

Neighbourhood Association Index - Online Activities Guide

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Alison Neighbourhood Community Centre



Alison Neighbourhood
community centre

127 Elgin St. N
Cambridge, ON N1R 5H6
Phone: 519.620.1867
Fax: 519.620.0067
alisonneighbourhood@on.aibn.com
www.alisonneighbourhood.org

Our entrance is located at the side of
St. Anne School
Please ring the bell for service

March Break Mania

Mon Mar 14 - Fri Mar 18
9:00-3:30pm
Ages 4-11
\$80/week

Sports•Crafts•Games•Fun

Register by Mon Feb 28

Day	Time	Youth After-School Programs (All After-School Programs provide a healthy snack)	Age	Duration	Cost
Mon	3:30 - 5:30pm	Run & Read Come play some games that'll get you moving then do the reading challenge with a friend.	6 - 11	Mar 21 - Jun 27	FREE
Tue	3:30 - 5:30pm	Girls Club A chance for girls to get together to make friends and talk about real life issues.	10 - 14	Mar 22 - Jun 28	\$1/visit
Wed	3:30 - 5:00pm	Wacky Wednesday An introduction to social and recreational community programs for our younger youth.	4 - 9	Mar 23 - Jun 29	\$1/visit
Thu	3:30 - 5:30pm	Jr. Dodge Ball A chance for our younger youth to be active and practice throwing, catching and teamwork.	4 - 9	Mar 24 - Jun 30	\$1/visit
Fri	3:30 - 5:30pm	Sr. Dodge Ball A fast-paced, high-energy game. A local favourite!	10 - 14	Mar 25 - Jun 24	\$1/visit
Please note: Although our After-School Programs begin at 3:30pm, group activities do not commence until 4:00pm to allow for our friends who must travel straight home after school to join us.					

Day	Time	Youth Evening Programs	Age	Duration	Cost
Wed	6:00 - 7:30pm	Youth Night Join us every Wednesday evening for fun, games and friends. *Tuck Shop is open*	5 - 11	Mar 23 - Jun 29	\$2/visit
Thu	6:00 - 8:00pm	LEAD A 12 module leadership training program. This course is necessary for all Summer LITs.	11 - 16	Apr 21-Jun 16 + Sat Apr 30 9:00-4:00pm	Call for pricing
Fri	6:30 - 8:30pm	Teen Night Somewhere fun for the neighbourhood teens to meet their friends. *Tuck shop is open*	12 - 16	Mar 25 - Jun 24	\$2/visit

Day	Time	Adult/Family Programs	Age	Duration	Cost
Wed	4:00 - 5:00pm	Zumba Latin rhythms and easy to follow moves makes this a unique fitness experience.	16+	Mar 23 - Jun 29	\$6/visit

PA Day Camps					
Friday April 8, 2011 Register by Mon Mar 28		9:00-3:30pm Ages 4-11 \$20	Friday June 3, 2011 Register by Mon May 23		9:00-3:30pm Ages 4-11 \$20

Program subsidies may be available

Call Outreach Worker, Brenda Clements at (519) 716-5092 for details

Assistance available: Accessing recreation and social programs, transportation, family & individual counselling and employment.
Office located offsite at: Cambridge Community Church, 73 Pollock Ave, (Lincoln Ave. entrance)

What is Blair Road Neighbourhood Association (BRNA)?

Blair Road Neighbourhood Association is a Committee of dedicated volunteers from the Blair Road community encompassing both St. Augustine & Blair Road Schools.

These community-minded volunteers meet regularly to organize fun and creative recreational opportunities for school aged children in their neighbourhood.

BRNA boundaries are:

Blair Road, George Street North, Newman Drive, and James Street

Be a part of your Community!

Volunteer for BRNA!
We are looking for creative and enthusiastic community members.



Join the Board of Directors, work on a committee or help with events

Blair Road Summer Playground Registration

The summer playground program offers activities such as arts and crafts, games, swimming, music, entertainers, and local off-site trips all led by qualified leaders.

**Blair Road
2011 Playground Registration
Wednesday, Jun 1, 6-8pm**

Date is subject to change based on facility availability. Please call ahead before attending.



This summer all registration must be complete by June 6th- the Official Playground Registration Deadline.

Mark your calendar today!
For more information call
519.740.4681, Ext. 4652

What's New?!

Adult Yoga

BRNA is happy to offer our adult YOGA fitness program! Bring your mats and drop in for an hour of Yoga!

