



*Keenleyside Tenant Community Centre
22-394 Keenleyside St. R2L 3B3*

Ph.# 204-667-4086 fax-204-667-4099

E-mail keenleyside@familydynamics.ca

November 2015

*We gratefully acknowledge Manitoba Housing and Community Development,
Manitoba Family Services and The United Way
for their generous support of our programs.*



Lest We Forget



**They shall grow not old,
As we that are left grow old:
Age shall not weary them,
Nor the years condemn.
At the going down of the
sun and in the morning
We will remember them**



November 11th



Keenleyside News

Stephanie's Cookie Club!

Our practicum student Stephanie is a wonderful cook and baker. The kids have expressed a keen interest in experimenting with various cookie recipes! Twice a month we will be baking with the kids. Tuesday, November 10th is the one for big kids, (9 years old and up) and will be from 5:30-7:00 p.m.

The second one will be on Tuesday, November 17th, also from 5:30-7:00 p.m., but will be for the younger kids, 5 years old to 9 years old. The sign up sheet is in the Centre and all parents must sign their children up for this program, but parents do not have to attend with the kids.



Crock Pot Cooking

The first crock pot cooking was a huge success. We made a beef stew that was delicious. Our dates for this month are November 5 and 17th. We look forward to acquiring more interesting and tasty recipes to try. Great work ladies!



Pot Luck

The next Potluck Dinner will be on November 24th 4:30-6:30. We have some amazing home chefs right here at Keenleyside. Sign up is required so we know how many will be attending. Also on the sign up sheet, indicate the type of dish you will be bringing (meat, side dish, vegetable, or dessert.)

Shopping Shuttle

If you are interested in a ride to the grocery store we will be offering rides on Mondays, 1:30-3:00 and Thursdays, 9:00-11:00. Just come to the centre and let Sharon or Cathy know when you would like to go and we will try to accommodate you. We are unable to transport children, (safety regulations for car seats and lack of space in the vehicles) but we would be happy to take parents to shop at bargain-priced stores, i.e. Superstore, Wal-Mart, Giant Tiger etc. Community members could share bulk purchases and really save money!



Healthy Aging Resource Team

The team from the Winnipeg Regional Health Authority have offered to come out to our centre every month to help out in any way they can. This is a new service to the Keenleyside Tenant Community Centre and we are very excited to be able to host a presentation on the Basics of Diabetes

Tuesday, November 24th, from 1:30-3:30

Come on down to the centre and we will find out all that the Healthy Aging Team has to offer this community. Are you looking for information about diabetes, high blood pressure and nutritional support for any chronic illness or ailments? Here is your opportunity to speak to the professionals. After their presentation, there will be some time for one on one consultations with the team, also the space downstairs may be used for privacy during one on one conversations.

Time Change



*Remember to set your clocks back 1 hour on
November 1st.*



Please Note

*Centre hours will change to
accommodate community spray dates.*

Centre Information

Community Kitchen

*Some great meals are prepared here at the centre, some laughs and wonderful company shared. As discussed at the “Tenant Community Meeting,” the program will be held twice a month with a cost of \$4.00 .Space is limited to 6 people, so to be fair to everyone we are taking names for an alternate list. If you can’t get on the current sign up list, you can put your name on the list for the next “Community Kitchen.” New ideas and recipes are always welcomed, come and share your tips, time-savers and short-cuts!
(Check your calendar for dates and times*



Clothing Depot

The Keenleyside Community Centre has clean, gently used children and adult clothing available for community members . At the Tenant Community meeting it was decided that appointments to check out the clothing depot and limits to the amount of clothing taken would be the fair way to ensure everyone has a chance to access the clothing and other “give away” items that are donated. Please take for your own family only!

RESOURCE CENTRE HOURS:

The Keenleyside Tenant Community Centre would like to remind everyone in the Community that all resources and programs are accessible to all families. The computers, fax, phone, clothing depot, and community programs are available during open hours.

