



# UPDATE

FALL 2014

## How Walking *Made a Difference*

Interview with John Vanderzand • KDCHC Walking Group participant



WHO KNEW THAT WALKING TOGETHER with a group of friends on a weekly basis could lead to such positive change in someone's life?

*I met John Vanderzand when I joined the Walking Group as a student helper, and he talked with me about how walking has become such an important part of his life and has been key to creating positive changes in his health and in building new relationships.*



When I learned how much John walks, up to 92-100km a week, I was inspired at how dedicated he is to walking and how much it has just become a regular part of his day – *"If I'm not sick, then I'm walking."*

John was one of the founding members of the Walking Group when it started in September 2011 and he has been participating ever since.

When I asked John how he became interested in walking, he shared that he had been diagnosed as being pre-diabetic a few years ago and was

told that walking could help keep his blood sugar and blood pressure down. And it worked!

Over the last two years, his blood sugar tests have been within the healthy range and he has noticed that his blood pressure is lower on the days that he is more active.

He reminded me though that *"I wasn't doing it right from the beginning, walking 15km a day."* He started out with

something manageable like walking to close-by destinations instead of taking the bus and by joining the KDCHC Walking Group.

John is now involved in three other walking/hiking groups in town as well as one in his neighbourhood. "I think, in a way, walking kind of connects you to different parts of the community because you go places you haven't been."

Not only has John gotten to know the city better by walking, but he has also developed many friendships and connections in the community through the Walking Groups he participates in. *"As soon as you get involved with a Walking Group, it seems like you have a friend right away, it's instant."* He also mentioned that being part of a Walking Group really help him to keep going – the people are a good support and are very encouraging.

There are many health benefits associated with walking, such as helping to keep good blood flow and a healthy blood pressure, maintaining strong bones, helping to reduce stress or improve your mood, and it can also promote heart health. John told me that, "walking has been good for me I think physically, mentally and even spiritually."

It can be helpful for me at times when I feel stressed or when I feel some anger. It's peaceful and you can let all your worries go when you go for a walk. It gets me out and away from the TV and I think being active energizes you too. The days I do a lot of walking are also the nights I sleep better and longer."

John also pointed out that sometimes "you do need to take breaks and listen to your body if it's telling you to do that."

Walking has become such a fundamental part of John's life that he does not just walk to get somewhere anymore, but it has

become something he does without thinking about it – a habit and part of his daily life – and he walks for pleasure too.

Now, as an experienced walker, John is also exploring new activities like snowshoeing in the winter and power walking, as well as taking part in walking fundraisers like the Minds in Motion Walk.

A piece of advice John had for me was to set goals and write them down – “writing it down helps you do it more than if you just think about it and you can see if you can keep doing better next time.”

And so my advice to you is, if you are able and no matter how young or old, think about getting off one bus stop early and walking a little bit further, going for a walk around the block, or joining the Walking Group, because no matter what pace you are going, you never know what good things might come from putting one foot in front of the other. 🌱

*Christina Martin*  
MSW Intern

## Message From the Executive Director

Each year, KDCHC participates in province-wide activities with other Community Health Centres to highlight the importance of having a healthy community that includes everyone. This year it will be from October 5-12.

This year we will be highlighting our strong role in promoting community health and wellbeing, advancing health equity and working on strengthening our community.

There are many local examples and examples from across the province that will be shared. Areas may include food security at a community level, housing first strategy, maintaining the health of newcomers to Canada and access to health care. Keeping people healthy is a key goal of CHCs.

This strategy supports the overall health care system to prevent people from getting sick, keeping people out of hospital and

improves people’s wellbeing.

An important part of all these ideas and activities is to build on the strengths of individuals and the community, support people taking leadership roles to improve their community and involving people with lived experience to improve their wellbeing.

It focuses on looking ‘upstream’ which means zeroing in on the root causes of ill health and how every one of us can contribute towards a healthier society.