Benefits Include:

- Stress Relief
- Fatigue
- Invigoration
- Improved Mood
- Boosts Immune System
- Relaxation
- Flexibility
- Improved Physical Fitness
- Increased Mental Performance
- Increased Self-Awareness
- Fun



Wednesday's, 6-7 PM

Jan 19-Mar 9, 2011

(8-weeks)

Blair Road Public School-Gymnasium
85 Sunset Blvd

Pre-Registration: \$40/person

Pay-As-You-Go: \$6.50/Class

To register call 519-624-5382

Kid's Club!

This very popular children's recreational program runs mornings and afternoons at Blair Road Public School.

Participants enjoy arts and crafts, special events, monthly pizza parties, sports, movies, games and much more!

For more information call 519-624-5382.



Your opinion is important to us. Call and tell us what activities and programs you would like to have available in our neighbourhood.

**CONTACT:
TARA MONDOU AT 519.624.5382**



Christopher Champlain Resource Centre

125 Champlain Blvd. Unit # 8
Phone #: 519.740.8565
Fax #: 519.621.6920

Christopher Champlain McIntosh Loft

200 Christopher Drive, 2nd Floor
Phone #: 519.624.3855
Fax #: 519.624.3497

SUMMER CAMP REGISTRATION NIGHT

Wednesday March 9, 2011
3pm-6:30pm
At Christopher Champlain Resource Centre

Summer Registration is on a first come first serve basis, so be sure to get in early!

L.E.A.D. – Youth Leadership Excellence & Asset

Development! Gain Leadership experience, team building, organizational & communication skills in a 12 module certificate! Please call for more details.

SPRING REGISTRATION!

On-going registration at the McIntosh Loft Mon-Fri 9-5pm. Programs may be cancelled due to low registration. Fee assistance available; please contact the Outreach Worker at 519.740.8565. **All Payments Cash or Cheque only please!** Registration forms must be filled out for ALL programs

March Break L.E.A.D course,

March 14-18
9am-4pm
@ Christopher Champlain McIntosh Loft
\$120/participant.

Subsidies are available

PROGRAM	DAY/TIME	GRADE	LOCATION	COST
MARCH BREAK CAMP- Spend the week with us! Exciting games, pirate day, swimming, and a special trip on Friday!!	Mon-Fri Mar 14-18 8am-5:30pm	Grades JK-7	Christopher Champlain McIntosh Loft	\$90/participant
KIDS IN THE KITCHEN- Learn to BAKE & make an exciting tasty snack each week! Learn how to use the microwave, oven and more!	Wed Apr 6-June 8 4-5pm	Ages 5-9	Christopher Champlain McIntosh Loft	\$25/participant
YOGA WITH JEFF- Engage in a 1.5 hour beginner or intermediate yoga class to increase your flexibility, tone your body, and promote healing for injuries. Please bring a mat, comfortable loosing clothing, a soft belt, water bottle, and a thick towel.	Mon Apr 11-June 20 6pm-7:30pm Fri Apr 8-June 10 6pm-7:30pm	Ages 16-65	Christopher Champlain McIntosh Loft	\$85/participant
CRAFTY KIDS – Learn how to make different crafts each week! Get ready to get messy with painting, wood crafts, paper mache and more!	Mon Apr 4-June 13 3:30pm-4:30pm	Ages 5-9	Christopher Champlain Resource Centre	\$30/participant
ENGLISH SPEAKING CIRCLE – Join us for an informative and interactive English as a Second language speaking circle	Mon Mar 21- June 13 1:30pm-2:30pm	Adults 18+	Christopher Champlain Resource Centre	FREE Childcare available
AFTER-SCHOOL ADVENTURES! Experience an eventful afternoon, crafts, games homework assistance, swimming or cooking!	Mon - Fri 3/3:15/3:30pm-5:30pm	Grades JK-7	St. Giles Church, Dolson & Forward Baptist Church	\$35/participant \$60/ 2 same family per week
P.A. DAY PROGRAMS! 8:30-5:30 pm Participate in a variety of games, crafts & activities. Bring your swim suit & towel	Apr 8, June 3 8:30am-5:30pm	Grades JK-7	Stewart Ave Public School	\$25/participant/day
FAMILY PLAYGROUP - Participate in a variety of activities defining child's fine motor skills; interact with other parents, children interacting with other children. Parent discussions on Wednesday's	Mon's, Wed's & Fri's Jan 3 – June 30 12:30pm-2:30pm	Ages 0-6 & parents / caregivers	Christopher Champlain McIntosh Loft	FREE
INCREDIBLE KIDS - Packed with activities to assist children develop tools to improve their relationships with children & adults, feel good about their-selves.	Tuesdays Call For More Info	Ages 9-11	Christopher Champlain McIntosh Loft	FREE
YOUTH SPORTS NIGHT An active sports night for youth. Basketball, soccer, dodge ball and many more!!	Wed May 4 June 16 6pm-8pm	Grades 5-10	Stewart Ave Public School	FREE
YOUTH DROP-IN – A safe place to hang out with your friends! Movie Nights, Monthly dances, offsite trips and much more!	Wed Mar 23-June 22 6pm-8pm	Grades 5-7 8-10	Christopher Champlain McIntosh Loft	FREE
TRY A SPORT Each month we play an organized game of different sport! Badminton, dodge ball, volley ball, etc! Come out and try something new!	Thurs Mar 24-June 15 6pm-8pm	Grades 5-10	Chalmers Street Public School	FREE
L.E.A.D. – Gain Leadership experience in a variety of modules to achieve your certificate. A MUST HAVE FOR 2011 L.I.T's!	Mon & Tue Apr 4-May 16 6pm-8pm	Ages 11-16	Christopher Champlain McIntosh Loft	\$35/participant
YOUTH DROP-IN – A safe place to hang out with your friends! Movie Nights, Monthly dances, offsite trips and much more!	Fri 6pm-8pm 6pm-9pm	Grades 5-7 8-10	Christopher Champlain Resource Centre	FREE



