



# March 2017

6 Primrose Street, Dartmouth  
Call: 902-407-4610 and leave a message  
or stop by to register

All program sessions are drop-in unless you see (\*\*please register) under the session time.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>YOGA will be from 2:00 to 3:00pm (moved from 1:30 to 2:30) during the month of March.</b></p>		<p>1</p> <p>Tea n' Talk: Alzheimer Society 10:00-11:00am</p> <p>Lunch served between 12:00-1:00pm</p>	<p>2</p>	<p>3</p> <p>Good Food Café &amp; Produce Market 10-12noon</p> <p>YOGA 2:00-3:00 (**please register)</p>
<p>6</p> <p>Drop-In &amp; Community Action Office 10-12:00noon</p> <p>Young Families Supper 5:30-6:30pm</p> <p>Income Tax Clinic 4-6pm (**please register)</p>	<p>7</p> <p>Food and Films 10:00- 12:00noon</p>	<p>8</p> <p>Drop-In &amp; Community Action Office 10-1:00pm</p> <p>Stitchin' for our Kitchen 10:00-11:30am</p> <p>Income Tax Clinic 10-1pm (**please register)</p> <p>Lunch served between 12:00-1:00pm</p>	<p>9</p> <p>Food &amp; Families 9:30-11:30am (please register at the family centre site or call 464-8234 on March 1st)</p>	<p>10</p> <p>Good Food Café &amp; Produce Market 10-12noon</p> <p>YOGA 2:00-3:00 (**please register)</p>
<p>13</p> <p>Drop-In &amp; Community Action Office 10-12:00noon</p> <p>Young Families Supper 5:30-6:30pm</p> <p>Income Tax Clinic 4-6pm (**please register)</p>	<p>14</p> 	<p>15 Drop-In &amp; Community Action Office 10-1:00pm</p> <p>Stitchin' for our Kitchen 10:00-11:30am</p> <p>Income Tax Clinic 10-1pm (**please register)</p> <p>Lunch served between 12:00-1:00pm</p> <p>Gloria from NS Legal Aid (ask staff for info)</p>	<p>16</p> <p><b>Staff Development 8:30-12</b></p>	<p>17</p> <p>Good Food Café &amp; Produce Market 10-12noon</p> <p>YOGA 2:00-3:00 (**please register)</p>
<p>20</p> <p>Drop-In &amp; Community Action Office 10-12:00noon</p> <p>Young Families Supper 5:30-6:30pm</p> <p>Income Tax Clinic 4-6pm (**please register)</p>	<p>21</p> <p>Food and Films 10:00- 12:00noon</p>	<p>22</p> <p>Drop-In &amp; Community Action Office 10-1:00pm</p> <p>Stitchin' for our Kitchen 10:00-11:30am</p> <p>Income Tax Clinic 10-1pm (**please register)</p> <p>Lunch served between 12:00-1:00pm</p>	<p>23</p> <p>Early Learning Opportunities is cooking in the kitchen!</p>	<p>24</p> <p>Good Food Café &amp; Produce Market 10-12noon</p> <p>YOGA 2:00-3:00 (**please register)</p>
<p>27</p> <p>Drop-In &amp; Community Action Office 10-12:00noon</p> <p>Young Families Supper 5:30-6:30pm</p> <p>Income Tax Clinic 4-6pm (**please register)</p>	<p>28</p> <p>Farm Plotters Meet-up 10:00- 12:00noon</p>	<p>29</p> <p>Drop-In &amp; Community Action Office 10-1:00pm</p> <p>Stitchin' for our Kitchen 10:00-11:30am</p> <p>Income Tax Clinic 10-1pm (**please register)</p> <p>Lunch served between 12:00-1:00pm</p>	<p>30</p> <p>Food &amp; Families 9:30-11:30am (please register at the family centre site or call 464-8234 on March 1st)</p>	<p>31</p> <p>Good Food Café &amp; Produce Market 10-12noon</p> <p>YOGA 2:00-3:00 (**please register)</p>

## **Lettuce us help you with your taxes!**



Starting Monday, March 6th we will be hosting free tax clinics here at the community food centre.

We can help you prepare your income tax and benefit return if you have a modest income and a simple tax situation.

You must register for an appointment time. Please see a staff member or call 902-407-4610 ext. 204 for more information.

## **Food & Families Together**

March 9th and 30th from 9:30-11:30

This program is for parents and children 2 to 5 years old who are interested in cooking together. Staff support parents to prepare lunch with their child(ren). Childcare is offered for a portion of this program to give parents some time with other parents.



***Although this program is offered at the community food centre, registration for this program is taken at the family centre site at 107 Albro Lake Road or by calling the Family Centre at 902-464-8234 on March 1st.***

## **Farm Plotters Meet Up and Planning session**

Tuesday, March 28th, 10:00am to 12noon

It's never too early to start planning for the upcoming growing season! Join us for a plotter meet up and planning session for the upcoming year. Whether you are a returning community plotter or want to join this year, come on out. We'll have a snack, watch a short film on small space growing and get to planning. There will be a variety of resources available including seeds, our gardening book library and garden planning materials.

**\*\*Please register for this session.**

## **Gentle Yoga *Friday afternoons from 2:00-3:00pm***

Join Carolyn, certified yoga teacher, for a gentle yoga session that will introduce you to basic breathing exercises and yoga poses. Stay after the session and enjoy a nourishing snack while chatting with others!

- \*All ability levels are welcome**
- \*Sessions are free**
- \*Wear comfortable loose clothing**
- \*Yoga mats and other equipment are provided**



## **Food and Films Series**

Join us every other week throughout the winter months to watch a film, have a discussion and enjoy a snack together.

March's film dates are:

**Tuesday, March 7th &  
Tuesday, March 21st:**



## **Tea n' Talk: Alzheimer Society**

This month we will be joined by the Alzheimer Society for a discussion about Alzheimer's disease and other related dementias. Join us to learn about keeping a healthy brain lifestyle.

**Wednesday, March 1st at 10am**  
*Coffee, tea and a light breakfast.*