

Kingsville Community Centre Programs
February 2019

Centre Program & Event may change without notice.

Every Tuesday & Thursday

Event: Kingsville Community Centre Café

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Stop by and enjoy complimentary coffee/tea and sweets in our inviting café. Newspapers, books, coloring books and games/activities are available. In-house and take-out available. Free Wi-Fi.

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Community Advocacy Services

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Assist individuals to connect with necessary available community services and programs, address problems and conflicts.

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Community Computer Kiosk

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: A computer Kiosk is available to individuals requiring the use of a computer for the creation of resumes, job search, and employment related emails.

Cost: Admission is free

More: 226--773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Blood Pressure Clinic

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Stop by and have your blood pressure checked by a trained health professional. *On Feb 19th, an RN from Chartwell will be here to answer your general health-related questions.*

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Neighbour Helping Neighbour

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: The Neighbour Helping Neighbour (NHN) program is designed to help people in the community to naturally look out for one another and provide support as helping neighbours. Created by the Windsor-Essex Compassion Care Community, the NHN program has helped dozens of communities across Windsor-Essex to be mindful of others, to offer services, to support one another at no cost and in the process creating opportunities where people can count on their

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neighbours and friends for extra help. Together we are helping to ensure that the community wraps around people in distress and figures out how to help. Stop by and complete your registration to make a difference in your neighbours' life.

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Every Tuesday

Event: Milk Bag Creations

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Recycled milk bags are repurposed to create woven sleeping mats and carry bags for use by local homeless youth. On request, the group also makes items for local churches and organizations to be sent to communities in other countries around the world.

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Beginner & Problem-Solving Knitting Class

Time: 9:00 am to 10:00 am

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Have you always wanted to learn how to knit? Run into a snag with a project? Deborah will give personal one on one instruction to help you get started or deal with any knitting issues.

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Essentrics Tone & Stretch Class - Classical Stretch Exercise Class

Time: 9:30 am to 10:15 am

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: The first part of this exercise program is ideal for individuals and seniors looking for a program that is presented at a comfortable pace while strengthening and stretching muscles followed by 30 minutes of Essentrics a dynamic workout that simultaneously lengthens and strengthens every muscle in the body resulting in greater joint mobility and lean and long muscles. This is an all levels class which will strengthen and stretch all your 640 muscles. It will increase full body flexibility and help relieve pain. Broken into segments, so feel free to participate in any part of the program that is of interest to you.

Apprentice Essentrics Instructor: Julia Bennett RMT.

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Mom 2 Mom

Time: 9:30 am to 11:00 am

Place: Kingsville Community Church, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Moms and grandmothers of all ages, come hang out with other moms. Mom 2 Mom is designed for you and your kids. There is child-care, and Storytime for Tots provided so you don't have to get a babysitter. If you want to strengthen your relationship with God and get to know other moms, then Mom 2 Mom is for you!

Cost: Admission is free

More: 226-773-5830, admin@kingsvillechurch.com, www.kingsvillechurch.com

Event: Knit-A-Long**Time:** 10:00 am to Noon**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** Come with your personal projects and meet new friends**Cost:** Admission is free**More:** 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com**Event: Hospice Windsor-Essex County Wellness Program: Guitar Classes****Time:** 4:00 pm to 5:00 pm**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** Bring your guitar and join Joe. Learn basic cords and simple current songs. This class is free and open to all ages and skill levels. Register by phone or email.**Cost:** Admission is free**More:** 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com**Event: Tutoring Services****Time:** 4:00 pm to 5:00 pm**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** Experienced teachers will be available to provide tutoring in Reading, Math and English. Class size limited to 4 students. Pre-registration required.**Cost:** Admission is free**More:** For information call 226-773-5830, email admin@kingsvillecentre.com, www.kingsvillecentre.com**Event: Westover Treatment Centre Recovery Support Program****Time:** 6:00 pm to 7:00 pm**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** The Recovery Support Program at Westover Treatment Centre is an important tool to help you on your journey to an addiction-free life. To participate you must have completed a residential treatment program or are awaiting placement.**Cost:** Admission is free**More:** 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com**Every Thursday****Event: Beginner Tai Chi****Date:** Every Thursday**Time:** 9:30 am to 10:00 am**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** Instructor Greg Hutton will teach the foot work, the turns and the different moves with the hands. Students are welcome to stay for the Tai Chi class starting afterwards.**Cost:** Admission is free**More:** 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Tai Chi**Time:** 10:00 am to 11:00 am**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** This exercise program will focus on improving the health of seniors and mature adults as well as provide the younger generation with a way to build strength and flexibility through repetition and fluid motion. A class for all ages. Come and enjoy the workout and feel good about doing it. Instructor- Greg Hutton**Cost:** Admission is free**More:** 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com**Event: Addiction Counselling Services****Time:** 10:00 am to noon**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** Complimentary counselling services will be provided by Dale Richardson, Certified Addictions Counsellor recently retired as Coordinator of Addiction Services at Hotel Dieu Grace Healthcare. Group and individual sessions are available. Call for information or appointments.**Cost:** Admission is free**More:** 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com**Event: Yarn Craft Social****Time:** 10:00 am to noon**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** For knitters, those who crochet, cross stitch or needle pointers. On Thursday's bring whatever is on your hooks/needles and relax with friends while working on your project. Beginners welcome.**Cost:** Admission is free**More:** 226-773-5830, email - admin@kingsvillecentre.com, www.kingsvillecentre.com