Spring registration is NOW underway at the Ferguson Homestead

Program locations and times may change pending facility availability throughout the session.

Summer Camp 2011 by Fiddlesticks...Registration starts April 9th ~ 8:30-11:00a

Fiddlesticks Summer Camps fill quickly so register early.

Check web for program times, themes, trips and fee structures. Program locations and off-site trip information cannot be confirmed until early June and therefore may be subject to alterations.

Program	Ages	Day/Time	Length	Location	Cost
Ball Hockey Drop In	6-8 Years 9-12 Years	Sat 11a-12:30 p Sat 12:30-2 p	Ongoing	Saginaw PS. 740 Saginaw Pkwy	\$1/ Drop In
Book Review Club	Ages 16+	2 nd Wed of the month 8-10 p	Ongoing	The Homestead 71 Cowan Blvd	\$20/ Person/ Yr
Cambridge Girls Choir	8-18 Years	Sun 7-8:30 p	Sept-May	St. James Lutheran Church	\$80 To May
Creative Cooks Drop In	9-14 Years	Wed 6-8 p	Ongoing	The Homestead 71 Cowan Blvd	\$2/ Drop In
Dodge Ball Drop In	Grades 5-7 Grades 8-12	Mon 6-7:30 p Mon 7:30-9 p	Ongoing	Clemens Mill PS 355 Saginaw Pkwy	\$1/ Drop In
FYRE Committee	12-18 Years	Mon 3:30-4:30 p	Ongoing	The Homestead 71 Cowan Blvd	Free Application required
Hip Hop Dance	Grades 2-6	Thu 6-7 p	Mar 24 Start 10 Wks	Saginaw PS. 740 Saginaw Pkwy	\$40/ Person
Karate Beginner Karate Advanced	Ages 6-Adult	Wed Beg 6:30 -7:15 p Wed Adv 6:30-8 p	Mar 30 Start 10 Wks	Clemens Mill PS 355 Saginaw Pkwy	\$25/ Beg \$30/ Adv \$55/ Family
Karate Kidz ----- Karate Kata	6-8 Years ----- Yellow Belt+	Tue 6-6:45 p ----- Tue 7-7:45 p	Apr 12 Start 10 Wks	Clemens Mill PS 355 Saginaw Pkwy	\$25/ Child ----- \$20/ Prsn \$35/ Fam
Kite Festival	Family	Thu 6-8 p	Apr 21	Can Amera Park One Day Only	Free
KinderGym ----- KinderSport	2-4 Years ----- 3-5 Years	Mon 1-1:45 p ----- Mon 6:30-7:30 p	Mar 21 Start ----- Mar 21 Start	Avenue Rd. Church 465 Avenue Rd. ----- Saginaw P.S. 740 Saginaw Pkwy	\$50/ Child 10 Wks
[lead]	12-16 Years	Tue 6:30p-8:30 p ----- March Break 9 a - 4 p	Apr 12 Start 12 Wks ----- Mar 14-18	The Homestead 71 Cowan Blvd	\$35/ Person LT Requirement ----- \$120/ Person
Little Learners (Fall reg starts May 30)	3-5 Years	Tue/Thu 12:30-2:30 p	Ongoing	The "Hub" #57 – 75 Anglerock	\$9.75/ Day + Monthly Admin Fee
Meditation	Teen/Adult	Sun 6:30-8:30 p	April 10 Start 10 Wks	The Homestead 71 Cowan Blvd	\$25/ Person
Parents and Tots	Newborn to 5 Years	Wed 9:30-11:30 a	Mar 30 Start 10 Wks	The Homestead 71 Cowan Blvd	\$25/ Child \$5/ Add'l Sib
Spill, Smudge & Create	4-7 Years	Wed 4-5 p	Mar 23 Start 10 Wks	The "Hub" #57 – 75 Anglerock	\$40/ Child
Strawberry Social	Family and Friends!	Sat 3:30-6:30p	Jun 11 th One Day Only	The Homestead 71 Cowan Blvd	Free
Total Body Resistance	16+	Mon 6:30-7:30 p	Ongoing Drop In	Saginaw PS. 740 Saginaw Pkwy	\$5/ Drop In
Wee Little Learners (Fall reg starts May 30)	2-5 Years	M/W or T/Th and/or Fri 9-11 a	Ongoing	The "Hub" #57 – 75 Anglerock	\$9.25/ day + Monthly Admin Fee
Youth Dances	Grades 6-8	Selected Fri 7 – 10 p	Jun 17	Clemens Mill PS 355 Saginaw Pkwy	\$5 or \$4 w/ FYI & Food Item Donation
Youth Drop In	Grades 6-8	Thu 6-8 p	Ongoing	The Homestead 71 Cowan Blvd	\$1/ Drop In
Yoga (Hatha Style)	Adult 18+	Tue 9 – 10 a	Mar 22 Start 10 Wks	The Homestead 71 Cowan Blvd	\$40/ Person
Zumba	16+	Thu 6-7 p	Mar 24 Start 10 Wks	Saginaw PS. 740 Saginaw Pkwy	\$5/ Drop In \$40 Reg

