

NEWSLETTER

WINTER 2019

MILL COURTLAND COMMUNITY CENTRE

216 Mill Street | Kitchener | 519-741-2491

**Winter Program Registration begins on:
Tuesday, November 20, 2018 at 9 a.m.**



How to register:



- In person OR over the phone
- Method of payment accepted: cash or cheque only

Programs & special events brought to you by:

- Highland Stirling Community Group
- Mill-Courtland Neighbourhood Association
- Cedar Hill Community Group



Look inside for new programs and special events:

- Game Development
- Coffee, Conversation, and Community
- Improv Club
- March Break Programs



Centre closures:

- Christmas Day & Boxing Day – December 25 & 26
- New Year's Day – January 1
- Family Day – February 18

Check out our webpage at www.mcna-hscg.com



In the final weeks of my eight-year term as Ward 9 councillor, I finally succeeded at helping convince a developer to dedicate a few apartments as low-income, affordable housing in the Mill-Courtland neighbourhood. The apartments will be part of the intensified rental complex that VIVE Developments is renovating at 270 Spadina Avenue that was once a slum building near Highland Road.

VIVE agreed to provide the units as council voted to permit an additional 90-unit apartment tower on a site that already has 103 units. VIVE owners agreed to the affordable apartments after meeting with downtown councillors and agreeing with neighbourhood residents to solve parking and traffic-flow concerns in the community.

The same procedure — working directly with councillors—has resulted in Drewlo Holdings Inc recently including several affordable units as part of a 200-rental apartment complex at King Street East, Cameron and Charles Streets near the Cedar Hill community.

In addition, there will be more low-income housing provided as part of the 27.6-acre development planned for the Schneider's-Maple Leaf site in future years by Auburn Developments of London. That site will include everything from town homes and offices to high-rise condominiums and light industry between Courtland, Borden, Palmer and the LRT tracks at Borden.

Hopefully your new councillor will continue to push for more low-income housing near the LRT route.

Frank Etherington
Councillor—Ward 9

NEED ASSISTANCE?

IMPORTANT NUMBERS

Schools

Cameron Heights	519-578-8330
St. Mary's High School	519-745-6891
Suddaby School	519-578-3840
Queen Elizabeth School	519-578-3910
JF Carmichael	519-578-8450
KCI	519-745-6851
Courtland Ave. Public	519-578-4690
St. Bernadette School	519-743-1541

Agencies/Services

Welcome Wagon	1-844-299-2466
Big Sisters/Brothers – Kit.	519-629-0180
Block Parent Program	519-745-8410
Help Distress Line	519-745-1166
Help Youth Line	519-745-9909
Waterloo Regional Police	519-653-7700
Family & Children Services	519-576-0540

FAMILY OUTREACH PROGRAM

Are you a family with children 17 and under, experiencing low income in the downtown Kitchener Area, and wondering how you can get your family better connected to community programs and resources to meet your needs? The Family Outreach Worker may be able to assist with subsidy for children's recreational programs, connection to affordable and low cost food and clothing options, information regarding employment and education as well as referrals to other community agencies. The Family Outreach Worker can meet you in the community where you feel comfortable and assist you in navigating the systems that are available to you and your family. If you would like more information about the Family Outreach Program or would like to discuss the options that are available to you, please call Ash at 519-498-7649. This program is not an emergency service and there is an intake process to determine eligibility.

SERVICES AT MILL COURTLAND COMMUNITY CENTRE

Internet Access/Wi-Fi/Public Access Computer/Printer/Scanner

Check e-mail, surf the web, finish your homework, or update your resume. Bring your own device (BYOD) and access our WI-FI. Daily limit of one hour.

Library Links

The Library Links program, in partnership with Kiwanis and KPL, has been in operation since 1998. Browse and enjoy a variety of excellent books for all ages. These books can be borrowed and enjoyed at home. Just simply return them when you're finished.

Little Library

Visit the little library morning, noon, and night. This service is always available, even when the centre is closed. Take a new book or leave one of your old favourites for someone else to enjoy!

Laminating

This service is provided at a cost of \$1.25 per foot (30 cm) with a minimum charge of \$1.25. Laminate items up to 24 inches (60cm) wide with a maximum thickness of a standard piece of Bristol board.

Clothing Room

Our Clothing Room has a good selection of men's, women's, and children's clothing. Looking to donate? We will gladly accept your gently used clothing donations when the centre is open. Please see the front desk for more details.