These are the open hours:

Monday : 12:30 - 4:00 & 5:00 - 7:30

Tuesday : 12:30 - 4:00 & 5:00 - 7:30

Wednesday : 1:00-4:30

Thursday : 9:00-12:00, 1:00-4:30

Friday:9:00-1:00

**** some hours may change depending on event and activities****

Tenant Community Meetings

These meetings are held twice a month and are the opportunity for the community to voice their opinions on what type of programs you would like to see going on at your Centre.

Who can attend?

Any adult living in the Keenleyside Complex.



Why should I attend?

Your ideas are important, also all program ideas come from an expressed interest from your community. Remember, the world is run by those who show up!

When are these meetings?

2 times per month. Together we can make a difference! Check your newsletter calendar for dates and times. We do a prize draw at the meeting closest to the end of the month. If you attend both meetings your name goes in the draw twice!

November 2015

Monday <i>Open</i> 12:30-4:00 5:00-7:30	Tuesday <i>Open</i> 12:30-4:00 5:00-7:30	Wednesday <i>Open</i> 1:00 - 4:30	Thursday <i>Open</i> 9:00-12:00 1:00-4:30	Friday <i>Open</i> 9:00 - 1:00
2 <i>Drop In</i> 12:30-4:00 <i>Shopping Shuttle</i> 1:00-3:00 <i>Sheila's Shape Shifters (exercise)</i> 6:30-7:30	3 <i>Drop In</i> 12:30-4:00 5:00-7:30	4 <i>Drop In</i> 1:00-4:30 <i>Stitching with Phyllis (knit, crochet, giggle)</i> 1:00-3:00	5 <i>Shopping Shuttle</i> 9:30-11:30 <i>Crock Pot Cooking</i> 1:30-3:00	6 <i>Drop In</i> 9:00-1:00 <i>Flap Jack Friday</i> 9:00-11:00
9 <i>Drop In</i> 12:30-4:00 <i>Shopping Shuttle</i> 1:00-3:00 <i>Sheila's Shape Shifters (exercise)</i> 6:30-7:30	10 <i>Community Tenant Meeting</i> 1:30-2:30 <i>Cookie Club</i> 9 to 17 yrs old <i>(sign up required)</i>	11 <i>Remembrance Day</i>  Lest We Forget. <i>Closed</i>	12 <i>Shopping Shuttle</i> 9:30-11:30 <i>Community Kitchen</i> 1:00-3:00 <i>Sign up required</i>	13 <i>Drop In</i> 9:00-1:00 <i>Flap Jack Friday</i> 9:00-11:00
16 <i>Drop In</i> 12:30-5:30 <i>Shopping Shuttle</i> 1:00-3:00	17 <i>Closed for meeting</i> <i>Cookie Club</i> 5:30-7:00 5 to 8 yrs old	18 <i>Closed For staff training</i>	19 <i>Shopping Shuttle</i> 9:30-11:30 <i>Crock Pot Cooking</i> 1:30-3:00	20 <i>Drop In</i> 9:00-1:00 <i>Flap Jack Friday</i> 9:00-11:00
23 <i>Drop In</i> 12:30-4:00 <i>Shopping Shuttle</i> 1:00-3:00 <i>Sheila's Shape Shifters (exercise)</i> 6:30-7:30	24 <i>Healthy Aging Resource Team</i> 1:30-3:30 <i>Pot Luck</i> 4:30-6:30 <i>(Sign up required)</i>	25 <i>Drop In</i> 1:00-4:30 <i>Community Tenant Meeting</i> 1:30-2:30	26 <i>Shopping Shuttle</i> 9:30-11:30 <i>Community Kitchen</i> 1:00-3:00 <i>Sign up required</i>	27 <i>Drop In</i> 9:00-1:00 <i>Flap Jack Friday</i> 9:00-11:00
30 <i>Drop In</i> 12:30-4:00 <i>Shopping Shuttle</i> 1:00-3:00 <i>Sheila's Shape Shifters (exercise)</i> 6:30-7:30	<i>All Children must be accompanied by a parent.</i> 	<i>The Centre's open hours are at the top of the calendar.</i>	<i>Some hours may change depending on event and activities .</i>	