"Ferguson Homestead" 71 Cowan Boulevard, Cambridge, Ontario N1T 1K7

519.621 4040 fiddlesticks@on.aibn.com www.fiddlesticks.ca

Cash or local cheque. No refunds for programs shorter than 20 weeks. NSF fees apply.



GCCC strives to respectfully make life easier for everyone, by providing accessible & safe recreation programs, volunteer opportunities and by helping to connect people to what's available in their community so that everyone has a good neighbour when they need one.

CONTACT US:

519.623.4220
116 Rouse Ave.
Cambridge N1R 4M8
www.greenwaychaplin.org

MARCH BREAK CAMP:

- Option 1:** \$115/ full week
Ages 6 - 12
- Option 2:** \$30/Thursday only
Ages 6 - 14
- Mon: Games, Sports & Crafts
- Tues: Skating & Theatre
- Wed: Surprise Fun
- Thurs: Laserquest & FunWorx
- Fri: Games, Sports & Crafts
- Sign up early, spaces limited!**
- Volunteers 13+ Wanted!**



Greenway-Chaplin Community Centre

MARCH BREAK CAMP SIGN UP

March 1st 4:00 – 8:00pm

SPRING REGISTRATION

March 1st 4:00 – 8:00pm

SUMMER CAMP REGISTRATION

May 14th 9 – 12am

**Registration will continue until all programs are full*

**Cost sharing subsidies may be available by making an appointment with our Family Outreach Worker prior to registration.*

Summer Camp is just around the corner...

SUMMER LEADERS

17+

Interested in making a difference in your community? Apply today to be a summer camp leader. Applications are currently being accepted. Deadline to apply is March 18th. Please see our website and Service Canada for a complete posting.


SUMMER LIT'S

12+

Interested in learning how to become a future summer camp leader? Enjoy a week or two at camp and learn great new skills, complete your 40 hours and meet fun, new people. LIT applications can be picked up at the centre today. All applicants must complete the L.E.A.D. program prior to starting.

SPRING PROGRAM SCHEDULE

****For a complete list of program details, please visit our website****

MON.	TUES.	WED.	THURS.	FRI.	SAT.
Preschool 9:00-11:00am	Parent Take a Break 9:00 -11:00am	Preschool 9:00 -11:00am	English Conversation Circle 1:00 – 2:00pm	Preschool 9:00-11:00am	Judo 9:30-11:30am
Family Play Time 9:00 – 11:00					Story & Craft Time 10:00 – 10:30am
After 3 Club 3:30 - 5:30pm	After 3 Club 3:30 - 5:30pm	After 3 Club 3:30 - 5:30pm	After 3 Club 3:30 - 5:30pm		
	GLEE Club 3:30 – 4:30	LOL Wednesdays 3:30 - 4:30pm	Home Work Club 3:30 - 4:30pm		
	Sports Night 6:00 – 7:00pm	Sports Night 6:00- 8:00pm	 6:00 – 8:00pm		



Exists to inspire community spirit in Hespeler by improving and enhancing the Quality of life through affordable, social, educational and recreational programs.

