










FALSTAFF NEIGHBOURHOOD CENTRE

COMMUNITY WORKER: Patricia Wilson DaSilva 416-241-9430. Monthly Calendar.....JANUARY 2017

SUNDAY CENTRE CLOSED	MONDAY 9am to 4:30pm	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY CENTRE CLOSED
<p>The Office is opened 9:30 am – 4:30 pm Except every second Mondays from 11:30 am</p>	<p>Computers and Internet use .Daily</p> <p>Senior's Group</p>  <p>40 Falstaff 12:00 am -2:3000p.m</p>	<p>Computers and Internet use .Daily</p> <p>Community Health and Nutrition Program 12:00 – 2:30 pm</p>	<p>Computers and Internet use .Daily</p>  <p>Sewing Group TBA</p> 	<p>Women's Group 1:00 - 3:00p.m</p>  <p>Computers and Internet use .Daily</p>	<p>Computers and Internet use .Daily</p> <p>Jewelry Class 1pm – 2:30pm</p> <p>Food Club Every Two Weeks</p>	
	<p>Computers and Internet use .Daily</p> <p>Senior's Group</p>  <p>40 Falstaff 12:00 am -2:3000p.m</p>	<p>Computers and Internet use .Daily</p> <p>Community Health and Nutrition Program 12 – 2:30 pm</p> 	<p>Computers and Internet use Daily</p>  <p>8 weeks Diabetes workshop begins January 11, 2017</p>	<p>Computers and Internet use. Daily</p>	<p>Jewelry class 1 pm – 2:30 pm</p> <p>Computers and Internet use. Daily</p>	

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**Senior's Group
30 Falstaff
12:00 am -2:30p.m**



Computers and Internet use .Daily

**Community Health and Nutrition Program
12 – 2:30 pm**



Computers and Internet use .Daily



**Sewing Group
TBA**

Diabetes workshop

1:00 – 3:00



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**Women's Group
1:00 - 3:00p.m**



Description of Programs and Services provided by Doorsteps Neighbourhood Services in Falstaff

CAP Community Access Program – Monday to Friday from 9 a.m. to 4:30 p.m. at 40 Falstaff Ave all community members may use free of charge the following services: computer and internet access for e-mail, resume and cover letter preparation and job search as well as fax, photocopy, printer and access to the job board posting.

Community Health and Nutrition Lunch Program – Where anyone can have access to a free healthy meal, make new friends; and get to know their neighbours. Learn from a variety of informative workshops. **Lunch is served 12 noon to 2:30 pm every Tuesdays at 40 Falstaff Ave. ALL are WELCOME TO PARTICIPATE we also welcome** Volunteers to come between 9:30 a.m. to 11:30 am to help with the preparation and serving of meals and to answer phone

Women's Multicultural Group – Meets on Thursdays from 1:00 p.m. to 3 p.m. at 40 Falstaff Ave at the **Multipurpose Room.** It is a place where women meet and get to know each other, make new friends and help to build a safe, friendly and healthy neighbourhood; the group is open to all women regardless of cultural background. We would also host various interactive workshops that are provided by Public Health nurses and Blackcreek Health Services: where everyone can gain valuable information.

Falstaff Sewing Club on Wednesdays 12:00 am 3:00 p.m. at 40 Falstaff Ave no sewing experience necessary you will be taught everything you need to know about the sewing machine and how to make fashionable clothing for you and your family. The method is simple and easy to understand. Class size is small (maximum 8 Students)

Falstaff Jewelry Making Club Fridays from 1pm – 3pm. bring your friends, neighbor, your sister and most of at bring your creativity it will be fun and exciting it is ok if you have never done jewelry making before.

Food Club Program – Every second Friday of the month 9:30 a.m. -12:00 p.m. You can learn tips on how to develop healthy food choices, learn new cooking recipes on how to create healthier meals, and to stay in control of what you and your family consume

Senior's Group – Mondays 12 pm - 2:30 pm a place where seniors meet and empower each other through sharing information and resources, increasing self-awareness, learn from others with similar experiences and gain new skills through workshops and Craft etc.

(See front page for more details)