KDCHC will share information on our website and advertise activities that will be happening during the week. 🌱



*Eric Goldberg*  
Executive Director

**ACTION REQUIRED!** TO CONTINUE RECEIVING OUR QUARTERLY NEWSLETTER BY EMAIL,  
**REMEMBER TO SUBSCRIBE @ [www.kdchc.org](http://www.kdchc.org)**

Mailed copies of the newsletter will END with this delivery. To continue receiving our quarterly newsletter by e-mail you MUST sign up electronically. Please SUBSCRIBE @ [www.kdchc.org](http://www.kdchc.org) The sign-up is in the middle of the page. You may receive an e-mail confirming your subscription to the e-mail address you signed up with. Printed copies will continue to be available at KDCHC. If you have no access to computer, you can pick up a paper copy when you are at KDCHC for an appointment, program, meeting, event, or when volunteering.

*Find out what’s new and going at KDCHC, read great articles and stories from our varied contributors.  
It’s easy to sign up and just as easy to unsubscribe if you would like to in future.*

### Jannah Tudiver



MY NAME IS JANNAH TUDIVER AND I AM EXCITED TO JOIN THE TEAM AT KDCHC!! I have been a professional counsellor for 7 years and have a background in helping people with drug and alcohol issues and with mental health concerns.

I have worked in a variety of settings, including at a treatment program for opiate addiction and as coordinator of counselling services for Mount Allison University in New Brunswick. For the last year, I have worked at the Woolwich Community Health Centre nearby in St Jacobs.

At KDCHC, I will be providing counselling appointments and will be helping with programs and groups. Examples of topics you could talk with me about include: personal goals, stress or anxiety, relationship concerns, building skills to help manage emotions or low moods, and issues related to substances such as alcohol, prescription medications, and drugs. Please talk to your care provider if you would like to meet with me!

### Lana Brasher



GREETINGS/AANII! MY NAME IS LANA BRASHER AND I AM HONORED TO BE A NEW MEMBER OF THE COMMUNITY DEVELOPMENT TEAM AT KDCHC AS THE ABORIGINAL HEALTH AND WELLNESS PROMOTER.

I am an Anishinaabe-Kwe (Ojibwe woman) and grew up in Northern Ontario. I am a band member of the Serpent River First Nation.

During these past 3 months on the job I have spent a lot of time building relationships and partnerships (primarily) with the Aboriginal community. I am currently working on a Healthy Workshop Series that will start in early October 2014, which is in partnership with the Southern Ontario Aboriginal Diabetes Initiative (SOADI), Laurier University, Conestoga College and Waterloo University.

Each week, for four weeks, a workshop will be held either at Conestoga College, KDCHC, Laurier and Waterloo universities. Each workshop will focus on health and well-being that will include a cultural perspective and Teachings. The Fall 2014 workshop series will be the first of four Series that will follow the directions (seasons) and gifts found in each "Doorway of the Medicine Wheel".

So stay tuned to see what is happening in the Winter, Spring and Summer (2015) Series. At KDCHC, we are all about community, so everyone is welcome. Please feel free to call me for information or share your ideas, wants and desires that focus on promoting health and well-being. I can be reached at 519-745-4404, extension #256, or stop by and visit me. Thank you/Miigwech!

### Samantha Pechaluk



HI! MY NAME IS SAMANTHA PECHALUK AND I AM EXTREMELY EXCITED TO BE BACK AT KDCHC!

I started out at KDCHC as a placement student from Conestoga College, Social Service Worker program.

I worked under Lorri Holmes, Coordinator of Volunteers. Once I completed my first year placement, I was hired over the summer of 2013 to work as the Assistant to the Coordinator of Volunteers. I finished the summer contract and came back in the fall to do my 2nd year placement.

While gaining valuable experience and knowledge at KDCHC such as running a Puzzle Group every week and working closely with the volunteers, I was offered a job as a part-time Assistant to the Coordinator of Volunteers just weeks after I graduated. I am honoured to be a staff member for KDCHC and am pleased to be working with Lorri Holmes and the volunteers once again! 

The Board of Directors is elected to provide overall governance and leadership on behalf of KDCHC. They are a diverse group of volunteers who provide leadership, set direction and provide accountability to the community. The Board is responsible for:

- Establishing and implementing the organization's mission and vision;
- Developing and implementing a strategic plan to meet its mission;
- Ensuring that services and programs are relevant;
- Ensuring that KDCHC meets its legal and financial responsibilities;
- Engaging KDCHC with the community;

Below is a brief introduction to our Board members. They have a lot of experience in different areas and all have a keen interest in seeing that KDCHC plays an important role in the community and provides good quality services.

