



Elwick Village & Resource Centre Inc.

October 2015

1417 Fife St
Winnipeg, MB R2P 0A2
Centre Ph. 632-5992
elwick@familydynamics.ca
Fax 414-9010
Community Ph. 414-9436



~Women's Afternoon~

Friday Oct 16th 1-3pm

Centre closed during this program

Women are beautiful, strong and unique. We are offering a woman's afternoon where women can join together, talk over coffee, and learn about self-care, stress reduction, health and so much more. You deserve this special time, so come join us at Elwick Village.

Wednesdays 5:30-7:30pm

Ages 12-16 @ Unit 14 1411 Fife

CALLING ALL TEENS – **The Hangout** is a program where you will discuss teen topics, go on outings, make crafts & so much more!

Family Fun Nights

Wednesdays 5-7pm

FUN FUN FUN! Join us for crafts and games for everyone in the family.

ZUMBA

Tuesdays 1:30-2:30pm

Starting Oct 6th for 8 weeks.

Best workout ever! Dance to great music with great people. No experience necessary – just come to have fun!

Community Breakfast Gatherings

9:00-11AM

Oct 7th Pancakes

Oct 20th Bacon & Eggs

Pancake
Breakfast



Important dates:

FOOD BANK

Oct 8th 2:30-3:30

Oct 22nd 2:30-3:30

Walk-ins welcome 3:30-4

Residents Advisory Meeting

Wednesday Oct 21st 4:30pm

Centre Closures

Closed Thanksgiving

Monday Oct 12th

Closed Friday Oct 23rd – Staff training

We would like to acknowledge Manitoba Family Services and Status of Women, Manitoba Housing and Community Development, The United Way and Manitoba Children and Youth Opportunity - Lighthouses program for their ongoing generous support to our Resource Centre and programs.

Web site-

elwickvillage.org
familydynamics.ca

Facebook page-

Elwick Village and Resource Centre Inc





Elwick Village & Resource Centre Inc.

October 2015

1417 Fife St
Winnipeg, MB R2P 0A2
Centre Ph. 632-5992
elwick@familydynamics.ca
Fax 414-9010
Community Ph. 414-9436



Oct 14th 4:00-7:00pm

VOLUNTEER your time to help clean up the **COMMUNITY**

**before the snow falls. Bring the *whole family* and enjoy a warm
homemade meal **after the clean-up.****

Also enjoy the chance to win prizes

(Only those who participate in the cleanup will be entered to win)

-We will provide the garbage bags and gloves-



Oct 28th 4:00-7:00pm

Visit the Spooky WITCHES HUT, show us your BEST DANCE

MOVES and tasty gooey treats

Remember - Kids must be with an adult



Elwick Village & Resource Centre Inc.

October 2015

1417 Fife St
Winnipeg, MB R2P 0A2
Centre Ph. 632-5992
elwick@familydynamics.ca
Fax 414-9010
Community Ph. 414-9436



C.A.H.R.D. Mondays 10-noon

Join employment specialist James Trimble from the Centre for Aboriginal Human Resource Development for help with resume writing, job searching, and other employment related resources. You do not have to be of aboriginal descent to access these services.



Helping Hands Food Pantry During Open hours

When in need of any non-perishable food items, come visit the centre's Helping Hands Food Pantry and we may be able to help you.



Community Closet & Laundry

Mondays 1-3:30 Tuesdays 1-3:30
@ Unit 14-1411

During these times you can come over to the unit and browse through the community closet full of gently used clothing and small household items. Access to the laundry is on a first come first serve basis.

KEN from MB Housing

Mon & Fri 1-2pm

Your Tenant Services Coordinator from MB Housing joins us when he is able. He is here to help with any concerns you may have. Ken will be sharing his time between here and the leasing office at 2-1421 Fife which is open most Mondays, Wednesdays, and Fridays from 2-4:30.

Elwick Village & Resource Centre would like to remind everyone that our resources and programs are here for **all individuals and families**.

The community programs, fax, computers, phone, clothing depot, emergency food and baby items are available to everyone in Elwick. Elwick neighborhood is from McPhillips to Sheppard and Jefferson to Inkster.

