

CHANDLER MOWAT COMMUNITY CENTRE

222 CHANDLER DRIVE, KITCHENER, ON N2E 1H2

WWW.KITCHENER.CA/CHANDLERMOWAT

519-741-2733



FALL 2018 PROGRAMS AND SERVICES



FALL REGISTRATION STARTS AUG 21

CENTRE HOURS

Monday	9:00am – 8:30pm
Tuesday	9:00am – 8:30pm
Wednesday	9:00am – 8:30pm
Thursday	9:00am – 8:30pm
Friday	9:00am – 5:30pm
Saturday	12:00pm – 3:00pm
Sunday	Closed

HOLIDAY CLOSURES

Labour Day
Mon Sept 3
Thanksgiving Day
Mon Oct 8
Christmas Holidays
Dec 25 & Dec 26

NORTH
North Six Neighbourhood Association





**ONLINE REGISTRATION IS EASY!
USE YOUR COMPUTER, TABLET, OR PHONE
AND FOLLOW THESE STEPS**

1. Go to www.kitchener.ca/activenet

2. Click on

3. Find the program you wish to register for by entering the program number or searching for the course with a keyword (* Or by location, day, category or age)

4. Click on the course name that you have located and then click

5. You will be prompted to login to your account and asked for your password.

If you do not have an account, click on “Create New Account”. You will receive an email asking to create a new password. Once this is created, you can login and register by following the simple steps outlined!

Program Information

- ⇒ All programs are held at CMCC, unless otherwise stated
- ⇒ Parents or guardians must register for children under 18
- ⇒ Programs have limited space and are offered on a first-come, first-serve basis
- ⇒ Programs are proposed and changes may need to be made after publication
- ⇒ Chandler Mowat Community Centre and North Six Neighbourhood Association reserve the right to cancel programs with low enrolment

New Program Ideas

Would you like to see a program at the centre that we currently do not offer? Do you have a talent or skill that you would like to share with others as an instructor?

We are always looking to improve the services and programs we offer to meet the needs of the community. Please feel free to notify us of any events, activities or programs you would like to see offered.

Connect with us: 519-741-2733 / chandlermowatcc@kitchener.ca



I hope everyone had a safe and enjoyable summer.

I'm proud to inform you that council will continue their support of resident led initiatives, focusing on reducing the "red tape" to make it easier for you to take action and affect change in your neighbourhood.

In June, council passed a bylaw that will allow you to personalize your neighbourhood boulevards. Through the Boulevard Beautification program, residents can use different materials and plantings as alternatives to grass on city boulevards. The bylaw will speak to the materials you can use, and identify safety requirements and other considerations. A step-by-step guide will be made available to help residents plan and complete a boulevard beautification project.

Council also approved changes to bylaw requirements to make it easier for you to host a street party in your neighbourhood. Through the "Love my Hood" consultations, residents let us know they wanted to see more neighbourhood events, so this was one more way the city could support that desire.

Instead of 100 per cent of your neighbours needing to sign off on a street event, you now only need support from 60 per cent of your neighbours. If you're interested in hosting a party, but aren't sure how to get started, you can find a simple step-by-step guide called "How to host a street party," and you can visit the inspirational blog to help with ideas at www.lovemyhood.ca.

Sincerely,

Councillor Paul Singh – Ward 6



Photo: Community BBQ 2018

The North Six Neighbourhood Association is... new - which is to say that we are an association that has existed in some form since 1987, although the previous board took a bit of a hiatus for the past few years. We are happy to be back in action!

Your new board is a team of dedicated residents who are hoping to bring a lot of good to our community. The team is led by:

President, Emily Pike

Treasurer, Janine Vidal

Secretary, Andrew Wenger

We're here for you. We want to foster a safe, healthy and vibrant community by aiding the residents of the North Six community to recognize and promote their strengths and talents. So if there is something that you do that you think other people would be interested in learning from, let us know! From knitting, to accounting, to singing, and everything in between, we know you have a skill that you could share with your neighbours, and you can get paid doing it!

You may be confused to hear the name North Six Neighbourhood Association instead of Chandler Mowat Neighbourhood Association. Chandler Drive and Mowat Boulevard are two relatively small roads, which mark the community centre on a map, but many of us do not live on, or even very near to these markers. We feel that changing our name to North Six will give us a fresh start not only as a Neighbourhood Association, but also within Kitchener as a whole, while more accurately reflecting who we are. The name North Six is new, hip and urban, and we look forward to the new beginning it can bring us all.