#### CATHERINE HEAL (Chairperson)

is a Certified Management Accountant. Catherine lives in downtown Kitchener and has a lot of board and committee experience with a broad range of community agencies. Catherine is the chair of the Governance Committee for the Board of Directors.

#### JENNIFER BECHTEL (Vice Chairperson)

works in the mental health field with the Canadian Mental Health Association and has recently received a Masters Degree in Health Administration. Jennifer is the manager of coordinated intake, access and transitions in her organization. Jennifer is the chair of the Quality Committee for the Board of Directors and is a member of the Governance Committee.

#### BRUCE BRUBACHER (Treasurer)

is a Chartered Professional Accountant with more than 25 years of management experience in hospitals. Bruce's volunteer experience includes connections with the Food Bank, working with newcomers and was a board member and Treasurer with the North Hamilton Community Health Centre. Bruce is the chair of the Finance Committee for the Board of Directors.

#### LORIE FIOZE

is a manager of strategic planning initiative with the Region of Waterloo and works in the Chief Administrators Office. She has worked in many positions related to social planning and health promotion and an interest in healthy public policy and ensuring access and equity. Lorie is the chair of the Health Equity and Social Justice Committee for the Board of Directors.

#### JOANNE OLDERSHAW

has a broad range of volunteer experience related to poverty, substance abuse, domestic violence and cancer. She is a writer with lived experience and is a member of the KDCHC Mental Health Advisory Group. Joanne is passionate about applying healthy public policies to reduce health inequities. Joanne is a member of Quality Committee for the Board of Directors.

#### TERRI WILKINSON

has experience in nursing and law. Terri's past experience as a case manager with the Ontario Lawyer's Assistance Program, she has provided crisis and intervention support for people with addictions and mental health issues. Terri has also volunteered with Out of the Cold and Self-Help Alliance. Terri is a member of the Health Equity and Social Justice Committee for the Board of Directors.

#### SIDDHARTH JOSHI

has worked in the field of public health and medicine for more than 10 years. He has excellent knowledge related to epidemiology, health promotion, disease prevention, early intervention and chronic disease management. Siddharth is a newcomer to Canada and lives in downtown Kitchener. Siddharth is a member of the Communications and Fundraising Committee for the Board of Directors.

#### MARK RIENSTRA

is the co-founder of Ocular Health Centres, which provides surgical care and treatment of ocular disease. Mark understands the health care industry and he is very focused on looking at ways to increase accessibility to services for clients. He works with a lot of seniors and people with chronic disease. Mark is a member of the Governance Committee for the Board of Directors.

#### JULIA HARRIGAN

is a Financial Analyst with Manulife. Julia has a group benefits designation and is working towards becoming a Certified General Accountant. Previously Julia taught English in Russia and South Korea and has volunteered with other community agencies and has volunteered to prepare and file income taxes for low income individuals. Julia has joined the Finance Committee for the Board of Directors.

#### LUTFIYE TUTAK

has experience in employment counselling, job development, workshop facilitation and program coordination with non-profit, cross-cultural community organizations, often focused on people who face barriers to employment. Lutfiye has a B.A. in Econometrics from a University in Turkey and recently completed Career Development practitioner post degree program at Conestoga College. Lutfiye is new to the Board of Directors.

## My Experience with KDCHC

*Krystyna Sieminski*  
Volunteer



Hello!! My name is Krystyna Sieminski and I am the smiling face that greets our many clients and guests at the front desk of KDCHC. I am more than just a pretty face though, I assist with greeting

and helping our community clients who come through the front doors, but I also manage new client folders to be processed, answer the phones and make cold calls to clients who need a friendly reminder of any upcoming appointments or cancellations. I even do general repair jobs around the office!

Once a month, I volunteer with our clinic's Physician and nursing team, to ensure that appointments run as smoothly as possible. It was a great honour when I was asked if I would be interested in keep track of the diabetes inventory once a month to help out.

I've been volunteering for over 2 years, after sustaining an injury and suffering through physiotherapy and surgery. A few years later I returned to school to upgrade my skills and try to find a job – but with no results.