HIGHLAND STIRLING COMMUNITY GROUP

BOARD OF DIRECTORS

Chair: Julie Allen-Gilbert

Members: Natalie Fedy, Dianne Bates, Jill Pearcy, Jacob Gilbert

Highland Stirling Community Group Coordinator: Tamara Robinson

Bookkeeper: Paul Wieck

Secretary: Jill Pearcy

EarlyON Family Time Instructor: Jessica Docken

Peer Health Worker: Tamara Robinson

Community Centre Facilitator: Joanne DeSouza

Police Liaison: Wesley Errey, James Mitchell

Special Events Volunteers: Natalie Fedy, Dianne Bates, Julie Gilbert & family, Joanne DeSouza, and Grace Taliaferro

Clothing Room Volunteers: Bea, Irma, Sally, and Gus

Information Technology Volunteers: Todd Harrison, Andrew Wieck, and Paul Wieck



Highland Stirling Community Group is an EarlyON Satellite of Our Place Early Years Centre. The Ontario Government has recently changed the name of the Early Years Centres to EarlyOn Family and Child Centres in accordance with new and emerging research on Early Child Learning and Child Care. The Ontario Government supports the sites to give children, parents, and caregivers an opportunity to become involved in programs geared to encourage lifelong learning through a variety of activities at no cost. Parent/Caregiver must remain on site for the duration of the program.



CURRENT VOLUNTEER OPPORTUNITIES



Calling all volunteers!

The Highland Stirling Community Group is looking for dedicated and passionate community members who would like to give back to their community as a volunteer. Volunteers are the heart of this community group as they donate their time to take on various board positions, volunteer to instruct programs at the Centre and assist planning and executing special events such as the Halloween Party and Family Breakfast with Santa.

There are many ways you can get involved such as sorting clothing room donations, helping with special events, or sitting on a program committee. We have volunteer opportunities to fit everyone's needs and abilities and offer both short-term and long-term volunteer commitments.

Interested in becoming a volunteer? Stop by the front desk to complete a volunteer application or phone 519-745-9408 and speak with Tamara about current volunteer opportunities.

MILL-COURTLAND NEIGHBOURHOOD ASSOCIATION

STEERING COMMITTEE

Co-Chairs: Ron Williams and Jen Urosevic

Treasurer: Wendy McNaught

Coordinator: Chris Smith

Members: Chris Smith, Dave Patterson, Christina Gingerich, and Cathy Harding

Community Centre Facilitator: Joanne DeSouza

Police Liaison: Wesley Errey, James Mitchell

Youth Committee: Nial Both, Evan Patrick Dunne, Jessica Payne, and Maggie Hamel-Smith Grassby

Peer Health Worker: Meghan MacKinnon, Chris Smith, and Julie Gilbert

Program Committee: Cathy Harding, Christine Rito, Laurraine Payne, Nial Both, Chris Smith, Lena Thibeh, Lisa McKay, and Maggie Hamel-Smith Grassby

Special Events: Ron & Deb Williams, Randy & Chris Smith, Joanne & Neville DeSouza, Mary & Dave Patterson, Lorne & Cathy Harding, Sharon Yantz, Meghan Mackinnon, Jen Urosevic, Matt Pietrzyk, and Catherine Sauder

Guitar Club: Gus Hill, Steve McGee, and Lee Fitzpatrick

PAYMENTS, REGISTRATIONS, REFUNDS, & CANCELLATIONS

Payments: Payments can be made by cash or cheque only. If paying by cheque, please make payable to the community group directly: Highland Stirling Community Group (HSCG) or Mill-Courtland Neighbourhood Association (MCNA).

Registrations: Registrations are on a first-come first-served basis. All programs have limited space, and are subject to a change in date, time, fee and location. **Payment secures your spot.** Mill Courtland Neighbourhood Association will now accept a limited number of drop-ins for their registered fitness classes. Drop-in availability is subject to change due to class sizes. Fitness drop-ins are **\$8/class.**

Refunds and Withdrawals: Withdrawals from a program must be requested before the second class to receive a prorated refund. No refunds will be given after the second class. All refund requests must be accompanied by a receipt. A surcharge of \$50 will be charged on all NSF cheques. Participants enrolled in a program that is cancelled due to inadequate registration will receive a full refund.

Cancellations: If there is a class cancellation, you will be notified by phone or by written correspondence. Programs will be cancelled if there is inadequate registration.

CEDAR HILL COMMUNITY GROUP

MONTHLY COFFEE HOUSE

Join us on the 3rd Friday of every month (September to June)

Time: 8:00 p.m. - 12:00 a.m.

Cost: \$3.00 at the door

Location: Mill Courtland Community Centre, 216 Mill St.

Enjoy local talent, neighbours, coffee, and fantastic music! Feel free to bring an instrument and sign up to play or just enjoy an evening of excellent folk music.



