



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



April 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

Clothing Depot Clear Out!

FREE

**When: April 3, 2019
10:00-3:00
Where: 22-394 Keenleyside
Open to anyone living in the
Keenleyside Complex**



April Community Potluck

**Date: Monday, April 15, 2019
Time: 5:00-7:00 p.m.**

**Sign up at Keenleyside Tenant
Community Centre
22-394 Keenleyside, as space is limited.**



**Bring your favorite food to share with
others and stay and enjoy the
company of your neighbours!!**

Healthy Aging Team & Public Health Nurse

FREE

Come meet and chat with Sandy Stephens

Next Visit : Sandy Stephens (PHN)
Karen Janzen (Healthy Aging Team)
April 17, 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

FREE

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

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

April 1, 1:30-2:30

April 25, 1:30-2:30

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. Sign up early!
New ideas and recipes are always welcomed!*



Cooking dates are:

Wednesday April 10, 1:00-3:00

Wednesday April 24, 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*

Youth Drop In

If you are between the ages of 10-17 years old you are welcome to come in and join us. We would like to get to know you and get ideas of what you would like to see and do at the Centre.

SEE YOU HERE


Monday April 29 from 4:30-6:30





APRIL 2019



Monday Open 11:30-4:00 5:00-7:00	Tuesday Open 8:30 - 12:00 1:00 - 4:00	Wednesday Open 12:00 - 4:00	Thursday Open 8:30 - 12:00 1:00 - 4:00	Friday Open 8:30 - 12:00 1:00 - 4:00
1 <i>Drop In</i> 8:30-12:00 <i>Tenant Community Meeting</i> 1:30-2:30	2 <i>Parent & preschooler program</i> 10:00 -11:30 <i>Volunteers for clothing giveaway prep</i> 1:00-4:00	3 Clothing Giveaway 10:00-3:00	4 <i>Cam from CAHRD</i> 8:30-12:00 <i>Women Wisdom Wellness Program</i> 1:00-2:30 <i>Closed Group</i>	5 <i>Breakfast</i> 8:30-10:30 <i>Drop In</i> 8:30 -12:00 <i>Closed in afternoon</i>
8 <i>Drop In</i> 11:30-5:00 <i>Closed in evening for meeting</i>	9 <i>Parent & preschooler program</i> 10:00 -11:30 <i>Games afternoon</i> 1:00-4:00 	10 <i>Drop In</i> 12:00-4:00 Community Kitchen 1:00-3:00	11 <i>Cam from CAHRD</i> 8:30-12:00 <i>Women Wisdom Wellness Program</i> 1:00-2:30 <i>Closed Group</i>	12 <i>Breakfast</i> 8:30-10:30 <i>Drop In</i> 8:30 -12:00 1:00-4:00 <i>Tile painting craft</i>
15 Potluck 5:00 -7:00 p.m	16 <i>Parent & preschooler program</i> 10:00 -11:30 <i>Drop In</i> 1:00-4:00	17 Public Health Nurse and the Healthy aging Team Nurse 1:30-3:30	18 <i>Cam from CAHRD</i> 8:30-12:00 <i>Women Wisdom Wellness Program</i> 1:00-2:30 <i>Closed Group</i>	19 Closed for Good Friday
22 Closed for Easter Monday 	23 <i>Parent & preschooler program</i> 10:00 -11:30 <i>Drop In</i> 1:00-4:00	24 <i>Drop In</i> 12:00-4:00 Community Kitchen 1:00-3:00	25 <i>Cam from CAHRD</i> 8:30-12:00 Tenant Community Meeting 1:30-2:30	26 <i>Breakfast</i> 8:30-10:30 <i>Drop In</i> 1:00-4:00 <i>Tile painting craft</i>
29 <i>Drop In</i> 11:30-4:00 Youth Drop in 4:30-6:30 	30 <i>Parent & preschooler program</i> 10:00 -11:30 <i>Drop In</i> 1:00-4:00	<div data-bbox="738 1759 1015 2011" style="border: 1px solid black; padding: 10px; display: inline-block;"> <p>Some hours may change depending on events and activities</p> </div> <div data-bbox="1104 1768 1485 2020" style="border: 1px solid black; padding: 10px; display: inline-block; margin-left: 20px;"> <p>All children must be with their parent unless specific programs permit otherwise</p> </div>		