Feeling down and unwanted, I decided to try volunteering. It was a God-send when I volunteered at KDCHC and I was welcomed with open arms in a family atmosphere where I was once more feeling like I had a purpose in life and believed in myself once more! **I have enjoyed volunteering at KDCHC, because of the sense of family that I have experienced,** and I try to exude that same sense to all who walk through these doors. 🌸

## A KDCHC Volunteer Story

The fading brown building with the sign Lang's Tannery on the side looks from a distance like an old deserted factory that at one time was humming with activity but now sits empty and deserted; another victim of these rapidly changing economic times. Today this large edifice – which takes up the streets of Francis, Joseph, Victoria and Charles in downtown Kitchener – is indeed humming with the sounds of at least 50 different businesses that make up its interior.

Among all these corporations lies an organization whose goal is not to make a profit, but to keep Kitchener's downtown community healthy and active. It's the Kitchener Downtown Community Health Centre.

*The two-level centre offers primary health care to downtown residents, give support to people experiencing homelessness as well as offers educational programs on nutrition and diabetes.*

The above is just the tip of the proverbial iceberg, as making a list of what the centre has to offer might well fill up a whole page. The centre manage to function efficiently with two key ingredients:

### 1] having a staff of trained and highly talented individuals

consisting of doctors, nurses, community development workers, counsellors and receptionists.

2] **having volunteers** of which I am proud to be one. Society takes volunteers for granted, but many non-profit organizations would have difficulty functioning without them. **Volunteers work, not because they have to, but because want to.** They believe in what the organization is doing and want to assist in



any way possible.

*Scott Brady*  
Volunteer

**My volunteering for the health centre dates back about 14 years** when the centre first opened.

The city's aging caretaker (the Grand River Hospital) would need help keeping the people of Kitchener healthy and productive, so the KDCHC opened its doors to the public at the dawn of the 21st century, when cellphones looked like walkie-talkies and texting was something you did on paper!

I started volunteering two years after its opening, admittedly not because I wanted to make some great contribution to society, but to have something to fill my time as I recently became disabled.

On the surface my duties didn't seem to be contributing greatly to the improvement of health care in our city, as they consisted mainly of clerical work, like filing.

I eventually viewed volunteering, not necessarily as a challenge for me personally, but as a way to allow the staff to concentrate on running the centre's programs and work with clients on an individual basis, freeing them from more mundane tasks.

**Our society definitely needs volunteers!** 🌸

# 5th Annual Kindred Spirit Award Winners

At the Kindred Spirit BBQ on May 8th, KDCHC's 5th annual Kindred Spirit Award was given out. The Kindred Spirit Award was developed by the KDCHC Homelessness Advisory Group and partner organizations YWCA, ROOF and Ray of Hope. The award recognizes the unique and important work of peers. It is given to individuals who have been homeless at some time in their life, who are now working to support other people experiencing homelessness in the community.

## Award Winners

***This year's co-recipients of the award were Cindy MacRae and Clarence Cachagee!***



Cindy MacRae (centre)  
Katie McDougall (left), Greg deGroot-Maggetti (right)

Cindy currently volunteers with a number of different agencies in the community, including Community Justice Initiative's Stride program and Hospice of Waterloo. She also works at The Working Centre's Hospitality House.

Cindy has been a volunteer with Mennonite Central Committee's Circle of Friends program for over 9 years.

She has supported and walked alongside many women transitioning from Mary's Place into the community. Katie

McDougall, Circle of Friends Program Manager, who nominated Cindy, noted "Cindy has encountered much on her own personal journey, and yet it has shaped and molded her into an individual who can walk with others that are dealing with their own pain, grief, hardship and despair.

**She is caring, compassionate, and is committed to this community – and the diverse group of individuals that are often excluded in our society".**



Clarence Cachagee (centre)  
Brandon Spunar (left), Chris Stevanus (right)

Clarence is a Shelter to Housing Stability Worker at House of Friendship's Charles Street Men's Hostel. Clarence has volunteered at The Working Centre's St. John's Kitchen, and has worked at Hospitality House and as a Peer Health Worker at KDCHC.

He has also done a lot of public speaking sharing his story with diverse audiences to educate the community about homelessness and related issues. In his work Clarence walks alongside individuals with respect and compassion.

Allison Dunn, Charles Street Men's Hostel Program Supervisor, noted "Clarence works with individuals who are struggling with persistent homelessness and sometimes additional factors – these individuals trust Clarence and have confidence in him knowing they can rely on him in any situation.