SCHNEIDER CREEK NEIGHBOURHOOD GROUP

Hello to our fellow neighbours in Schneider Creek!

Our Historical plaques, graciously paid for by the City of Kitchener, are at the printer and should be ready to unveil this winter! This project is one that has been a fascinating dig through our neighbourhood history! We hope that everyone will take the time to stop by and read them once they arrive. It will be a nice time to celebrate so keep an eye out for more information.

We would like to invite each and every resident of our community to feel free to join us when we meet for City concerns, fun neighbourhood gatherings, and news! Making connections and getting to know your neighbours makes for a warm, inviting, safe, enjoyable community! If you have an idea for an event that you feel excited about please share it with us on our Schneider Creek community Google Plus site.

This winter we would like to offer an opportunity to either play some road hockey or simply be part of the cheering crowd! Everyone is invited, young, old, experienced, or novice, regardless of ability. Join us for some good old Canadian outdoor fun! Watch your mailboxes for a date and further information.

WINTER RINK



Calling all winter enthusiasts! Mill Courtland Community Centre is now looking for volunteers to help with our outdoor winter rink program. From December through March our outdoor rink is dependent on weather and volunteer support. Without generous help from our community volunteers, our rink wouldn't be possible. Interested in volunteering? See the front desk for more information or call 519-741-2491.

Are you looking for a place to skate? Once the snow flies and the boards are up come on over for some good old-fashioned family fun! Skating is a great way to get some fresh air and exercise.

JOIN US FOR A FREE SKATING PARTY!

When: Saturday, January 5th from 1:00 p.m. to 3:00 p.m. Weather depending.

Where: Mill Courtland Community Centre – at the back of the building.

NEIGHBOURHOOD SPOTLIGHT



Kimia Eslah – a longtime volunteer and community member takes the neighbourhood spotlight as she has recently signed a book deal. Kimia is an inspiration for future writers. The topic of her book is unknown to us but we know she has created something special. We are proud of what Kimia has accomplished and want to celebrate and congratulate her on her success!

Watch for Kimia's book coming to a Book Store near you!

UPCOMING PROGRAMS



NEW MIXED MEDIUMS

This program is designed to give youth the tools they need to begin their artistic journey. Participants will create and explore art using a variety of techniques and materials with acrylic paints.

Start Date: Wednesday, Jan 30

Time: 6 p.m. – 7 p.m.

Age: 9-13 years

Cost: \$35/6 weeks

Mixed Mediums is brought to you by the Mill-Courtland Neighbourhood Association.

NEW IMPROV CLUB

This program provides a fun and supportive environment for youth to explore improv and storytelling through games and play. Explore your creativity and enhance your communication skills in a fun and expressive way!

Start Date: Monday, Jan 10

Time: 7 p.m. – 8 p.m.

Age: 14-17 years

Cost: \$30/8 weeks



Improv Club is brought to you by the Highland Stirling Community Group.

NEW KPL FUN



Come and play together! Enjoy stories, songs, and other fun activities with the family.



Start Date: Thursday, Jan 10

Time: 1:30 p.m. – 2:15 p.m.

Age: All Ages

Cost: FREE

KPL Fun is brought to you by the Mill-Courtland Neighbourhood Association.

LEGO CLUB

Build, create, and explore the world of LEGO. We provide the pieces – you provide the imagination.

Start Date: Monday, Jan 14

Time: 6 p.m. – 7 p.m.

Age: 6-11 years

Cost: \$20/8 weeks



LEGO Club is brought to you by the Highland Stirling Community Group.

MARCH BREAK PROGRAMS

GREAT GAMES ESCAPE

Date: March 11 – 15

Time: 9:00 a.m. – 12:00 p.m.

Ages: Grades 1-6 (6 – 10 years)

Cost: \$35.00/child for the week

Registration is required to attend this program. Space is limited. Payment must accompany registration.

March Break Activities is brought to you by the Highland Stirling Community Group.



SPORTS JAM

Date: March 11 – 15

Time: 1:00 p.m. – 3:00 p.m.

Ages: 10-15 years

Cost: \$25.00/youth for the week

Join Nial in this energetic and fun sports focused camp! Play a variety of ball sports such as basketball and dodgeball. Increase your social circle! Meet new youth and build positive friendships. Laugh, play, and learn in this fun and non-competitive atmosphere.



Sports Jam is brought to you by the Mill-Courtland Neighbourhood Association.

GIRLS RUNNING GROUP

WATCH FOR MORE INFORMATION IN OUR SPRING NEWSLETTER

This non-competitive girls running group is perfect for grades 6, 7, and 8! This program provides a safe and respectful environment that helps build girls self-esteem, improves goal setting skills and teaches running basics to inspire young girls to learn how to safely run up to 5 Kilometers. Watch for important dates and registration information in our Spring Newsletter.

