coffee & Conversation** offers a safe and caring environment for women to make friends, share knowledge and experiences, network and learn about their community. Child care is provided for children 2 to 5 years.

**Cooking in Community** is led by a Community Nutrition Worker and provides opportunities to learn more about shopping, healthy eating and food preparation. A Preschool Program is available for children 2 to 5 years of age.

**English Conversation Circle** offers adults an opportunity to improve their abilities to speak English. Child care may be available for children 2 to 5 yrs.

**Family Outreach Program assists** families with children under 18 years of age that are experiencing low income to access the services they need in their community. Fariba Chaghand, our Family Outreach Worker, is generally available at Sunnydale Community Centre from Monday to Thursday. Her hours are noted on the calendar as "Outreach", but are subject to change. Whenever possible, please call Fariba at 519-498-6985 to book an appointment.

**Healthy Changes** is a diabetes support group for residents and others interested in making changes in support of a healthier lifestyle; it meets the fourth Wednesday of every month at 6:30 and all are welcome. For more information, please contact Laurie Strome at [lestrome@gmail.com](mailto:lestrome@gmail.com).

**Incredible Kids** is an 8 week program for 6-8 year olds, offered in partnership with Family and Children's Services. Please see Linda for more info.

**Neighbourhood Food Program** is available to the Sunnydale community. Please see above for more information.

**Sewing Group** meets weekly to help with mending and basic sewing projects. Sewing machines are provided. Child care is not available.

**Time for Us** is facilitated by a Peer Health Worker and offers opportunities to discuss a variety of topics relating to physical, emotional, psychological and spiritual health for ourselves and our families. Child care is available for children 2 to 5 years.

**Tutoring Support** for JK-Grade 12 students will begin early October. Please see Linda or Fariba for more information.