Our boundaries are: Ellis Road, Townline Road, Hwy #401, Franklin Blvd., Edward, Beech, Schoefield, Queen and Cooper Streets

Programs	Day & Time	Date & Length	Cost
Little Learner's Preschool Program 3 to 5 year Olds Must be toilet trained (St. Luke's United Church)	Mon / Wed / Fri Tues / Thurs 8:50 to 10:50 am Afternoon sessions Tues/Thurs 12:30-2:30 will be open based upon interest	Starting: *10 weeks Contact: 519-740-4681 ex 7970 or littlelearnershvna@hotmail.com	Mon / Wed / Fri / \$270 / 10 weeks Tues / Thurs \$180 / 10 weeks + \$6 supply fee due upon registration
Yoga- for intermediate/advanced (Centennial Public School)	Tuesday 7:00 to 8:30 pm	Starting: Tuesdays April 5 th - June 7 th 10 weeks Registration: first night of class or call Susan **Please bring yoga mat if you have one and comfortable clothing	\$40 / 10 weeks \$7 / class Contact: Susan 519-622-5891
Yoga- for beginners (Centennial Public School)	Tuesday 6:00 to 7:00 pm	Starting: Tuesdays April 5 th - June 7 th *10 weeks Registration: please call Susan to register as 12 are needed to run the class. **Please bring yoga mat if you have one and comfortable clothing	\$30 / 10 weeks \$5 / class Contact: Susan 519-622-5891
Line Dancing (St. Luke's United Church)	Wednesday 7:15-8:45	Starting: Wednesdays March 23 rd – May 25 th Register the first night or call Betty	\$40.00/ 10 classes \$7.00/ class Contact: Betty 519-260-1888
Family Movie Night (W.G. Johnson Center) Shown on a BIG SCREEN! Refreshments on site	2 nd & 4 th Friday of the month 7:30 pm	February 11 th and 25 th March 11 th and 25 th April 8 th and 29 th Closed Good Friday- April 22nd May 13th	\$1.50 / Person \$4 / Family

For more information regarding any of these programs call:

519.740.4681 ext. 7970 email hvna@sympatico.ca

Check out our website: www.hespelervillage.org

We are now on Facebook!

Look us up and become a fan!



COMING SOON!

HVNA Summer Fun Camp

The HVNA Summer Fun Camp offers affordable summer fun for children 3 to 12. We offer a great day camps filled with crafts, games and offsite trips and more!



Beginner's yoga with Susan

In this introductory yoga session you will learn many common postures while gaining a deeper awareness of moving with your breath. A great way to release stress and tension, while gaining flexibility, strength and balance in a relaxing and friendly environment.

A minimum number of 12 participants are required in order for this class to run.

For more info please call Susan at 519.622.5891

Little Learners Program

The Little Learner's is a recreational preschool program for 3 to 5 year olds. Get your child ready for Kindergarten learning through play. Crafts, games, songs and weekly themes will excite your child and prepare them for the next step.





Langs Farm Village Association enhances active community participation by providing accessible programs and services for all ages. Priority for program registration is given to residents who live in our geographical boundaries (Bishop to Eagle Street, Industrial to Concession Road); however, anyone may access a service if space is available.

Community Health Centre (CHC)
887 Langs Drive, Unit 1
519.653.1470

Resource Centre
887 Langs Drive, Unit 3
519.653.1182

Youth and Teen Centre (YTC)
581-E Langs Drive
519.653.1263

Program	Age Group	Day/Time	Location	Cost
Parent/Caregiver & Tots	Parents/Children 0 - 6 years	Mon 12:45-2:45 pm Thurs 9:15-11:00 am Wed 9:15-11:00 am	Preston Mennonite Church King St. Baptist Church	\$2 suggested contribution / morning per family group
Early Years Drop-In	Parents/Caregivers Children age 0 - 6	Mon 9:00-10:45 am Tues 6:00-7:45 pm Wed 9:00-10:45 am	Community Health Centre	.Fee for childcare - .50¢ / child (See EY Coordinator if require assistance)
Breakfast Club	5+ years	Tues/Thurs 7:45 – 8:30 am	Youth & Teen Centre	.50¢/meal
Open Gym Competitive Basketball	11 – 13 years 14 – 16 years 16+ years	Tues 6 - 7 pm 7 - 8 pm 8 – 9:30 pm	William G. Davis School	No cost
Youth Drop-In	5 – 11 years 5 – 11 years 11 – 13 years 12 – 17 years 14 – 18 years	Mon 6 - 7:30pm Fri 4-5pm Thurs/Fri 6-7:30pm Mon 7:30-9pm Wed 7-9pm Fri 7:30-9pm	YTC	No cost
LEAD (Leadership Excellence Asset and Development)	Youth 12 – 16 years	Wed 3:30-5:30 pm	Community Health Centre	Cost – Call Youth and Teen Centre for more information
Take-A-Break	Adult	Wed 12:45 – 2:45 pm	Community Health Centre	No cost - \$1 suggested contribution / additional cost for crafts and outings
Multi-Cultural Cooking	Adult Women	Mon 4:30-6:30 pm	Community Health Centre	\$2/week
Yoga	Adult	Mon 6:30-7:30 pm	Preston Mennonite Church	\$2.50/ class
Retired & Ready	50 plus	Monthly	Community Health Centre/Outing locations	Varies