We are excited to be able to bring some new programming to the Centre for all ages this fall. You can find our programs throughout this newsletter. Registration can be done online, in person, or over the phone. We are pleased to be able to offer a financial discount to children with a Leisure Access Card for our Interactive Kids Yoga/Kids Mindfulness classes (for ages 4-7 and ages 8-12) and the Hip Hop/Pop Dance Class (for ages 8-12).

Check out our Facebook page to learn about all the fun things we're doing in our neighbourhood, or email us at northsixna@gmail.com if you want to contact us directly.

All the best for fall,



Emily Pike



Volunteer Information

Looking to volunteer for upcoming programs or events? Interested in building your Neighbourhood Association? Contact us for more information. We would love to hear from you. Email us at northsixna@gmail.com to connect.


Preschool Programs

PROGRAM	AGE	COST	DAY & TIME	START/END	COURSE CODE
<p><u>PARENT & CAREGIVER DROP-IN</u></p> <p>Together with the Region of Waterloo, we present this fun opportunity for you to meet some friends, enjoy cooperative games, art & crafts and songs with your little ones.</p>	0-5	FREE	First Friday of every month 9:30am-11:00	Sept 7, Oct 5, Nov 2, Dec 7	Registration Not Required
<p><u>DROP-IN AND PLAY</u></p> <p>Join other children and families in play exploration with Early Years Centre. An Early Learning professional is available to provide support and information around early learning topics, community resources, programs and referrals.</p>	0-6	FREE	Tues 9:00-11:00 am	Sept 11 to Dec 18	Registration Not Required


Prenatal Programs

PROGRAM	AGE	COST/WEEKS	DAY & TIME	START/END	COURSE CODE
<p><u>PRENATAL CLASSES</u></p> <p>The Growing Healthy Together program is for pregnant women needing support. Learn about having a healthy pregnancy, including healthy eating tips, and meet other women to share questions and concerns about pregnancy. This program is provided in partnership with Carizon Family and Community Services.</p>	Expectant Mothers	FREE	Tues 1:00—2:30 pm	Nov 6 to Dec 11	Register at session with Carizon

Children's Programs

PROGRAM	AGE	COST	DAY & TIME	START/END	COURSE CODE
<p><u>INTERACTIVE KIDS YOGA / MINDFULNESS</u></p> <p>We explore the foundations of yoga through interactive stories, games, music and props, with an emphasis on compassion, gratitude and empathy. Children learn strategies to relax, ease anxiety, and become more aware of their breath and body, while focusing on mindfulness and meditation.</p> 	4-7	\$70.00/ 50% Discount if you have an LAC card	Tues 4:30-5:30pm	Sept 18 to Nov 20	25427
	8-12	\$70.00/ 50% Discount if you have an LAC card	Tues 5:45-6:45pm	Sept 18 to Nov 20	26517


Children's Programs

PROGRAM	AGE	COST	DAY & TIME	START /END	COURSE CODE
<p><u>HIP-HOP/POP DANCE FOR AGES 8-12</u></p> <p>An exciting & energetic choreographed Hip Hop/Pop dance class focusing on stylized Hip Hop. Your kids will be dancing like a pop-star before you know it. Develops power, personal style, coordination, agility, confidence, focus and memory all while having a blast.</p> 	8-12	\$45.00 / 50% Discount if you have an LAC card	Wed 6:45-7:45 pm	Sept 19 to Nov 28	25423
<p><u>KIDS ART CONNECTS</u></p> <p>Children will use fun arts activities to explore themes like positive relationships, confidence, and self-expression. This program is offered in partnership with Arts4All.</p>	Grades 3-6	FREE	Wed 4:00 – 5:30 pm	Oct 10 to Nov 21	Register with House of Friendship
<p><u>KIDS COOKING</u></p> <p>Kids grades 3-6 can grow their cooking skills while having fun preparing and enjoying a meal together. Program provided by House of Friendship.</p>	Grades 3-6	FREE	Fri 4:00 – 5:30 pm	Oct 5 to Nov 23	Register with House of Friendship
<p><u>CHANDLER YOUTH CREW (CYC)</u></p> <p>CYC is a free and fun place to play after school. Participants play a variety of games in a safe environment while hanging out with friends and meeting new ones. Participants will learn new games and play their favourites! This is a City run program.</p>	8-11	FREE	Mon/Wed/Fri 4:00-5:30 pm	Starting Sept 5 No program on school holidays	Permission form required
<p><u>HOMEWORK SUPPORT</u></p> <p>Kids are offered homework support in a group setting. Program provided by House of Friendship.</p>	Grades 1-8	FREE	Tues 6:00 – 7:30 pm	Oct 2 to Dec 4	Register with House of Friendship

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."



