



*Keenleyside Tenant Community Centre
 22-394 Keenleyside St. R2K 3B8
 Ph.# 204-667-4086 fax-204-667-4099
 E-mail keenleyside@familydynamics.ca*



March 2019



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



Keenleyside Tenant Community Centre is a...

NON-VIOLENT Centre
RESPECT FOR EVERYONE
INCLUSION OF EVERYONE
GOSSIP FREE
SAFE PLACE FOR EVERYONE

We look forward to meeting you

March 20, 2019

Come meet and talk with the Nutritionist: Lorna
Discussion on eating healthy on a budget



FREE

Once again we are fortunate enough to have Hilde a tax professional coming in to file your Income Tax.

We have three afternoons booked with her.

*Monday March 4th from 1:00-4:00
 Tuesday March 12th 1:00-4:00
 Wednesday March 27th 1:00-4:00*

Please come in and sign up



Healthy Aging Team & Public Health Nurse

FREE

Come meet and chat with Sandy Stephens

Next Visit : Sandy Stephens (PHN)
Karen Janzen (Healthy Aging Team)
March 20, 2019 at 1:30 –3:30

Healthy Aging Resource Team- River East/Transcona
204-940-2114 phone
204-940-3629 fax
Karen Janzen - nurse

Sandy (Public Health Nurse) will bring a scale if you would like to know your babies weight , she will also be able to answer any questions or concerns you may have.

How to contact your Public Health Nurse:

Sandy Stephens
Access River East
975 Henderson Hwy
Phone. 204.226.3661
Fax. 204.938.5119



Are YOU looking for work? Need help to make or update your Resume and Cover Letter, Job Search, Educational information?



CAHRD

Cam is an employment specialist from the Centre for Aboriginal Human Resource Development (CAHRD)

FREE

CAHRD also provides people with job search & interviewing techniques and can provide job counseling services for anyone looking for work.

They are available for community members looking for employment support every every Thursday morning from 8:30 –12:00

For you at your Centre

Keenleyside Tenant Community Centre Hours:

The Keenleyside Tenant Community Centre would like to remind everyone in the Community that all resources and programs are accessible for all families.

*There are computers,
Phone & fax,
Washer & Dryer
Clothing Depot, and community
programs
available for **FREE**
during open hours.*



These are the **open hours:**

Monday : 11:30-4:00, 5:00-7:00

Tuesday : 8:30-12:00, 1:00-4:00

Wednesday : 12:00-4:00

Thursday : 8:30-12:00, 1:00-4:00

Friday: 8:30-12:00, 1:00- 4:00

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

Tenant Community Meetings

Only One Meeting in March

March 11th 1:30-2:30 p.m

Bingo played after each meeting



**ALL Community residents are
invited to join us for these
meetings**



**Bring all your ideas and participate
in the development of
programs and
resources for your community**



Keenleyside Programs

Community Kitchen Day

On these days you can come in and learn new recipes or share your recipes with others at the centre.

This program is held twice a month with a cost of \$4.00 and you take home what you make.



*Space is limited to 6 people.
New ideas and recipes are always welcomed!*



Cooking dates are:

Monday March 13th 1:00-3:00

Friday March 22nd 1:00-3:00

See you here!

FREE

There is a counsellor available to anyone in the Keenleyside Complex

*Every Monday afternoon
between 1:00-4:00*

If you would like to talk with her one on one or just want to get to know her, feel free to stop in!

*Appointments available.
Come in and meet
Pamela from
Family Dynamics*

FREE

SOAR Heartland from Eastview Church will be doing some programs with the children during spring break

A Carnival at William Whyte School and BBQ Lunch, games, crafts, songs, skits all at the centre.





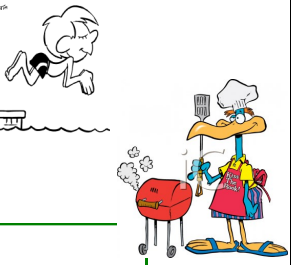
Please watch for registration forms in your mailbox.

*Dates: March 25th –March 29th
Time: 11:00-3:30 p.m*



MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>All children must be with their parent unless specific programs permit otherwise</i></p>		<p><i>Some hours may change depending on events and activities</i></p>		<p>1 <i>Breakfast</i> 8:30-10:30 <i>Drop In</i> 8:30-12:00 1:00-4:00 <i>Tile painting craft</i></p>
<p>4</p> <p><u><i>Income Tax</i></u> 1-4 <i>(Hilde)</i></p> <p>FREE</p> <p><i>Youth Crockpot Cooking</i> 4:30-6:30</p>	<p>5</p> <p><i>Parent & preschooler program</i> 10:00-11:30 <i>Games afternoon</i> 1:00-4:00</p> 	<p>6</p> <p><i>Drop In</i> 12:00-4:00</p>	<p>7</p> <p><i>Cam from CAHRD</i> 8:30-12:00</p> <p><i>Women Wisdom Wellness Program</i> 1:00-2:30 <i>Closed Group</i></p>	<p>8</p> <p><i>Breakfast</i> 8:30-10:30</p> <p><i>Closed in afternoon</i></p>
<p>11</p> <p><i>Tenant Community Meeting</i> 1:30-2:30 <i>(Bingo to follow)</i></p> <p><i>Youth Crockpot Cooking</i> 4:30-6:30</p>	<p>12</p> <p><i>Parent & preschooler program</i> 10:00-11:30</p> <p>FREE <u><i>Income Tax</i></u> FREE 1-4 <i>(Hilde)</i></p>	<p>13</p> <p><i>Drop In</i> 12:00-4:00</p> <p><i>Community Kitchen</i> 1:00-3:00</p>	<p>14</p> <p><i>Cam from CAHRD</i> 8:30-12:00</p> <p><i>Women Wisdom Wellness Program</i> 1:00-2:30 <i>Closed Group</i></p>	<p>15</p> <p><i>Breakfast</i> 8:30-10:30 <i>Drop In</i> 8:30-12:00 1:00-4:00 <i>Tile painting craft</i></p>
<p>18</p> <p><i>Drop In</i> 12:00-3:30</p> <p><i>Youth Crockpot Cooking</i> 4:30-6:30</p>	<p>19</p> <p><i>Closed for Staff Training</i></p>	<p>20</p> <p><i>Drop In</i> 12:00-4:00</p> <p><i>Public Health Nurse and the Community Nutrition Educator</i> 1:30-3:30</p>	<p>21</p> <p><i>Cam from CAHRD</i> 8:30-12:00</p> <p><i>Women Wisdom Wellness Program</i> 1:00-2:30 <i>Closed Group</i></p>	<p>22</p> <p><i>Breakfast</i> 8:30-10:30 <i>Community Kitchen</i> 1:00-3:00 <i>Tile painting craft</i></p>
<p>25</p> 	<p>26</p> 	<p>27</p> <p><u><i>Income Tax</i></u> 1-4 <i>(Hilde)</i></p> <p>FREE</p>	<p>28</p> 	<p>29</p> 
<p>SPRING BREAK with Eastview</p>				