


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|
| <p>Learn to Knit! Every Wednesday, drop-in at 10am to learn from one of our knitting volunteers. All supplies are provided.</p> | | <p>1 Drop-In & Community Action Office 10-1pm Lunch served between 12-1pm</p> | <p>2 </p> | <p>3 Good Food Market & Cafe 10-12noon Food Demo 12noon-1pm YOGA 2-3pm</p> | <p>4 Food Fit 9-12noon (*please register)</p> |
| <p>6 Drop-In & Community Action Office 10-12noon Young Families Supper & Mini Market 5:30-6:30pm</p> | <p>7 Walking Group 10-11:30am Fidget Spinners & Chicken Dinners (teen program) 3:30-5:30pm (*please register)</p> | <p>8 Drop-In & FLU SHOT CLINIC 10-12noon (*please register for flu clinic) Lunch served between 12-1pm</p> | <p>9 Food & Families 9:30-11:30am (*please register Nov 1st at the Family Centre site or call 464-8234)</p> | <p>10 Good Food Market & Cafe 10-12noon Food Demo 12noon-1pm YOGA 2-3pm</p> | <p>11 Remembrance Day</p> |
| <p>13 The Centre will be closed today</p> | <p>14 Walking Group 10-11:30am Dartmouth North Diabetes Expo 5-7pm (*please register)</p> | <p>15 Drop-In & Comm. Action Off 10-1pm Chat with Sue, Physiotherapist 10-12noon Lunch served between 12-1pm</p> | <p>16 Pre-Primary class from Harbourview School is cooking in the kitchen!</p> | <p>17 Good Food Market & Cafe 10-12noon Food Demo 12noon-1pm YOGA 2-3pm</p> | <p>18 Food Fit 9-12noon (*please register)</p> |
| <p>20 Drop-In & Community Action Office 10-12noon Don't Hibernate. Participate! Workshop with DCHT 10-12noon (*please register) Young Families Supper & Mini Market 5:30-6:30pm</p> | <p>21 Walking Group 10-11:30am Fidget Spinners & Chicken Dinners (teen program) 3:30-5:30pm (*please register)</p> | <p>22 Drop-In & Community Action Office 10-1pm FLU SHOT CLINIC 10-12noon (**please register) Lunch served between 12-1pm</p> | <p>23 Food & Families 9:30-11:30am (*please register Nov 1st at the Family Centre site or call 464-8234)</p> | <p>24 Good Food Market & Cafe 10-12noon Food Demo 12noon-1pm YOGA 2-3pm</p> | <p>25 Food Fit 9-12noon (*please register)</p> |
| <p>27 Drop-In & Community Action Office 10-12noon Young Families Supper & Mini Market 5:30-6:30pm</p> | <p>28 Walking Group 10-11:30am Fidget Spinners & Chicken Dinners (teen program) 3:30-5:30pm (*please register)</p> | <p>29 Drop-In & Community Action Office 10-1pm Lunch served between 12-1pm</p> | <p>30 The Dartmouth North Diabetes Expo is coming up! All are welcome to join us to learn and access support. <i>Please see the back of the calendar for more information.</i></p> | | |

Dartmouth North Diabetes Expo

**Tuesday, November 14th, 5-7pm
Please register for this event**

Come learn about diabetes and see what supports are available in our community for people living with diabetes. Enjoy some refreshments, meet new people and hear from a guest speaker.

Save your space by registering with the Community Action Office in person or by calling 902-407-4610 ext 6. Limited childcare spaces are available for children under 5. Please pre-register for childcare at the Family Centre site or by calling them at 902-464-8234.

Fidget Spinners & Chicken Dinners Teen Cooking & Art Program

**Starts Tuesday, November 7th
3:30-5:30pm**

The Community Food Centre and the MacPhee Centre for Creative Learning are partnering to offer this new 6 week program. Fidget Spinners & Chicken Dinners will get teens 12 to 16 years old cooking meals and making art!

Teens can expect to use their creativity in a relaxing and fun environment and pick up some cooking knowledge and skills along the way.

If you are interested in this cooking and art program, please register online at www.macphee.ca/programs.

If registering online is not possible, please the Centre and leave a message.

Drop-in Food Demonstrations



Fridays, 12noon-1pm

Every Friday, after the Good Food Market & Café, join us for a good food demo! Learn some basic cooking methods and taste a sample of what's made.

Everyone is welcome!

Don't Hibernate. Participate! Workshop

The Dartmouth Community Health Team (DCHT) will be offering this workshop at the community food centre on November 20th, 10-12noon

Does your physical activity routine tend to "cool off" with the temperatures? Join the Community Health Team to learn strategies to keep you exercising safely into the colder months. Please register by calling the Dartmouth Community Health Team at 902-460-4560.

Flu Shot Clinics

Sobeys and Lawtons pharmacists will be offering flu shots during two clinics at the Community Food Centre.

- **Please sign-up with the food centre staff**
- **Bring your health card**
- **Children must be 5 years old or older**

November 8th or 22nd

Men's Community Kitchen Coming this winter!

Join Rob, farm coordinator, to learn the basic cooking skills necessary to cook for yourselves and others. Make inexpensive and easy meals for breakfast, lunch and supper!

If interested, talk to staff and have your name added to the interest list.

