

# NEWSLETTER

SUMMER 2019

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## MILL COURTLAND COMMUNITY CENTRE

216 Mill Street | Kitchener | 519-741-2491

**Summer Program Registration begins on:  
Tuesday, June 4, 2019 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:

- Neighbours Day
- Fun, Sports, and Adventure
- Sports Jam



### Centre closures:

- Canada Day – July 1
- Civic Holiday – August 5
- Labour Day – September 2



Check out our website at [www.mcna-hscg.com](http://www.mcna-hscg.com)

Connect with us on Facebook and Instagram @millcourtlandassociations

# SERVICES AT MILL COURTLAND COMMUNITY CENTRE

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## **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.

# PAYMENTS, REGISTRATIONS, REFUNDS, & CANCELLATIONS

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**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.**

**Drop-ins:** MCNA accepts 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. **Drop-ins for Children/Youth Summer camps are not permitted.**

**Refunds and Withdrawals:** Withdrawals from a six week program must be requested before the second class to receive a prorated refund. No refunds will be given after the second class. Withdrawals from a Child/Youth summer camp must be requested one week in advance of the start date of the camp to receive a full refund. 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.

# LEISURE ACCESS CARD

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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](http://www.kitchener.ca/feeassistance).

# THANK YOU SOUP'S ON VOLUNTEERS!

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On the first Friday in March the Community Centre was filled with the aroma of delicious homemade soups – hot and ready to be served to the Neighbourhood. For a first time event we were thrilled with the amazing turnout! The evening featured live music, games, information sharing, and of course – soup! We would like to take this opportunity to thank our dedicated volunteers. We are so fortunate to have such a wonderful group of volunteers, always willing to help, to better our community. Thank you to all of the volunteers who came out to help and thank you to all the agencies and churches who came out to support the event!



## NEIGHBOURHOOD SPOTLIGHT

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Micah Kalap has participated in many programs at Mill Courtland Community Centre over his thirteen years. He has enjoyed music, cooking, sports and drama at the centre and is always willing to pitch in and help with work that needs to be done whether that means shoveling mulch for the back gardens or setting up tables for an activity. As a homeschooler he has the time to really dedicate himself to his passions and the programs he's participated in have helped him to find those passions.

Micah has participated in several Shakespeare plays with a group which rehearses in the centre and this year is onstage with the Stratford Festival playing William Page in The Merry Wives of Windsor! This talented young man is a wonderful asset to our community and has great things ahead of him.

## SCHNEIDER CREEK PORCH PARTY

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Hello Schneider Creek neighbours!

Why not join your neighbours for some relaxation and fun this summer? Do you have an idea for an activity you would like to see happen? If so please reach out to some of your fellow residents to hatch a plan. If you are not a planner then why not volunteer yourself as a supporter? We know that communities who make these fun social connections help to create vibrant Neighbourhoods!

Future events to keep in mind:

Schneider Creek Porch Party - July 27, 2019 3 p.m. to 8 p.m.

Annual BBQ Potluck - Stay tuned for further information!

## PAINT WITH LISA

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Join Lisa and create a one-of-a-kind painting! She will guide you through an hour and a half class of creativity, laughing, and fun finger foods! Just remember: you don't have to be an artist to have fun!

**Dates:**

Thursday July, 11

Thursday August, 15

**Time:** 6:30-8pm

**Cost:** \$30.00/class

**Age:** Adult



# PROGRAM SPOTLIGHT

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## SUMMER COPS CAMP



COPS Camp enriches the lives of youth by providing a camp program to expose them to affordable experiences and interactions with Police and Fire Personnel. This program helps bridge the gap between youth, Police and Fire personnel, and helps to build trusting relationships.

COPS registration night is Tuesday, June 11 at 5 p.m. Space is limited.



## JUST FOR GIRLS

An interactive program designed to increase self-esteem and responsible decision making in young girls. Girls will learn about their changing bodies, healthy friendships, and healthy relationships. Snacks included.

See page 6 for start date, time, and cost.

## ADVENTURE COOKING

Learn how to make healthy snacks and meals. Acquire new skills such as how to chop, sauté, and puree. Learn how to create a meal plan and how to shop on a budget! Lunch will be provided each day.

See page 6 for start date, time, and cost.



## 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.

See page 6 for start date, time, and cost.

## BOYS HANG TIME

Join together to play sports, make food, have conversations and discuss topics such as healthy relationships. In partnership with the Sexual Assault Support Centre – Male Allies Program

See page 6 for start date, time, and cost.



# IN THE COMMUNITY

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## FAMILY OUTREACH

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 Meenu at 519-498-7649. This program is not an emergency service and there is an intake process to determine eligibility.



## 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 St.

Call to make an appointment, 519-743-0911

## COMMUNITY DINNERS AT HIGHLAND

Enjoy a warm meal on the first and third Wednesday of every month. Dinner is served at 5:30 p.m. and followed by group conversations on a variety of topics such as mental health, self-care, finances, relationships and more. Children are welcome and can enjoy activities as well as get help with their homework.