**Clarence is a leader in demonstrating values of dignity, hope, compassion, inclusion and justice with every participant he encounters."**

***Congratulations to Cindy and Clarence!***

***Congratulations also to Award nominee Sharon Feeney.***

***You are celebrated by your peers, family and friends, and community.***

# Health Information

## Do I Need A Full Check-Up?

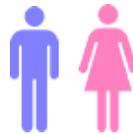
Stacey Bricknell  
Nurse Practitioner

We have been told over the years that we should see our doctor or nurse practitioner every year for a full check-up, but new research is suggesting that a full check-up is no longer needed each year.

It is recommended that people in certain age groups have regular testing to prevent diseases such as cancer, diabetes and high cholesterol. Listed below are screening guidelines that apply to the general population. If you are at higher risk for some diseases then the screening may occur more often or at a younger age. Things that might put you at higher risk are a family history of a disease, if you smoke, or if you are overweight.



All women between the ages of 21–70 should have a PAP test every three years. A PAP test checks for cervical cancer.



All men and women should have a blood test for diabetes and high cholesterol between the ages of 40-50. If you think you have risk factors such as family history, high blood pressure, smoking or overweight you may need to be tested earlier. You can book an appointment with your doctor or nurse practitioner to discuss your concerns.



All women should have a mammogram starting at the age of 50. A mammogram checks your breasts for cancer. Mammograms are generally done every two years after the age of 50.



All men and women should test their poop for cancer after the age of 50. This test is done every two years.



The Kitchener Downtown CHC will still provide full check-ups for pregnant women, babies and children. If you think you need a full check up the receptionist will give you a regular 30 minute appointment with a nurse practitioner to discuss your health concerns.



All men and women should have their bone strength examined, starting between the ages of 50-65. This test is done every one to three years after that. Your doctor or nurse practitioner will help you figure out when you need to start having your bones checked.

**KDCHC is more than treating sickness.** It is also about preventing illness and promoting health. Some of us may not think about going to our health care provider unless we are sick. It is important to receive health information and education as well as screening when necessary.

*Preventive care often can avert serious illness.* Involving yourself in preventive illness and promoting health would help you to take responsibility for your health rather than being passive consumers of health care. 🌱

# Programs Open to the Community



## "TAKE CHARGE" WORKSHOP

THIS IS A 6-WEEK CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP THAT HELPS PEOPLE TO SELF MANAGES THEIR CHRONIC CONDITIONS. The workshop is facilitated by certified facilitators who have a chronic health condition, or have a family member with same.

**MONDAYS FOR 6 WEEKS  
STARTING OCT 20TH – NOV. 24  
1.00PM – 3.30PM**

REGISTER / INFO      Gebre 519.745.4404 x. 208  
PLEASE CONTACT      Charla 519.745.4404 x 242

## DURING THE WORKSHOPS PEOPLE LEARN

- Coping with pain and fatigue • Physical activity/Exercise
- Healthy eating • Managing difficult emotions • Depression management
- Positive thinking • Communication strategies
- Making informed treatment decisions • Goal setting
- Working with your health care providers • Problem solving

## WHO CAN ATTEND?

Anyone who has a chronic health condition (i.e. - heart disease, arthritis, asthma, diabetes, mental health, blood pressure, pain, depression, low energy, etc.) or anyone who is caring for persons with same.

The workshop is free! You will receive a certificate. You will also get a book titled "Living a healthy life with chronic conditions" free of charge.



## ART CLASSES WITH TANYA FONGANG

ARTIST AND INSTRUCTOR TANYA FONGANG WILL PROVIDE WEEKLY INSTRUCTION IN SKETCHING AND PAINTING TECHNIQUES AS WELL AS INDIVIDUAL SUPPORT. These free classes will be drop-in, come when you are able.

Each participant will receive a sketch pad and art utensils (pencils, charcoal, paint). These are for class work and for use between class sessions to practice and develop your drawings. Bus tickets will be provided.

**THURSDAYS FOR 8 WEEKS  
STARTING SEPT 4TH – OCT 23RD  
5.30PM – 7.30PM**

NO REGISTRATION  
NEEDED –      Lori 519.745.4404 x. 224  
PLEASE CONTACT



## BREATHING AND MINDFULNESS

MINDFULNESS AND BREATHING CLASSES HAVE MANY BENEFITS. Some of the major benefits include: • "me" time • broaden the relaxation response • Better self care • enhanced contentment • improved sleep • overall improved well being • more satisfying daily experience!!