Girls Running Group is brought to you by DEYGLI.



RETIREMENT PLANNING WORKSHOP

Who are you without your job? How does this change your life and how you see yourself? While retirement is an occasion to be celebrated, it often raises questions about meaning and purpose. Learn how to create a compelling, positive vision for your retirement and personal future.

Join us for the Non-Financial Retirement Planning Workshop

Date: Wednesday, March 20

Time: 6:30 – 8:00 p.m.

Cost: FREE

Registration required.



IN THE COMMUNITY



NEIGHBOURHOOD FOOD CUPBOARD

Are you struggling to make ends meet? A selection of basic groceries and housekeeping items are available at the St. Andrew's Neighbourhood Food Cupboard.

When? – Alternating Tuesdays from 1-3 p.m. and alternating Thursdays from 6-8 p.m.

Where? – St. Andrew's Memorial Anglican Church
275 Mill Street
Call to make an appointment, 519-743-0911.

UPCOMING SPECIAL EVENTS



GARAGE SALE & BBQ

Date: May 11

Time: 8:30 a.m. – 12:30 p.m.

Ages: All

Cost: Free to Browse

Join us at the Mill-Courtland Community Centre for MCNA's annual Garage Sale. Browse unique items from over 30+ vendors.

Interested in being a vendor at the Garage Sale? Contact the Community Centre for more information at 519-741-2491.

Garage Sale is brought to you by the Mill-Courtland Neighbourhood Association.

PRE-SCHOOL AGE PROGRAMS

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
<u>EarlyOn Family Time:</u> Join other children and families in play and exploration. A ECE is available to provide support and information on community resources, programs, and referrals. Participants provide their own snacks. Parents/Caregivers must remain on site Location: Evangelical Missionary Church, 214 Highland Rd E.	0-6 yrs	Mon-Fri 9:30-11:30am	Jan 7	FREE	HSCG
<u>The Parenting Puzzle:</u> Come enjoy coffee, tea, and conversation while making new connections and friends in the community. A peer health worker will casually discuss health and child topics while enjoying the EarlyOn Family Time at the same location and same time. Location: Evangelical Missionary Church, 214 Highland Rd E.	Adult	Mon & Wed 9:30-11:30am	Jan 7	FREE	HSCG
<u>Kinder Judo:</u> Participants learn break falls, basic throws, and hold-downs. Participants gain flexibility, balance, and increased gross motor skills.	4-6 yrs	Monday 5:00-5:30pm	Jan 7	\$35.00 10 weeks	MCNA
<u>Parent & Tot:</u> Play, chat, and meet other parents and caregivers in a relaxed environment. This is a co-operative program set up and organized by the parents.	0-6 yrs	Wednesday 9:30-11:00am	Jan 2	\$10.00 12 weeks	MCNA
<u>NEW KPL Fun:</u> Come and play together! Enjoy stories, songs, and other fun activities with the family.	All Ages	Thursday 1:30-2:15pm	Jan 10	FREE 8 Weeks	MCNA

CHILDREN, YOUTH & TEEN DANCE

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
<u>Ballet:</u> Learn the basic positions and techniques of ballet in this beginner program.	3-5 yrs	Thursday 5:00-5:30pm	Jan 10	\$30.00 10 weeks	MCNA
<u>Mini Hip Hop:</u> Our experienced instructor will teach participants the basic principles of hip hop dance in this active co-ed class.	5-7 yrs	Thursday 5:30-6:15pm	Jan 10	\$30.00 10 weeks	MCNA
<u>Youth Hip Hop:</u> Participants will learn hip hop dance principals and techniques including intricate footwork and arm movements.	7-12 yrs	Thursday 6:15-7:00pm	Jan 10	\$30.00 10 weeks	MCNA
<u>Irish Dance:</u> Learn various Celtic rhythms in this unique soft-shoe style of dance. Participants will be encouraged to learn new jigs and reels at their own pace.	6-12 yrs	Thursday 7:00-7:45pm	Jan 10	\$30.00 10 weeks	MCNA