**When?** – 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 5:30-7:15 p.m.

**Cost:** \$2/person, \$5/family

**Where?** – Highland Baptist Church  
135 Highland Rd. W.

Call for more information, 519-745-9461



# SUMMER PROGRAMS

PROGRAM DESCRIPTION	AGE	DAY & TIME	START DATE	COST	GROUP
<b>Boys Hang Time:</b> Join together to play sports, make food, and discuss topics such as healthy relationships.	8-12	Tuesday 4:30-6:30	Jun 4	FREE 4 wks.	HSCG
<b>Cedar Hill Fun Soccer</b> Join us on the soccer field for some free family fun. Parents must remain on site. No registration required.	5-11	Wednesday 6-7:30pm	May 1	FREE 8 wks.	CHCG
<b>Fun, Sports &amp; Adventure</b> Enjoy weekly themes, indoor and outdoor activities, games, crafts, and more! Each week enjoy a guest visit from a Lang's staff to educate on health and safety topics such as healthy eating and sun safety. Don't forget sunscreen, a hat and a snack!	6-10	Mon-Fri 9am-12pm	Jul 2-5 Jul 8-12 Jul 15-19 Jul 22-26 Jul 29- Aug 2 Aug 6-9	\$35.00/wk. \$40.00/wk. \$40.00/wk. \$40.00/wk. \$40.00/wk. \$35.00/wk.	MCNA
<b>Sports Jam Camp</b> Join Nial in this camp that provides participants the chance to improve their skills in a fun, non-competitive atmosphere. A variety of sports and games will be played each day. <b>No Drop-ins.</b>	10-15	Mon-Fri 12:30-3pm	Jul 2-5 Jul 8-12 Jul 15-19 Jul 22-26 Jul 29- Aug 2 Aug 6-9	\$20.00/wk. \$25.00/wk. \$25.00/wk. \$25.00/wk. \$25.00/wk. \$20.00/wk.	MCNA
<b>Just for Girls</b> Girls will learn about their changing bodies, healthy friendships and relationships. Some activities will be outdoors, weather permitting. Snacks provided. Please bring a lunch.	Gr. 5&6	Mon-Fri 9am-3pm	Jul 8-12	FREE	MCNA
<b>Mixed Mediums:</b> Participants will create and explore art using a variety of techniques and materials with acrylic paints.	9-12	Tue-Fri 12:30-3pm	Aug 13-16	\$30.00	MCNA
<b>Adventure Cooking</b> Youth will learn a variety of cooking techniques, create a meal plan and learn how to make a budget. Lunch is provided each day.	9-14	Mon-Fri 10am-1pm	Aug 19-Aug 23	\$35.00	MCNA
<b>Gentle Fitness:</b> This program offers gentle exercise routines designed to increase overall physical health and well-being for all ages.	Adult	Tues & Fri 2-3pm	Jul 2 & Jul 5	FREE ongoing	HSCG
<b>Power Pilates:</b> Strengthen and tone your entire body. Improve posture, core strength, and flexibility using weights and bands.	Adult	Tuesday 6:30-7:30pm	Jul 2	\$35.00 6/wks.	MCNA
<b>Yoga:</b> Build strength, stamina, and flexibility. Learn new breathing and relaxation techniques, while strengthening and toning your muscles.	Adult	Wednesday 6:30-7:30pm	Jul 10	\$35.00 6 wks.	MCNA
<b>Paint with Lisa:</b> Be creative, unleash your inner artist, laugh and have fun!	Adult	Thursday 6:30-8pm	Jul 11 Aug 15	\$30.00 per class	MCNA
<b>Pound:</b> Get energized, let loose, tone up, and rock out! This class is great for all fitness levels.	Adult	Thursday 6:30-7:15pm	Jul 4	\$35.00 6 wks.	MCNA
<b>Zumba:</b> 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.	Adult	Thursday 7:30-8:30pm	Jul 4	\$35.00 6 weeks	MCNA



## **BBQ & BACKYARD GAMES**

**SATURDAY, JUNE 8**

**FREE ADMISSION**

**11:30 A.M. – 2:30 P.M.**



Join us at the Mill Courtland Community Centre for food, music, and fun! Meet your neighbours and enjoy hot dogs and refreshments, games, and live music. Come see DJ the Main Man Marlon spin tracks and get people moving and grooving!

Enjoy cob oven samplings and a preview of the Highland Stirling Neighbourhood Market.

Enjoy a picnic in the grass! Bring your own lawn chair or a blanket to sit on.



**216 Mill St. | Kitchener | 519-741-2491**



*Highland Stirling's*



# NEIGHBOURHOOD MARKET



• A CELEBRATION OF LOCAL FOOD •

LOCAL FOOD EVERY

**WEDNESDAY**

**9:30 AM**

THROUGH

**12:30 PM**

ALL SUMMER LONG

**JUN 19 – AUG 28**

**MILL COURTLAND COMMUNITY CENTRE**

**216 Mill St. • Kitchener • 519-741-2491**



**ARTISAN FOOD • LOCAL FARMS •  
FRESH PRODUCE • BREAD •  
HONEY • MUSIC • AND MORE**



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