Resource Centre

Drop in for various services including: employment counseling, job search, access to phone/ fax/ photocopier, toy and resource libraries, food support, Free Internet Access, computer courses and workshops.

Registration

Registration for spring programs is: **Monday, March 21st – Wednesday, March 23rd from 9:30-4:30 pm (until 7:00 pm on Tuesday)** at the Resource Centre.

Volunteer Opportunities

JOIN OUR TEAM! We are looking for volunteers to assist with children, youth and adult programs, administrative tasks and special events. For more information, please call the Volunteer Coordinator at x232.

Youth and Teen Centre



Call or drop by the Youth & Teen Centre to pick up information on any of our recreation, leadership and arts programs.



292 Shepherd Avenue
Cambridge, Ontario N3C 1V1
Web: www.popcornhouse.ca

Phone: 519.654.9444
Fax: 519.249.0518
Email: popcorn@popcornhouse.ca



The Popcorn House is a caring and openhearted neighbourhood resource and learning centre that creatively addresses people's diverse needs of spirit, soul and body in order to equip them to become fully engaged citizens. It is our policy not to exclude anyone from our programs. Please inform us if we can assist you in participating in our programs by providing a subsidy.

Program	Date	Time	Ages/Grades	Cost
Rise & Shine Breakfast Program	Monday – Friday	7:30am – 8:30am	Grades 1-6	No Cost
After School Adventures	Monday – Friday	3pm – 4pm	Grades 1-6	\$10/month
Guitar Lessons	Monday - Thursday	Call for info	Grades 6-8	\$5/week
Early Years	Mondays Fridays	9:15am-11:15am	Family Playtime	No Cost
Boys' Club	Mondays	6:30pm – 8pm	Grades 6-8	No Cost *
Get Ready for School Pre-School Literacy Program	Tuesdays Thursdays	12:30pm – 2:30pm	Ages 3-4	\$50
YMCA Conversation Circles	Tuesdays	1:30pm – 2:30pm	Adults	No Cost
Tutoring (Qualified Teacher)	Tuesdays	3pm – 4pm 4pm – 5pm	Grades 1-3 Grades 4-6	\$5/week
GURLS Program (Girls Understanding Real Life Skills)	Wednesdays	6:30pm – 8pm	Grades 6-8	No Cost *
Quilting Class Knitting Class	Thursdays	7pm – 9pm	Women	No Cost
Family Fridays	TBA	6-8pm	Families	No Cost
Super Saturdays	TBA	TBA	Grades 1-6	No Cost
March Break Camp	March 14-18	8:30am – 3:30pm	Grades 1-6	\$80/week (subsidies available)

* Fee for monthly out-trips

Outreach Worker:

Please call to book an appointment to see an Outreach Worker
Phone: 519.622.6550 ext. 107

Counselling Services:

Provided by Family Counselling Centre of Cambridge & North Dumfries ~ 519.621.5090

Additional Services and Resources:

- Computer and Reading Resource Centre
- Volunteer Opportunities
- Room Rentals
- Cultural Cooking Classes
- Outdoor Basketball & Beach Volleyball Courts

Summer Camp Registration:

Saturday, April 16 from 12pm – 2pm. If you register for Summer Camp on April 16, you will receive \$5 off each week. The last day for Summer Camp Registration is on June 6, 2011.

FVM's 15th Annual Fundraiser Dinner & Auction:

Saturday, April 30 at 6pm. Visit www.popcornhouse.ca or call 519.654.9444 for more information on how to register or how to donate an auction item.

Preston Heights Community Centre

The Preston Heights Community Group is a not for profit organization that supports positive development in our community. Through partnerships and citizen involvement we provide programs and services to children, teens and adults.