CHILDREN, YOUTH & TEEN LEISURE

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
Healthy Baking: Learn how to make tasty and healthy versions of all your favourite baked goods. Focus on a different recipe each week!	8-13 yrs	Monday 4:00-5:30pm	Jan 14	\$25.00 8 weeks	MCNA
Lego Club: We provide the pieces – you provide the imagination. Use engineering principles, problem solving, and team building to construct a new project each class.	6-11 yrs	Monday 6:00-7:00pm	Jan 14	\$20.00 8 weeks	HSCG
NEW Improv Club: This program provides a fun and supportive environment for youth to explore improv and storytelling through games and play. Explore your creativity and enhance your communication skills in a fun and expressive way!	14-17 yrs	Monday 7:00-8:00pm	Jan 14	\$30.00 8 weeks	HSCG
Youth Drop-in: A fun hangout place for teens to relax and be themselves.	12+ yrs	Tuesday 6:30-8:30pm	Jan 15	FREE	MCNA
Healthy Snacks & Treats: Learn how to make inexpensive and healthy recipes such as hummus, crackers, granola bars, fruit smoothies and more!	8-13 yrs	Wednesday 4:00-5:30pm	Jan 16	\$25.00 8 weeks	MCNA
Just for Girls: An afterschool program designed to increase self-esteem and responsible decision making in young girls.	Grades 5 & 6	Wednesday 4:00-5:00pm	Jan 16	FREE 8 weeks	MCNA
NEW Mixed Mediums: This program is designed to give youth the tools they need to begin their artistic journey. Participants will create and explore art using a variety of techniques and materials with acrylic paints.	9-13 yrs	Wednesday 6:00-7:00pm	Jan 30	\$35.00 6 weeks	MCNA
Guitar Club: Learn how to play guitar, drums, piano, and organ. Electric, acoustic, and bass guitars, drums, piano, and organ are available. Taught by experienced musicians.	Grades 6+	Wednesday 4:00-5:30pm	Jan 9	\$2.00 per week	MCNA
NEW Coding: We use the language professionals use! Java, JavaScript, HTML...you name it. This program combines Website Creation, Game Development and other projects to help build participants portfolios from the ground up!	10-13 yrs	Thursday 5:45-6:45pm	Jan 24	\$35.00 6 weeks	MCNA
NEW Game Development: This is an introduction to programming and game development, using Scratch Software. Learn how to program your own computer games by recreating the most popular games in history. No experience needed.	10-13 yrs	Thursday 7:00-8:00pm	Jan 24	\$35.00 6 weeks	MCNA

PARENTING NOW – LET’S TALK PARENTING CHAT

Participate in a safe and inclusive conversation circle for parents and caregivers. Discuss parenting strategies for raising and supporting children and teens. Connect with other parents. Share stories, experiences, and resources with each other. For more information visit: www.parentingnow.ca

Date & Time: Alternating Thursdays, starting January 10 from 5:30 p.m. – 7:00 p.m.

Cost: Free



CHILDREN, YOUTH, & TEEN SPORTS

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
<u>Beginner & Intermediate Judo:</u> Participants will learn break falls, throws, hold-downs and grappling skills. Important components of this program are safety on the mat and skill and technique development. Beginners will work toward their yellow belts.	7-12 yrs	Monday 5:30-7:00pm	Jan 7	\$65.00 10 weeks	MCNA
<u>Co-ed Teen Judo:</u> Beginners and advanced ranks progress at their own pace by training through the fundamentals of break falls, throws, hold downs, and safe instruction of Judo chokes and arm locks.	13+ yrs	Monday 7:00-8:30pm	Jan 7	\$65.00 10 weeks	MCNA
<u>Co-ed Basketball:</u> Learn the basics of basketball. Participants will be encouraged to develop new skills in a fun and inclusive atmosphere. Learn to work as a team and build new friendships.	7-10 yrs	Tuesday 4:30-5:30pm	Jan 15	\$10.00 8 weeks	MCNA
<u>Youth Basketball:</u> This program will focus on skill development, teamwork, leadership, and sportsmanship in a fun environment.	11-15 yrs	Tuesday 5:30-6:30pm	Jan 15	\$10.00 8 weeks	MCNA
<u>NEW Healthy Beginnings:</u> Join Lang's Healthy Beginnings staff every Wednesday for fun activities including Minute to Win It, yoga, and more! Snacks are included each week!	6-10 yrs	Wednesday 4:00-5:30pm	Jan 9	FREE 10 weeks	MCNA
<u>Soccer Skill & Fun Games:</u> Participants will learn the basics of soccer in this high-energy introductory soccer program. Learn how to dribble, pass, and shoot in a non-competitive atmosphere that focuses on fun!	6-8 yrs	Thursday 5:00-6:00pm	Jan 17	\$30.00 8 weeks	HSCG

