





April 2019

The HUB

Mondays 8:30am-4:30pm	Tuesdays 8:30am-4:30pm	Wednesdays 8:30am-8:00pm	Thursdays 8:30am-4:30pm	Fridays 8:30am-12:30pm
Breakfast 'Grab & Go' Program 8:00am-9:00am Play to Learn (0-6yrs) ⇒ Meetup Mondays  Monday April 15 Good Food Box Arrives Closed Easter Monday April 22	Breakfast 'Grab & Go' Program 8:00am-9:00am Play to Learn (0-6yrs) ⇒ Terrific Tuesdays Ask Alicia (from CCHC) by appointment only Contact North-Online Learning (Drop in with Annette-Online Learning Recruitment Officer) 9:00am-12:00pm	Breakfast 'Grab & Go' Program 8:00am-9:00am Play to Learn (0-6yrs) ⇒ Drop in Wednesdays Kids Cooking Class April 9, 16, 23, 30 Ages 8-12 Register at the HUB	Breakfast 'Grab & Go' Program 8:00am-9:00am Play to Learn (0-6yrs) ⇒ Baby & Toddler Fun (0-1 year old) St. Thomas Library at the Hub! Thursdays 3:00pm-4:00pm Thursday April 4 Good Food Box Money Due 	Breakfast 'Grab & Go' Program 8:00am-9:00am Play to Learn (0-6yrs) ⇒ Friendship Fridays Closed at 12:30pm on Fridays. Closed Good Friday April 19

Easter Holidays - The HUB will be closed
Good Friday April 19 and Easter Monday April 22.



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.
a.eveland@communitylivingelgin.com

*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!

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.



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.



St. Thomas Public Library at the HUB!

St. Thomas Library at the Hub!
Thursdays 3:00pm to 4:00pm

Come and meet with the Library staff for all your library needs.

Get a library card, check out books, return books, and put books on hold.



Grab & Go Breakfast Program

School children can stop by anytime between 8:00am to 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!**

M.O.M. Monday

Meetup on Mondays! Come connect with other neighbourhood Mom's and their little ones. Share experiences, find advice, give support and make new friends. 10:00am to 11:30am.



Terrific Tuesday Fun

Looking for a quite relaxing place to spend some time with your little ones? Join us each Tuesday morning in April come and make a healthy snack together.
April 16 - Color Egg Hunt



Drop In Wednesdays

Caregiver Café every other Wednesday.
Designed for those who provide home childcare. A time to network with other home childcare providers.
Wednesday April 3 and 17 from 9:30am to 12:00pm



Thursday Baby and Toddler Fun

Play, bond and move with your baby and toddler in a friendly, relaxed atmosphere. 9:30am to 11:00am
April 18 -Color Egg Hunt & Easter Snack



Friendship Fridays

Nurture connections, explore feelings and help your child become a confident problem solver.



Free Kids Cooking Class at the HUB

Tuesday April 9, 16, 23, 30 from 4:00pm to 5:30pm
Learn how to have fun creating and enjoying delicious food.
For children aged 8 to 12 years. Register at the HUB.



Central Community Health Centre

Brought to you by the Central Community Health Centre's Dietitian.