



February is *African Heritage Month*

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tea n' Talk Join HRP Community Constables 10:00-11:00am NO DROP-IN TODAY Lunch served between 12:00-1:00pm	2 	3 Good Food Café & Produce Market 10-12noon YOGA 1:30-2:30 (**please register)
6 Drop-In 10-12:00noon <i>Community Action Office open!</i> Dart. Learning Network cooking group wk#1 11:00 to 1:00pm (**please register) Young Families Supper 5:30-6:30pm	7 Community Kitchen wk#4 10:00-12:30pm (**please register) Food Film Series 1:30-3:30pm	8 Drop-In 10-1:00pm <i>Community Action Office open!</i> Stitchin' for our Kitchen 10:00-11:30am Lunch served between 12:00-1:00pm	9 Food & Families 9:30-11:30am (**please register at the family centre site or call 902-464-8234 on February 1st)	10 Good Food Café & Produce Market 10-12noon YOGA 1:30-2:30 (**please register)
13 Drop-In 10-12:00noon <i>Community Action Office open!</i> Dart. Learning Network cooking group wk#2 11:00 to 1:00pm (**please register) Young Families Supper 5:30-6:30pm	14 Community Kitchen wk#5 10:00-12:30pm (**please register)	15 Drop-In 10-1:00pm <i>Community Action Office open!</i> Stitchin' for our Kitchen 10:00-11:30am Lunch served between 12:00-1:00pm Gloria from NS Legal Aid (ask staff for info)	16 Early Learning Opportunities is cooking in the kitchen!	17 Good Food Café & Produce Market 10-12noon YOGA 1:30-2:30 (**please register)
20 Nova Scotia Heritage Day Centre is Closed today	21 Dart. Learning Network cooking group wk#3 11:00 to 1:00pm (**please register) Food Film Series 1:30-3:30pm	22 Drop-In 10-1:00pm <i>Community Action Office open!</i> Stitchin' for our Kitchen 10:00-11:30am Lunch served between 12:00-1:00pm	23 Food & Families 9:30-11:30am (**please register at the family centre site or call 902-464-8234 on February 1st)	24 Good Food Café & Produce Market 10-12noon YOGA 1:30-2:30 (**please register)
27 Drop-In 10-12:00noon <i>Community Action Office open!</i> Dart. Learning Network cooking group wk#4 11:00 to 1:00pm (**please register) Young Families Supper 5:30-6:30pm	28 	<div style="border: 2px solid black; padding: 10px;"> <h3 style="text-align: center;">Winter Storm Policy</h3> <p>When schools in Dartmouth are closed due to weather, the Centre is also closed. To find out if schools are closed:</p> <ul style="list-style-type: none"> • Listen to the radio – any local station • Visit the HRSB website: www.hrsb.ca • Call the HRSB cancellation line at 902-464-4636 </div>		

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How to Register for Programs

All program sessions are drop-in (no pre-registration) unless you see ****please register** under the session time on the front of the calendar. If you would like to register for a program you can:

- Call 902-407-4610 and leave a message for one of the staff *OR*
- Talk to a staff member when you are visiting the Centre

Monday Drop-in Breakfast

Did you know that we serve a light breakfast every Monday morning between 10:00am and 12 noon?

Also available: *information and support from the community action office



Gentle Yoga *Friday afternoons from 1:30-2:30pm*

Join Carolyn, certified yoga teacher, for a gentle yoga session that will introduce you to basic breathing exercises and yoga poses.

***All ability levels are welcome**

***Sessions are free**

***Wear loose, comfortable clothing**

***Yoga mats and other equipment are provided**

Stay after the session and enjoy a nourishing snack while chatting with others!

Please pre-register for yoga sessions.

Young Cooks *coming in March*

This 4-week cooking program is for children 6 to 11 years old.

These cooks learn to read recipes and cook delicious meals with healthy, whole foods. All ingredients are provided.

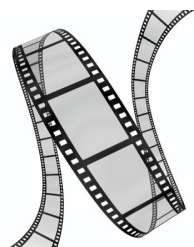
Please pre-register for this program by calling Melissa at 902-407-4610 ext. 201

Tea n' Talk

**Halifax Regional Police
Community Constables**

Join us on **Wednesday, February 1st at 10am** for a discussion with our HRP community constables on their role in the community, personal safety and community safety.

Coffee, tea and a light breakfast.



Food Film Series (no need to register, just drop-in!)

Join us every other week throughout the winter months for a film related to food and food issues. Enjoy a snack and a discussion after the film.

February dates are the 7th and 21st.