ADULT FITNESS

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
<u>Restorative Yoga:</u> Increase flexibility, strength and body awareness in this gentle yoga class. Improve mental concentration and learn new deep breathing techniques.	Adult	Monday 10:00-11:30am	Jan 7	\$50.00 10 weeks	MCNA
<u>Pilates:</u> Develop strength, flexibility, and balance. Increase muscle tone using fluid body movements in a safe and gentle way.	Adult	Monday 12:30-1:30pm	Jan 7	\$50.00 10 weeks	MCNA
<u>Adult Judo:</u> Beginners and advanced ranks may progress at their own pace by training through the fundamentals of break falls, throws, hold downs, as well as safe instruction of Judo chokes and arm locks. First hour is instruction; last half hour includes optional sparring.	13+	Monday 7:00-8:30pm	Jan 7	\$65.00 10 weeks	MCNA
<u>Gentle Fitness:</u> This program offers gentle exercise routines designed to increase overall physical health and well-being for all ages. Build strength, endurance, balance, and flexibility.	Adult	Tues & Fri 2:00-3:00pm	Jan 8/11	FREE ongoing	HSCG

ADULT FITNESS CONTINUED

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
Power Pilates: Strengthen and tone your entire body. Improve posture, core strength, and flexibility using weights and bands.	Adult	Tuesday 7:00-8:00pm	Jan 8	\$50.00 10 weeks	MCNA
Yoga: Build strength, stamina, and flexibility. Learn new breathing and relaxation techniques, while strengthening and toning your muscles.	Adult	Wednesday 6:30-7:30pm	Jan 9	\$50.00 10 weeks	MCNA
Pound: Get energized, let loose, tone up, and rock out! This class is great for all fitness levels.	Adult	Thursday 6:30-7:15pm	Jan 10	\$50.00 10 weeks	MCNA
Zumba: Get a total body workout and have fun doing it! Aerobic fitness routines offer fast and slow rhythms that help tone and sculpt the body.	16+	Thursday 7:30-8:30pm	Jan 10	\$50.00 10 weeks	MCNA

ADULT LEISURE

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
NEW Mixed Mediums: Let go, de-stress, and begin your artistic journey. Participants will create and explore art using a variety of techniques and materials with acrylic paints.	Adult	Monday 1:30-2:30pm	Jan 28	\$35.00 6 weeks	MCNA
Our Favourite Things Cooking (2nd & 4th): Bring your favourite recipes or create delicious meals from Meghan's tried and true recipes in this ladies cooking group.	Adult Women	Monday 6:30-8:30pm	Jan 14/28	Shared cost	MCNA
Book Club (3rd): Share your thoughts and experiences from each book and enjoy great conversation over a cup of tea and a snack.	Adult	Monday 7:00-8:30pm	Jan 21	FREE	MCNA
NEW Improv Club: Explore your creativity and enhance your communication skills in a fun and expressive way!	18+	Monday 8:00-9:00pm	Jan 14	\$30.00 8 weeks	HSCG
Women Empowering Women: Join this motivational group aimed at bringing women from various backgrounds together to learn and support each other. Participants will work on self-development with the added bonus of money management tips.	Women & Children	Tuesday 10:00am-noon	Jan 8	Free 10 weeks	HSCG
Let's Cook: Designed to help families prepare great meals! Meet new friends, learn new skills, share old tips, laugh, and have fun!	Adult	Tuesday 12:30-2:30pm	Jan 8	\$5.00 per class	HSCG
Adult Euchre/Solo Card Club: Bring a friend for an afternoon of fellowship and fun.	50+	Wednesday 12:30-4:00pm	Jan 2	Shared cost	MCNA
NEW Coffee, Conversation, and Community: Draw topics to keep conversation flowing. Enjoy a warm cup of coffee or tea and join the conversation.	Adult	Thursday 1:00-3:00pm	Jan 10	FREE	HSCG

LEISURE ACCESS CARD



The City of Kitchener Leisure Access Card (LAC) offers financial support for residents of Kitchener with low income. The card is specific to City run programs. Applications can be picked up at any Community Centre or online at www.kitchener.ca/feeassistance.

PERSONAL ATTENDANT FOR LEISURE CARD



The Personal Attendant for Leisure (PAL) Card is a service designed to facilitate the involvement of persons with a disability in community programs and services. With an approved PAL Card, your personal attendant is admitted at no charge and is present for the sole purpose of assisting you to participate. For more information please contact City of Kitchener at 519-741-2224, TTY 1-866-969-9994.

INCLUSION SERVICES



If you or your child has a disability or special need, and requires accommodation to participate in programs, assistance may be available. Requests should be submitted at least two weeks prior to the program start date to allow time to coordinate accommodation. Please call Inclusion Services at 519-741-2200 X 7229 or TTY 1-866-969-9994

LOVE MY HOOD – ONLINE



This new website is your one-stop-shop for all things neighbourhood! Find what's happening in your 'hood. Search for inspiring ideas. Get cash for your next project. Visit lovemyhood.ca to get started!