You will learn: • what is mindfulness and how it helps • how to do deep diaphragmatic breathing • many mindfulness exercises

**THURSDAYS FOR 8 WEEKS  
STARTING SEPT 18TH – NOV 6TH  
KDCHC – FIRST FLOOR (ASK @ FRONT DESK)  
DROP-IN FOR THE FIRST TWO SESSIONS ONLY**

REGISTER / INFO      Doug 519.745.4404 x. 207  
PLEASE CONTACT      Penny 519.745.4404 x. 244

# Programs Open

to KDCHC Clients, Volunteers and the Community

Kitchener Downtown



our tagline

COMMUNITY HEALTH CENTRE

**Grow. Live. Be.**

## FALL 2014 PROGRAMS

### ART CLASSES

Thursdays • Sept. 4th – Oct. 23rd • 5.30pm – 7.30pm

Questions? Call Lori Butler 519.745.4404

Held at KDCHC - 44 Francis St. South

### BREATHING & MINDFULNESS

Thursdays • Sept 18th – Nov. 6th • 9.30am – 11.30am

Registration Required. To Register call Doug 519.745.4404 x. 207 or Penny x.244

Held at KDCHC - 44 Francis St. South

### CRAVING CHANGE

Fridays • Oct. 31st – Dec. 5th • 9.30am – 11.30am

Registration Required. To Register call Charla 519.745.4404 x. 242 or Penny x. 244

Held at KDCHC - 44 Francis St. South

### CULTURE KITCHEN

Fourth Friday of each month • 12.00pm – 2.30pm

For KDCHC clients & volunteers only. Call 519.745.4404 x. 242

Held at KDCHC - 44 Francis St. South

### EAT WELL, SPEND LESS

Second Monday of each month • 1.00pm – 4.00pm

Formerly "Living on a Survival Budget". Pre-Registration Required. Call Charla 519.745.4404 x. 242

Held at KDCHC - 44 Francis St. South

### I HAVE THE POWER QUIT SMOKING PROGRAM

Wednesdays • Oct 1st – Nov. 5th • 10.30am – 12.00pm

For KDCHC clients only. Registration Required. Call Nicole 519.745.4404 x. 234

Held at KDCHC - 44 Francis St. South

### LEARN TO KNIT – KNITTING

Mondays • Sept. 15th – Nov. 3rd • 10.00am – 11.30am

Registration Required. Call Nicole 519.745.4404 x. 234

Held at KDCHC - 44 Francis St. South

### PREPARING FOR 65

Wednesdays • Nov. 5th – Nov. 10th • 1.00pm – 3.00pm

Registration Required. Call 519.745.4404 x. 234

Held at KDCHC - 44 Francis St. South

### SENIORS LUNCH AND LEARN

Every third Tuesday. September to May • 11.30am – 1.30pm

Call Nicole at 519.745.4404 x. 234

St. Peters Church, 49 Queen St., Kitchener

### TAKE CHARGE CHRONIC DISEASE SELF-MANAGEMENT

Mondays • Oct 20th – Nov. 24th • 1.00pm – 3.30pm

To Register call Charla 519.745.4404 x. 242 or Gebre x. 208

Held at KDCHC - 44 Francis St. South

## ONGOING PROGRAMS

### BREASTFEEDING BUDDIES (FOR NEW MOTHERS)

Questions? Call Michelle 519.772.1016

Held at KDCHC - 44 Francis St. South

### I.D. CLINIC (FOR THOSE THAT ARE HOMELESS OR AT RISK)

Mondays • for Residents • 12.00pm

Tuesdays • Drop-In • 10.00am – 1.00pm

Wednesdays • for Residents • 9.00am

By Appointment. Call Doug 519.745.4404, x. 207

Mary's Place

St. John Kitchen

Men's Hostel

### MULTICULTURAL DIABETES PROGRAM WORKSHOP

Every third Wednesday • 5.30pm – 7.30pm

In English, Spanish, Arabic, Urdu and Hindi. Call Charla 519.745.4404 x. 242

Held at KDCHC - 44 Francis St. South

### WALKING GROUP

Every Tuesday • 10.00am – 11.30am

Drop-In. Runs Spring, Summer Fall (outdoor) and Winter (indoor). Call Charla 519.745.4404 x. 242/208

Held at KDCHC - 44 Francis St. South