





Northside Neighbourhood Hub  
 114 Confederation Drive, Unit 2, St. Thomas ON N5P4C1  
 PHONE: 519-631-5182



**October 2018**

**The HUB**

<b>Mondays</b> 8:30am-4:30pm	<b>Tuesdays</b> 8:30am-4:30pm	<b>Wednesdays</b> 8:30am-8:00pm	<b>Thursdays</b> 8:30am-4:30pm	<b>Fridays</b> 8:30am-12:30pm
<p><b>Breakfast 'Grab &amp; Go' Program</b> 8:00am-9:00am</p> <p><b>Play to Learn (0-6yrs)</b></p> <p>⇒ Mystery Mondays</p> <p><b>Closed Monday October 8 Happy Thanksgiving!</b></p> <p>Monday October 15 Good Food Box Arrives</p> 	<p><b>Breakfast 'Grab &amp; Go' Program</b> 8:00am-9:00am</p> <p><b>Play to Learn (0-6yrs)</b></p> <p>⇒ Terrific Tuesdays</p> <p><b>Ask Alicia (from CCHC) by appointment only</b></p> <p>Contact North-Online Learning (Drop in with Annette-Online Learning Recruitment Officer) <b>9:00am-12:00pm</b></p>	<p><b>Breakfast 'Grab &amp; Go' Program</b> 8:00am-9:00am</p> <p><b>Play to Learn (0-6yrs)</b></p> <p>⇒ Drop in Wednesdays</p> <div data-bbox="856 1247 1320 1409" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>IF YOU WOULD LIKE TO RECEIVE OUR CALENDARS ELECTRONICALLY, PLEASE SEND AN EMAIL TO THE FOLLOWING EMAIL ADDRESS AND YOU WILL BE ADDED TO OUR MONTHLY CONTACT LIST.</p> <p><a href="mailto:a.eveland@communitylivingelgin.com">a.eveland@communitylivingelgin.com</a></p> </div>	<p><b>Breakfast 'Grab &amp; Go' Program</b> 8:00am-9:00am</p> <p><b>Play to Learn (0-6yrs)</b></p> <p>⇒ Baby Time (0-1 year old) 9:30am—11:00am</p> <p>Good Food Box Money Due October 4</p> 	<p><b>Breakfast 'Grab &amp; Go' Program</b> 8:00am-9:00am</p> <p><b>Play to Learn (0-6yrs)</b></p> <p>⇒ Fun Fridays</p> <p><b>Closed at 12:30 on Fridays.</b></p> <div data-bbox="1440 1377 1959 1515" style="border: 2px solid red; padding: 10px;"> <p>*A reminder to families that children under the age of 10 need to be accompanied by an adult (someone age 18 or older) when visiting the HUB. Thank you for your cooperation!</p> </div>
<p>Check us out on Facebook <b>'Northside Neighbourhood Hub'</b></p>				

## Interested in furthering your education online?

Stop by the Hub on Tuesdays from 9:00am-12:00pm Discuss your options with Annette, Online Learning Recruitment Officer.

CONTACT NORTH NORD

## What's Happening... ASK ALICIA



Alicia is a Community Outreach Worker and Systems Navigator from **Central Community Health Centre**. She will be here to support you with: completing applications for: Housing, Trillium Drug Plan, Ontario Works, etc., if you need to replace or obtain a birth certificate, newborn registration, or health card.

By appointment only. Contact Alicia at 519-633-7989 or email -amalcolm@centralchc.com to schedule an appointment.

## GOOD FOOD BOXES ARE AVAILABLE AT THE HUB!

Every month you have the opportunity to purchase a box of food that is filled with different fruit, veggies, salad items, yogurt, and cheese. Plus there is something new or different to try! Each Good Food Box cost \$15.00. (plus \$10.00 initial membership fee) Call the HUB at 519-631-5182.



## Kids Cooking Classes at the HUB

Thursdays 4:00 pm to 5:30  
Ages 8 -12

October 11, October 18,  
October 25, November 1



## Learn how to have fun creating and enjoying delicious food

Cooking classes at the Northside Neighborhood HUB with a Central Community Health Centre's Dietitian.  
Register at the HUB.

Please indicate if there are any food allergies.  
All sessions are free of charge. Spaces are Limited



CENTRAL COMMUNITY HEALTH CENTRE  
359 Talbot St.  
St. Thomas, ON N5P 1B7  
P: 519-633-7989 F: 519-633-8407

## Grab & Go Breakfast Program



School children can stop by anytime between 8:00am-9:00am Monday-Friday on their way to school to pick up breakfast for a healthy start to their day. We will have such things available as: **muffins, yogurt, fruit, trail mix, pancakes, and more!**

## Mystery Mondays

Come to the HUB on Mondays and see what we are up to!! Maybe we will bake, make playdough, do a craft or two. You will have to drop in to see what kind of fun is happening. The fun starts at 10:00 am!!



## Terrific Tuesdays Cooking with Kids - Family Snack Time

Join Connie each Tuesday morning in October. At 10:00am we will be making a mystery autumn snack!!



## Wednesdays at the HUB

Caregiver Café designed for those who provide home childcare. A time to network with other home childcare providers. Wednesday October 3 from 9:30-12:00. Every other Wednesday in October.



## Thursday mornings are for Babies!

Baby Time **Thursdays 9:30am-11:00am**  
Join our friendly relaxed atmosphere and together you and your infant (birth to pre-walker) can participate in a variety of activities.



## St. Thomas Public Library at the HUB!

First Week of the Month Wednesdays from 5:00pm to 6:00pm  
Second Week of Month Thursdays from 3:30pm to 4:30pm  
Third Week of Month Thursdays from 3:30pm to 4:30pm  
Last Week of the Month Wednesdays from 5:00pm to 6:00pm

Come and meet with the Library staff for all your Library needs.... get a library card, reserve a book....