RENTAL SPACE AVAILABLE



Mill Courtland Community Centre is available for rent for small meetings, birthdays, bridal showers, and other special events. Our facility is fully accessible and within walking distance of public transit. For more information call us at 519-741-2491.

2019 WINTER PROGRAMS: MILL-COURTLAND NEIGHBOURHOOD ASSOCIATION & HIGHLAND STIRLING COMMUNITY GROUP & CEDAR HILL COMMUNITY GROUP

PROGRAM	DAY	LOCATION	TIME	AGE	STARTS	FEE	GROUP
<u>PARENT/CAREGIVER & CHILD</u>							
EarlyON Family Time**	Mon-Fri	See below	9:30am-11:30am	0-6 yrs	Jan 7	FREE	HSCG
The Parenting Puzzle**	Mon & Wed	See below	9:30am-11:30am	0-6 yrs	Jan 7	FREE	HSCG
Parent & Tot	Wednesday	MCCC	9:30am-11:00am	0-6 yrs	Jan 2	\$10/12 weeks	MCNA
<u>NEW</u> KPL Fun	Thursday	MCCC	1:30pm-2:15pm	All Ages	Jan 10	FREE/8 weeks	MCNA
Parenting Now – Let’s Talk	Thursday	MCCC	5:30pm-7:00pm	Adult	Jan 10	FREE/alternating	MCNA
<u>PRESCHOOL FITNESS</u>							
Kinder Judo	Monday	MCCC	5:00pm-5:30pm	4-6 yrs	Jan 7	\$35/10 weeks	MCNA
<u>CHILDREN & YOUTH FITNESS</u>							
Beginner & Intermediate Judo	Monday	MCCC	5:30pm-7:00pm	7-12 yrs	Jan 7	\$65/10 weeks	MCNA
Co-ed Teen Judo	Monday	MCCC	7:00pm-8:30pm	13+ yrs	Jan 7	\$65/10 weeks	MCNA
Co-ed Basketball	Tuesday	MCCC	4:30pm-5:30pm	7-10 yrs	Jan 15	\$10/8 weeks	MCNA
Youth Basketball	Tuesday	MCCC	5:30pm-6:30pm	11-15 yrs	Jan 15	\$10/8 weeks	MCNA
<u>NEW</u> Healthy Beginnings	Wednesday	MCCC	4:00pm-5:30pm	6-10 yrs	Jan 9	FREE/10 weeks	MCNA
Soccer Skill & Fun Games	Thursday	MCCC	5:00pm-6:00pm	6-8 yrs	Jan 17	\$30/8 weeks	HSCG
<u>CHILDREN & YOUTH DANCE</u>							
Ballet	Thursday	MCCC	5:00pm-5:30pm	3-5 yrs	Jan 10	\$30/10 weeks	MCNA
Mini Hip Hop	Thursday	MCCC	5:30pm-6:15pm	5-7 yrs	Jan 10	\$30/10 weeks	MCNA
Youth Hip Hop	Thursday	MCCC	6:15pm-7:00pm	7-12 yrs	Jan 10	\$30/10 weeks	MCNA
Irish Dance	Thursday	MCCC	7:00pm-7:45pm	6-12 yrs	Jan 10	\$30/10 weeks	MCNA
<u>CHILDREN & YOUTH ARTS & LEISURE</u>							
Healthy Baking	Monday	MCCC	4:00pm-5:30pm	8-13 yrs	Jan 14	\$25/8 weeks	MCNA
Lego Club	Monday	MCCC	6:00pm-7:00pm	6-11 yrs	Jan 14	\$20/8 weeks	HSCG
<u>NEW</u> Improv Club	Monday	MCCC	7:00pm-8:00pm	14-17 yrs	Jan 14	\$30/8 weeks	HSCG
Youth Drop-in	Tuesday	MCCC	6:30pm-8:30pm	12+ yrs	Jan 15	FREE	MCNA
Just for Girls	Wednesday	MCCC	4:00pm-5:00pm	Gr. 5&6	Jan 16	FREE/8 weeks	MCNA
Guitar Club	Wednesday	MCCC	4:00pm-5:30pm	Gr. 6+	Jan 9	\$2/week	MCNA
Healthy Snacks & Treats	Wednesday	MCCC	4:00pm-5:30pm	8-13 yrs	Jan 16	\$25/8 weeks	MCNA
<u>NEW</u> Mixed Mediums	Wednesday	MCCC	6:00pm-7:00pm	9-13 yrs	Jan 30	\$35/6 weeks	MCNA
<u>NEW</u> Coding	Thursday	MCCC	5:45pm-6:45pm	10-13 yrs	Jan 24	\$35/6 weeks	MCNA
<u>NEW</u> Game Development	Thursday	MCCC	7:00pm-8:00pm	10-13 yrs	Jan 24	\$35/6 weeks	MCNA

Only registered participants are allowed in the room during the program. Parents/Guardians must remain outside of the program room during the class.