350 Linden Drive
 Cambridge, ON N3H 5N7
 P: 519.650.2971
 F: 519.650.1534
 phcg@golden.net
www.prestonheights.ca

CENTRE SERVICES

Employment is available to help adults with all area of job searches

Personal Counselling is provided by the Family Counselling Centre of Cambridge & North Dumfries on Wednesday evenings, 4:00-8:00pm. The wait lists are short and the cost is free

Family Outreach supports families with children under 16 in the areas of housing, food, recreation, transportation, employment and education through subsidies, referrals and resources. Available Tuesday-Friday, 9:00am-5:00pm

Registration for programs begins March 7th and is ongoing Spring Youth programs begin Wed., March 28th

***Program location is Parkway Public School (436 Preston Parkway) all others are located at the Preston Heights Community Centre



Centre resources for residents include, phone, fax (free for local faxes & 0.50 for long distance), photocopier (0.15 per page, BW only) and computer with free internet access.

Books for Birthdays Any child between the ages of 0-14 can come to the Centre and receive a Birthday Book. Some conditions apply

MAKE A DIFFERENCE!

Please consider volunteering. The Centre has many positions available that might be a fit for you.

Early Years Family Drop In Ages 0-6

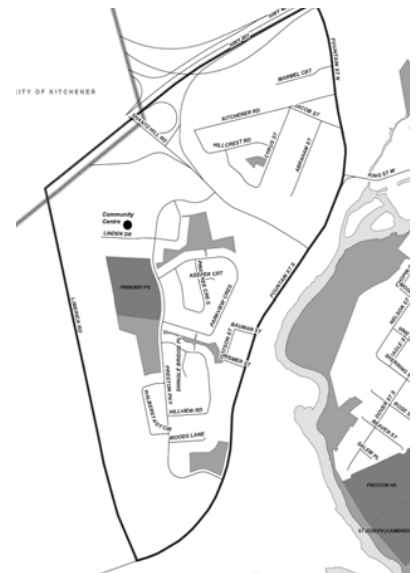
Mon, Wed & Fri, starts Sept 9, 9-11am
 Parents and Caregivers with children can participate together in an interactive group. ***For Families in Preston area only**

***Co-ed Adult Volleyball

18+
 Fridays, 7-9pm
 Jan 14-May 27 2011
 \$20.00 for March, April and May
 Or \$3.00 drop in fee
 Please register at the Community Centre
Maximum of 15 confirmed registrants to have program run



Centre boundaries are Shantz Hill, Limerick and Fountain Street



Child & Youth Programs Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Years Family Drop In Ages 0-6 9-11am		Early Years Family Drop In Ages 0-6 9-11am		Early Years Family Drop Ages 0-6 9-11am
***Ball Hockey Gr. 3-6 3:30-4:30pm	Kids Club SK-Gr. 2 \$1 per day 4-5pm	***Gym Jump SK- Gr. 2 3:30-4:15pm L.E.A.D. Age: 12-17 Cost: \$35.00 Starts: April 6 th	Drop In Gr. 3-4 3:45-5:15pm	Freaky Friday Drop In Gr. 3-4 3:45-5:15pm
****Teen Gym Gr. 7-12 6-8pm	***Gym Night Gr. 3-4 6-7pm ***Gym Night Gr. 5-6 7-8pm	Teen Drop-In Gr. 7-12 6-8pm	Drop In Gr. 5-6 5:30-7pm Girls Club Ages 11-13 7-8:30pm	Freaky Friday Drop In Gr. 5-6 5:30-7pm Freaky Friday Drop In Gr. 7-12 7-9pm



Silverheights programs are organized by Volunteers, contributing to the Silverheights Neighbourhood Association. The Association requires people willing to help organize a variety of programs and events. Get involved with your community, impacting your family, those around you and the city we live in! For information email silverheightsna@hotmail.com

Programs	Day / Time	Age	Start Date	Length	Cost
Drop In Co-ed Volleyball	Tues & Thur. 8 – 10 pm	18 years & older	Jan 4-May 31st	ongoing	\$40.00 per session \$4 per night drop in fee
Easter Egg Hunt	Sat. April 23 rd 1-3 pm	All children welcome	April 23 rd		\$2.00 per child



Drop-In Coed Volleyball

(Adults 18 +)



Adult Volleyball takes place Tuesday and Thursday nights at the Silverheights Public School. The session started the **week of January**

4th 2010. Drop ins always welcome. Come out and get involved! Beginners are always welcome! **Please note Thursday's are competitive only.** Tuesdays from 8 – 10 pm in the gym at Silverheights Public School \$4 per night drop in fee

Volunteers and Ideas Needed!

The Silverheights Neighbourhood Association is a volunteer operated association who takes the needs and ideas from the community and mobilizes a plan for action!