- Margaret Mead

Youth, Teen and Adult Programs

PROGRAM	AGE	COST	DAY & TIME	START/END	COURSE CODE
<p><u>YOUTH DROP-IN (YDI)</u></p> <p>Join us for games, sports, music, movies, cooking, crafts and event theme nights!</p>	12-17	FREE	Fri 6:30-9:00 pm	Starting Fri Sept 14	Registration Form Required at Program
<p><u>PATHWAYS TO EDUCATION</u></p> <p>Pathways to Education is a fully funded program for high school youth provided through Carizon Family and Community Services.</p> <p>They work with youth in grades 9 -12 in the Chandler Mowat Community and provide various Academic, Financial, Social, and Advocacy supports which are aimed at reducing barriers for high school youth.</p> <p>No program Dec 27 or Jan 3.</p>	Grades 9-12	FREE	Thurs 4:30-7:30 pm	Sept 20 to June 20 Except during school holidays	Register with Carizon Family and Community Services at 519-743-6333, ext. 354.
<p><u>STANDING STRONG—GIRLS GROUP</u></p> <p>Our program provides a safe, fun and active environment in which young women can develop new skills and meet other newcomer youth in the community. Program provided by Carizon Family and Community Services. Contact kmuratis@carizon.ca</p>	12-17	FREE	Wed 4:30—6:30 pm	Sept 26 to Nov 28	Register with Carizon
<p><u>INTERACTIVE YOGA / MINDFULNESS</u></p> <p>Explore the foundations of yoga through interactive stories. Learn strategies to relax, ease anxiety, and become more aware of your breath and body, while focusing on mindfulness and meditation.</p> 	13+	\$70.00	Tues 7:00—8:00 pm	Sept 18 to Nov 20	26518
<p><u>YOUNG MEN LEADING CHANGE</u></p> <p>This program for young men is focused on empowerment and reducing violence against girls and women. Topics of discussion will include: creating safe space, gender roles, masculinity and self-reflection, handling disclosures, identifying violence, challenging blind spots, consents, active bystander skills, development of personal and/or group action plans, as well as youth preferred sports and other activities. Visit kwmc.on.ca/youth-services/ for info.</p>	15-25	FREE	Sat 1—3pm	Sept 22 to Dec 8	Register at program or connect with Kitchener Waterloo Multicultural Centre at 519-404-5422



Youth, Teen and Adult Programs

PROGRAM	AGE	COST	DAY & TIME	START/END	COURSE CODE
<p><u>INTRODUCTION TO SIGN LANGUAGE</u></p> <p>Learn the basics of American Sign Language. Youth and adults welcome to participate together.</p> 	All Ages	\$35.00	Mon 7:00-8:00 pm	Sept 10 to Nov 19 (No program on Oct 8)	25421
<p><u>WOMAN'S SELF DEFENSE</u></p> <p>This course teaches you how to identify threats, diffuse situations and use easy-to-learn techniques to defend yourself.</p> 	13+	\$50.00	Sat 1:00-2:00pm	Sept 22 to Nov 24	25422
<p><u>LADIES TEA TIME – MULTICULTURAL SENIORS PROGRAM</u></p> <p>Muslim Social Services is offering a program for seniors that they can develop new skills and meet other people inside the community. Seniors will be given opportunities to learn about services in Kitchener-Waterloo as well.</p>	50+	FREE	Fri 4:30-7:00pm	Sept 14 to Dec 7	No Registration Required
<p><u>ENGLISH CONVERSATION CAFE</u></p> <p>Meet new people and practice speaking English. Youth and adults of all ages and language abilities are welcome! Program offered by House of Friendship.</p>	17+	FREE	Tues 6:00-7:30pm	Oct 2 to Dec 12	Register with House of Friendship

House of Friendship



*“Building a healthy community where all can **belong and thrive**”*

House of Friendship works with community members to offer programs and support to help build a healthy community and enhance quality of life. We welcome your ideas and involvement. See the program section of this guide for the various programs offered by House of Friendship at Chandler Mowat.