** EarlyON Family Time and the Parenting Puzzle are all held at the Evangelical Missionary Church located at 214 Highland Road E.

2019 WINTER PROGRAMS: MILL-COURTLAND NEIGHBOURHOOD ASSOCIATION & HIGHLAND STIRLING COMMUNITY GROUP & CEDAR HILL COMMUNITY GROUP

PROGRAM	DAY	LOCATION	TIME	AGE	STARTS	FEE	GROUP
ADULT FITNESS							
Restorative Yoga	Monday	MCCC	10:00am-11:30am	Adult	Jan 7	\$50/10 weeks	MCNA
Pilates	Monday	MCCC	12:30pm-1:30pm	Adult	Jan 7	\$50/10 weeks	MCNA
Adult Judo	Monday	MCCC	7:00pm-8:30pm	Adult	Jan 7	\$65/10 weeks	MCNA
Gentle Fitness	Tues & Fri	MCCC	2:00pm-3:00pm	Adult	Jan 8/11	FREE/ongoing	HSCG
Power Pilates	Tuesday	MCCC	7:00pm-8:00pm	Adult	Jan 8	\$50/10 weeks	MCNA
Yoga	Wednesday	MCCC	6:30pm-7:30pm	Adult	Jan 9	\$50/10 weeks	MCNA
Pound	Thursday	MCCC	6:30pm-7:15pm	Adult	Jan 10	\$50/10 weeks	MCNA
Zumba	Thursday	MCCC	7:30pm-8:30pm	16+	Jan 10	\$50/10 weeks	MCNA
ADULT LEISURE							
Our Favourite Things Cooking (2 nd /4 th)	Monday	MCCC	6:30pm-8:30pm	Adult	Jan 14/28	Shared Cost	MCNA
NEW Mixed Mediums	Monday	MCCC	1:30pm-2:30pm	Adult	Jan 28	\$35/6 weeks	MCNA
NEW Improv Club	Monday	MCCC	8:00pm-9:00pm	18+	Jan 14	\$30/8 weeks	HSCG
Book Club (3 rd)	Monday	MCCC	7:00pm-8:30pm	Adult	Jan 21	FREE	MCNA
Women Empowering Women	Tuesday	MCCC	10am-12:00pm	Women & Children	Jan 8	FREE	HSCG
Let's Cook	Tuesday	MCCC	12:30pm-2:30pm	Adult	Jan 8	\$5/class	HSCG
Adult Euchre/Solo Card Club	Wednesday	MCCC	12:30pm-4:00pm	50+	Jan 2	FREE	MCNA
NEW Coffee, Conversation, and Community	Thursday	MCCC	1:00pm-3:00pm	Adult	Jan 10	FREE	HSCG
SPECIAL EVENTS							
Cedar Hill & Black Walnut Coffee House (3 rd)	Friday	MCCC	8:00pm-midnight	Adult	Jan 18	\$3/person	CHCG
Skating Party	Saturday	MCCC	1:00pm-3:00pm	All Ages	Jan 5	FREE	MCNA
Poetry Slam (2 nd)	Tuesday	MCCC	6:30pm-8:00pm	Adult	Jan 8	\$3/person	HSCG
Retirement Workshop	Wednesday	MCCC	6:30pm-8:00pm	Adult	March 20	FREE	MCNA
MARCH BREAK							
Great Games Escape	Mon-Fri	MCCC	9:00am-12:00pm	6-10 yrs	Mar 11-15	\$35/person	HSCG
Sports Jam	Mon-Fri	MCCC	1:00pm-3:00pm	10-15 yrs	Mar 11-15	\$25/person	MCNA
SERVICES							
Clothing Room	Mon-Fri	MCCC	Varied Hours	All	Ongoing	Free	HSCG
Library Links	Mon-Fri	MCCC	Varied Hours	All	Ongoing	Free	HSCG
Outdoor Library	Mon-Sun	MCCC	All	All	Ongoing	Free	HSCG
Public Access Computer	Mon-Fri	MCCC	Varied Hours	All	Ongoing	Free	CITY

Visit www.mcna-hscg.com and subscribe to our E-Newsletter. Stay up to date on information about our programs, services, and special events.