The association needs assistance from community residents in the following areas:

- Marketing and Promotion Secretary
- Volunteer Recruiter

If you can fill one of these positions or can randomly help us out with programs and events when necessary please Call 519.740.4681 ext 4459 today

Easter Egg Hunt

Children of all ages welcome
Come join the SNA on April 23rd in Victoria Park for our annual Easter Egg Hunt. 1-3 pm. \$2.00 per child.

Silverheights Family Fun Day and Fireworks!



The association volunteers are busy planning the 4th Annual Family Fun Day to take place in Victoria Park on July 2nd 2011. If you and your family would be interested in helping organize this event, or even helping out on the day of the event for set up, security, program implementation etc. please email silverheightsna@hotmail.com





Southwood Resource Centre

#1-241 Southwood Drive, N1S 3S8
Phone: 519.621.2930
Fax: 519.621.2088

SUMMER CAMP REGISTRATION NIGHT

Thursday March 10, 2011

4pm-7pm

At Southwood Resource Centre

Summer Registration is on a first come first serve basis, so be sure to get in early!

LE.A.D. – Youth Leadership Excellence & Asset Development!

Ages 11-16, gain Leadership experience, team building, organizational & communication skills in a 12 module certificate! Be the best leader you can be! **MUST HAVE FOR 2011 L.I.T. Applicants.**

March Break L.E.A.D course,

March 14-18
9am-4pm
@ Christopher Champlain McIntosh Loft
\$120/participant.
Please call for more information
Subsidies are available

MARCH BREAK DROP-IN

Tuesday, March 15 & Thursday, March 17 from 1-3pm for Grades SK-8. \$2/participant per day.
Meet new friends & spend time with old friends during March Break at a fun filled two day afternoon with exciting games & activities to participate in! Please contact the centre for more information.

SPRING REGISTRATION!

On-going registration at the Centre Mon-Thurs 9am-5pm. Programs may be cancelled due to low registration. Fee assistance available; please contact the Outreach Worker at 519.621.2930. **All Payments Cash or Cheque only please!**
REGISTRATION FORMS MUST BE FILLED OUT FOR ALL PROGRAMS!

PROGRAM	DAY/TIME	AGE	LOCATION	COST
THE VIEW FROM HERE- Peer health and nutrition program focused on cooking nutritious and affordable meals for the family	Mon Jan 10- Apr 18 9:30am-11am	Adults 18+	Southwood Resource Centre	FREE childcare available
MARCH BREAK DROP IN- Come spend some time with your friends at Southwood Resource Centre! Baking crafts and outdoor fun!	Tues & Thurs Mar 15 Mar 17 1pm-3pm	Ages 5-12	Southwood Resource Centre	\$2/child/day
ENGLISH SPEAKING CIRCLE – Join us for informative and interactive English as a Second language speaking circle.	Tues Apr 5-June 7 2pm-3pm	Adults 18+	Southwood Resource Centre	FREE Childcare Available
FABULOUS FEMMES Join us one evening a week for crafts, pampering & of course laughter. Special guests and events.	Tues Apr 5- June 21 6pm-8pm	Adults 18+	Southwood Resource Centre	FREE Childcare Available
BREAKFAST CLUB Enjoy a nutritious breakfast before starting the day. Hot Breakfast Thursdays!	Tues, Wed, Thurs, Jan – June 7:45am-8:30am	Grades SK – 9	Southwood Resource Centre	FREE
CRAFTY KIDS – Learn how to make different crafts each week! Get ready to get messy with painting, wood crafts, paper mache and more!	Tues Apr 5-June 7 4pm-5pm	Ages 5-9yrs	Southwood Resource Centre	\$30/participant
YOUTH SPORTS NIGHT An active sports night for youth. Basketball, soccer, dodge ball and many more!	Tues Mar 22-June 14 6pm-7:30pm	Grades 5-10	St. Gregory's School	FREE
YOUTH DROP-IN A Safe place to hang out with your friends! Monthly trips, dances, movie nights and more!	Thurs & Fri 6pm-8pm 6pm-9pm	Grades 5-7 8-10	Southwood Resource Centre	FREE Snack Shop available
TRY A SPORT Each month we play an organized game of different sport! Badminton, dodge ball, volley ball, etc! Come out and try something new!	Wed Mar 23-June 15 6pm-8pm	Grades 5-10	St. Andrews Sr. Public School	FREE
YOGA WITH JEFF- Engage in a 1.5 hour beginner or intermediate yoga class to increase your flexibility, tone your body, and promote healing for injuries. Please bring a mat, comfortable loose clothing, a soft belt, water bottle, and a thick towel.	Mon Apr 11-June 20 6pm-7:30pm Fri Apr 8-June 10 6pm-7:30pm	Ages 16-65	Christopher Champlain McIntosh Loft	\$85/participant