Program Coordinator, Jonathan

519-570-3610 ext.1 / chandlermowat@houseoffriendship.org

Community Outreach Worker

Our outreach workers help low income families in the Chandler Mowat area find what they need. The Family Outreach program is a community based program created to prevent and reduce child poverty in the Waterloo Region. The goal is to assist families with children under 17 that are experiencing low income to access the services they need in their own communities. It is best to make an appointment with one of our outreach workers to ask for help. FamilyOutreach.ca

Outreach Workers

Aline 519-498-7328

Odaly 519-574-6504

Spring Registration Subsidy

If you require financial subsidy to participate in FALL programs at Chandler Mowat, please contact the Outreach Worker in August to avoid disappointment.



Neighbourhood Food Program

- * We offer food assistance for Chandler Mowat area residents.
- * Check-in is at 1:30pm and food is offered from 2:00-3:00pm
- * Come with government issued ID and proof of address to register
- * Join us for coffee/tea between 12:00-2:00pm and meet your neighbours

For questions regarding the food program, please contact Jonathan at 519-570-3610 ext. 1.



Bring a bag with you :)



Upcoming Events

NORTH SIX NEIGHBOURHOOD ASSOCIATION MEETINGS

North Six Neighbourhood Assoc. will host **monthly meetings** to discuss programming and events for our community. Please follow northsixna on Facebook for meeting dates and announcements.



Come take part in building your neighbourhood association!



FAMILY EVENTS AT CHANDLER

Would you be interested in **movie matinees?**
Family **game nights?**

Email us at **northsixna@gmail.com** to share your ideas.



It's our job to make sure you get the support you need to make great things happen in your neighbourhood.

Don't hesitate to connect with us when you have a project you want to get started on. We're developing new resources, improving programs and removing red tape to make resident-led projects that much easier. It's all part of our Love My Hood vision.

Check out what we're up to. And of course, be in touch!



COMMUNITY DINNERS & EVENTS, OH MY!

Watch for news of **community gatherings** hosted at Mowat Community Centre, including **community dinners** hosted by The Gathering Church.

Call the Community Centre for more information
519-741-2733

**"Do not forget to show hospitality to strangers.
For in doing so, some entertained angels."**



To all of the volunteers, partners and community groups who helped make summer events happen at Chandler Mowat Community Centre. Thank You!

(Photo: Summer BBQ 2018)

Ontario Works at CMCC

Meet with an Ontario Works representative at Chandler Mowat Community Centre during their office hours. It is recommended to book an appointment.



Ontario Works has fall office hours at Chandler Mowat CC on Thursdays from 9:00am - 6:30pm. Call or email Sue Hummel to make an appointment. Sue can assist with anything Ontario Works related (appointments, general questions, support to complete applications, receive mail and more).

Phone: 519-883-2101

Email: coming soon

Centre Services

Leisure Access Card (LAC)

Leisure Access offers financial support for permanent Kitchener residents with low income to help them participate in recreational programs. To avoid disappointment, if you are planning to register for City of Kitchener paid programs using a Leisure Access Card, don't forget to apply well in advance of registration. Leisure Access Card application forms can be found at the centre and online at kitchener.ca.



Inclusion Services Can Help

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

Public Use Computers

Computers with free internet access are available in the community centre lobby to check your email, print your resume, play games or finish homework. Printing is available for 10 cents a page, and the first ten pages are **free**.

Rental Space Available

Rooms are available for small meetings of 5 or gatherings of 230. We have several meeting rooms, one gym and a kitchen available to meet your needs. Contact our rental coordinator at 519-741-2733 for more information. Be sure to leave the date you are looking for so that we can confirm availability.

BUILD A LUNCH

Children and their parents/caregivers are invited to join us for breakfast and make a lunch for school. All food is Halal. This program is offered in partnership with The Gathering Church.



Ongoing through the school year at Chandler Mowat Community Centre, Wednesday Mornings 7:30-9am