Tuesday, February 5

Event: Monthly Pharmacy Series: Main Street Pharmacy – Heart Health & Cholesterol**Date:** Tuesday, February 5**Time:** 10:30 am to 11:30 am**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** February is Heart & Stroke awareness month. Join Aaron as he discusses heart health and related topics.**Cost:** Admission is free**More:** To register call -226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Thursday, February 7

Event: Reflexology**Date:** Thursday, February 7**Time:** 9:00 am to noon**Place:** Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1**About:** An alternative treatment based on a system of zones and reflex areas in the body with the premise that such therapy promotes health and wellbeing. Please register for an appointment.

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Cost: Admission is free

More: Book an appointment call -226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: “Gadget Girl” – Bring Your Device

Date: Thursday, February 7

Time: 10:30 am-11:30 am

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Bring your electronic device and receive individualized training from “Gadget Girl” Jamie Jarrold. She will provide information related to what you would personally like to learn about your device. Class size of 4.

Cost: Admission is free

More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Invisible Illness Support Group

Date: Thursday, February 7

Time: 11:00 am to Noon

Place: Kingsville Community Centre, 1860 Division Rd N, Kingsville, ON N9Y 2Z1

About: A place for people with invisible illnesses such as MS, arthritis, ADHD, depression, anxiety, chronic pain, etc to come and feel safe, share, and hopefully get connected to any resources that might help.

Cost: Admission is free

More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Tuesday, February 12

Event: Reflexology

Date: Tuesday, February 12

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: An alternative treatment based on a system of zones and reflex areas in the body with the premise that such therapy promotes health and wellbeing. Please register for an appointment.

Cost: Admission is free

More: Book an appointment call -226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Wednesday, February 13

Event: Alzheimer Society Of Windsor-Essex: Memory Cafe

Date: Wednesday, February 13

Time: 1:00 pm to 3:00 pm

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: What is a Memory Café?

A memory café provides a FREE gathering place for people living with dementia, their care partners, families and friends to relax, and enjoy refreshments. It also provides socialization, discussions, and entertainment all in a coffee shop environment. What is offered?

- Free coffee and other refreshments
- Socialization
- Educational Opportunities
- Recreational Activities
- Guest Speakers
- Celebrity Servers

Cost: Admission is free

More: For more information contact Alzheimer's Society 519-974-2220 ext. 244 or 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Thursday, February 14

Event: "Gadget Girl" – Bring Your Device

Date: Thursday, February 14

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Bring your electronic device and receive individualized training from "Gadget Girl" Jamie Jarrold. She will provide information related to what you would personally like to learn about your device. Class size of 4.

Cost: Admission is free

More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Wednesday, February 20

Event: Young At Heart Luncheon

Date: Wednesday, February 20

Time: 11:00 am to 1:30 pm

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: A luncheon open to the young at heart! Menu: Chicken pot pie, salad, roll, beverages, dessert

Cost: \$7.00 per person

More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Thursday, February 21

Event: "Gadget Girl" – Bring Your Device

Date: Thursday, February 21

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Bring your electronic device and receive individualized training from "Gadget Girl" Jamie Jarrold. She will provide information related to what you would personally like to learn about your device. Class size of 4.

Cost: Admission is free

More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Ability Tai Chi-The Basics

Date: Thurs, Nov 22

Time: 11:00 am to 11:30 am

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Teaching and exploring basic Tai Chi designed for seniors and individuals living with a developmental or physical disability.

Cost: Admission is free

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More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Hospice Wellness Coffee House

Date: Thursday, February 21

Time: 6:30 pm to 8:30 pm

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Welcomes singers, poets, story tellers and musicians as they bring their talents. It will be a fun night to share with friends. Café open.

Cost: Admission is free

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Thursday, February 28

Event: Reflexology

Date: Thursday, February 28

Time: 9:00 am to noon

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: An alternative treatment based on a system of zones and reflex areas in the body with the premise that such therapy promotes health and wellbeing. Please register for an appointment.

Cost: Admission is free

More: Book an appointment call -226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: “Gadget Girl” – Bring Your Device

Date: Thursday, February 28

Time: 10:30 am-11:30 am

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Bring your electronic device and receive individualized training from “Gadget Girl” Jamie Jarrold. She will provide information related to what you would personally like to learn about your device. Class size of 4.

Cost: Admission is free

More: 226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Community Centre Café Luncheon

Date: Thursday, February 28

Time: 11:30 am to 1:00 pm

Place: Kingsville Community Centre, 1860 Division Road North, Kingsville, ON N9Y 2Z1

About: Fettuccini alfredo, garlic bread, tea/coffee, dessert. Dine-In or Take-Out.

Cost: \$6.00. Please call by Thurs, Feb 21 to RSVP.

More: 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com