

# Program Calendar

## MAY 2022 (MON. MAY 2 – TUE. MAY 31)

HAPPY  
50TH



NorWest on Alexander (NOA) 1880 Alexander Ave. Phone: (204) 940 - 2662

<u>Monday</u> 9 AM - 5 PM	<u>Tuesday</u> 9 AM - 7 PM	<u>Wednesday</u> 9 AM - 7 PM	<u>Thursday</u> 9 AM - 7 PM	<u>Friday</u> 9 AM - 5 PM	<u>Saturday</u> 9 AM - 5 PM	<u>Available</u> Anytime*
9:30 – 3:00 Coffee & Drop-In	9:30 – 3:00 Coffee & Drop-In	9:30 – 3:00 Coffee & Drop-In	9:30 – 3:00 Coffee & Drop-In	11:00 – 3:00 Coffee & Drop-In	9:30 – 12:00 Coffee To-Go	Snacks are provided for every in-person program
10:30 - 12:00 Community Breakfast (to-go)	9:30 – 11:30 Work Readiness (In-person) (w/ Saleha)	9:30 – 11:30 Work Readiness (In-person) (w/ Saleha)	9:30 – 11:30 Work Readiness (In-person) (w/ Saleha)	12:00 – 1:00 BOOK CLUB (w/ Lorrie)	10:30 – 12:00 KIDS/Teen Brunch	*LITERACY: NorWest 50 <sup>th</sup> Theme Pick up Activities anytime – all ages. Win a prize.
12:00 – 1:00 Community Clean-up*	9 – 4 (May 10, 26) 9 – 12:30 (May 3/17/31) Lindsay - Counselling	1:00 – 2:00 Community Lunch (to-go)	1:00 – 2:00 Fruit & Veggie Market–PAID (cash)	1:00 – 4:00 Adriana - Counselling	1:00 – 3:00 Seniors' Table Time	*Community Colouring – all ages Pick up activities anytime
1:00 – 2:00 Community Colouring	1:00 – 2:00 Food BINGO (In-person)	12:00 – 3:00 SEWING CLUB (w/ Bernice)	4:00 – 5:00 Kids Chill Out Café	1:00 – 2:00 Save the Food	3:00 – 4:30 S.T.E.A.M Shop (Ages 6-11)	*COBBS BAKERY Available Tuesday after 1 PM! (Limited)
3:30 – 4:30 KIDS KRAFTS	4:00 – 5:30 KIDS in the KITCHEN	4:00 – 5:30 KIDS BINGO	5:00 – 7:00 TEEN Homework Club	1:30 – 3:00 (Live@2) Virtual BINGO (NorWest Alexander FB)		*HARM Reduction Supplies Available anytime
	5:30 – 7:00 TEEN TABLE	5:30 – 7:00 TEEN SPACE CAFÉ		3:30 – 4:30 KIDS Homework Club (Sign up only)	<b>CLOSED:</b> Fri. May 20: 9-1:30 PM Mon. May 23: 9-5 Fri. May 27: 9-5	*Community Cupboard Available to purchase Anytime.

### MONDAY TO FRIDAY AFTER SCHOOL SNACKS (AGES 3 TO 19): 3:30 - 4:00 PM

Masks are recommended, and masks can be supplied for you. Check 2<sup>nd</sup> page for more information on in-person programs.

#### Lindsay – Knowledge Keeper – Drop Ins & Appointment - Tuesdays

Lindsay can help Indigenous individuals & families as a cultural liaison and CFS advocate. Drop-in, or **contact (431) 338 - 6764** to book an appointment.

#### Saleha – Employment Support – Drop Ins & Appointment

Available support for resume's, cover letters, job-searches, job-readiness & MORE! Contact: 1 (204) 792 – 7983, or email smohammadi3@norwestcoop.ca to book an appointment.

#### Adriana – Counselling – Drop Ins & Appointment - Fridays

Book for an appointment for counselling & mental health support, come to NOA Every Friday from 1 to 5 PM. Drop in, or **contact 204-226-1064** to book appointments.

#### Danae – Counselling – Appointment Only

Counselling & mental health support available. CALL or TEXT Danae at (204) 918 - 6186 for more information.