Drop in Counselling with Paula

Fr Oct 9th, 16th & 30th 1-4pm

Paula is a friendly, easy to talk to Women's Relationship Counsellor and would love to meet you. She is able to offer individual and group counselling to women and teens who are dealing with relationship or stress issues.





Elwick Village & Resource Centre Inc.

October 2015

1417 Fife St
Winnipeg, MB R2P 0A2
Centre Ph. 632-5992
elwick@familydynamics.ca
Fax 414-9010
Community Ph. 414-9436

Art Party with ArtCity

Saturday 1-3pm

Our good friends at ArtCity are coming here to throw an art party. Come out, have some fun and make something creative. No experience necessary to join and everyone is welcome. Ages 5 and under must have a parent with them.

HEY KIDS –make sure you come to KIDS CLUB with Amy to play games, make fun crafts and get active outside.

AGES 6-11

MONDAYS 4-6:00pm

@ 1417 Fife Street



Sikaran Arnis – Martial Arts Wednesdays 7-8PM

This is a Filipino martial art program that encourages discipline and self-defence. This is a unique opportunity for youth in the community to share cultures and skills with one another in a safe place and a respectful manor.



Morning Beading

Thursdays 10-12

Thanks to ideas and talents from our fabulous community, we will be getting together to share stories and skills so join us Thursday morning

*NEW *ZUMBA!!

Tuesdays 1:30-2:30pm

Starting Oct 6th for 8 weeks.

Best workout ever! Dance to great music with great people. No experience necessary – just come to have fun!



Make and Take

**Thursday Oct 1st, 15th & 29th
1:00pm**

“Make and Take” afternoons offer an opportunity to learn something new about nutrition while preparing a meal to take home for your family. **This program requires registration come sign up in the centre**



BINGO

Friday Oct 30th 1:00pm

Join the community for an afternoon of BINGO.

Please note – BINGO will no longer have GT gift cards as prizes. Prizes will be based on donations received.

Some of our programs require registration so when you come down to the centre for a cup of coffee and look for the sign-up sheets, and get on the list





Elwick Village & Resource Centre Inc.

October 2015

1417 Fife St
 Winnipeg, MB R2P 0A2
 Centre Ph. 632-5992
 elwick@familydynamics.ca
 Fax 414-9010
 Community Ph. 414-9436

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPEN 9-4 Clothes Closet@ Unit 14-1411 1:00-3:30	OPEN 9-4 Closed 12-1 Clothes Closet @ 1:00-3:30	OPEN 4-7pm Family Nights 5-7pm	OPEN 9-4 Closed 12-1	OPEN 1:00-4	Art City 1-3
			1	2	3
Kids club Mon 4-6pm Ages 6-11			Beading 10-12 Make & Take	Ken 1-2	 1-3pm
5	6	7	8	9	10
CAHRD 10-12 Ken 1-2 Kids Club	Pancake Breakfast 9-11   1:30-2:30	Family Night Fall Craft The Hangout 5:30-7:30pm Sikaran 7-8	Beading 10-12 Food Bank 2:30 Walk-in 3:30	Ken 1-2 Counsellor Paula 1-4	 1-3pm
12	13	14	15	16	17
Closed 	 1:30-2:30	Community Fall Clean Up 4-7pm The Hangout 5:30-7:30pm Sikaran 7-8	Beading 10-12 Make & Take 1pm	Women's Afternoon 1-3  Counsellor Paula 1-4	 1-3pm
19	20	21	22	23	24
CAHRD 10-12 Ken 1-2 Kids Club	Bacon & Eggs 9-11am  1:30-2:30	Residents Meeting 4:30pm The Hangout 5:30-7:30pm Sikaran 7-8	Beading 10-12 Food Bank 2:30 Walk-in 3:30	Closed Staff Training	 1-3pm
26	27	28	29	30	31
CAHRD 10-12 Ken 1-2	 1:30-2:30	Halloween Party  The Hangout Sikaran 7-8	Beading 10-12 Make & Take 1pm	Ken 1-2  Counsellor Paula 1-4	Halloween  1-3pm