#### Emmy – Women's Counselling – Appointment Only

Book for an appointment for counselling & mental health support CALL Emmy at (204) 938 - 5911 for more information.

#### Kids Programs – 6 to 11 years old

#### Teen Programs – 12 to 19 years old

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## Community Breakfast – Take-Out

Join us **Monday at 10:30 am** for coffee & a light breakfast.

## Community Clean Up – Outdoor – Weather permitting.

Join us **Monday at 12 pm** for a walk, while helping clean up what winter has buried. Snacks will be provided, along with great company!

## Cobbs Bakery Bread – Pick-Up

Join us **Tuesday** for bread & pastry pick-up; while supplies last.

## Food BINGO – In-Person

Join us **Tuesday at 1:00 pm** for BINGO; prizes are Food Based!

## Community Lunch – Take-Out

Join us **Wednesday at 1:00 pm** for a freshly made lunch.

## Sewing Club – In-Person

Join Bernice on **Wednesday at 12:00 pm** as she shares her knowledge and expertise in sewing! Learn some practical skills, make some clothes, and have some fun.

## Fruit & Veggie Market – PAID

Join us **Thursday at 1:00 pm** for our subsidized Fruit & Veggie Market. **CASH ONLY** while supplies last; selection varies.

## Meditation & Mindfulness –Virtual

Meditation will be sent via email or text for “virtual”. **Contact Michelle at 204-330-9649** for more information.

## Save the Food – In Person

Join us **Friday at 1:00 pm** for some meal prep, and get a chance to take home some ingredients with you!

## Virtual Book Club – Facebook Live

A virtual Book Club with a lovely community member. Live readings posted to our Facebook Page—**NorWestOnAlexander**

## Virtual Food BINGO – Facebook Live

Join us **Friday at** for BINGO; prizes are Food Based! Check **NorWest on Alexander Facebook at 1:30 for Countdown. Live @ 2:00 PM.**

## Community Colouring – In-person

Join us for a drop-in collective colouring project, anytime during the day. ALL AGES, some materials can be supplied.

## Harm Reduction Supplies – Pick-Up - Available anytime.

## Break Room – By-Appointment – (204) 940 - 2662

Need web access for a workshop, or to connect with family & friends? Or maybe you need a quiet place to work or meditate? You will have access to a webcam, computer, Wi-Fi, & staff to help you set up!

## Literacy Program – Pick-Up {All Ages} – (204) 599 - 9111

**NEW activities & challenges monthly!** A chance to win **PRIZES!**

## Kids/Youth Free Play – Ages 6 to 19.

Open space to hang out and meet new friends, play video games, watch movies, arts & crafts, reading area, homework space, etc. Snacks provided.

## KIDS CHILLOUT CAFÉ (Ages 6-11) / TEEN SPACE CAFÉ (Ages 12 – 19)

Check the café days for Kids and Teens. Gain points for the café and prizes. Watch movies, play games, cook or bake, finish homework and projects, arts & crafts, and so much more. A space just for you and your friends.

## KIDS (Ages 6-11) / TEEN Homework Club (Ages 12-19)

Need any support with homework, projects, quizzes, or tests? Let us help you out! Kids must register for Friday. Teens are welcome to drop in on Wednesdays.

## S.T.E.A.M Shop

Explore and create cool and fun experiments. Learn new ways of thinking and problem solving! We welcome all ages 6 to 11!

## Seniors' Table Time

Join us for a couple of hours of Fun for Seniors. Snacks, Drinks, Conversations, Board Games, Puzzles, and Fun company.

## Kids in the Kitchen (6-11)/Teen Table (12-19) – Must Register.

Kids (6-11) and Youth (12-19), join us to cook or bake, learn some cooking techniques, eat the food you made or take it home, and hang out in the space!

## Work Readiness Workshop – Registration available at NOA.

Learn resume writing, career exploration, job search support, and so on. Offered 3x a week for April. \$25 gift card/participant for weekly completion. Up to \$100.



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## CONTACT US!

Ace – (204) 599 – 9111

Felicia – (204) 590 – 6503

Danae – (204) 918 – 6186

Saleha – (204) 782 – 7983

Michelle – (204) 330 – 9649

Samantha – (431) 276 – 6614

\*\* Calendar is subject to change. For more information, and updates, please check our social media!