CENTREVILLE CHICOPEE COMMUNITY CENTRE

WINTER 2024 NEWSLETTER



WINTER 2024 Programming

Registration Starts
December 5, 2023 at 8:30am
and is on-going

Register online at: www.kitchener.ca/activenet

or in-person at the Centreville-Chicopee Community Centre 141 Morgan Ave, Kitchener, ON Phone 519-741-2490



Contact Information

Centreville Chicopee Community Centre

519-741-2490

Kitchener.ca/CentrevilleChicopeeCC Monday-Thursday: 9:00am – 9:00pm

Fridays: 9:00am – 8:00pm Saturdays : 9:00am – 12:00pm Sundays: Closed

Family Outreach Program

Wanda Zimmerman 519-498-7815

wandaz@houseoffriendship.org

Do you need help in finding resources for you and your family? We can help!

Supports include counselling referral, recreation fees, transportation, etc.

Centreville Chicopee Community Association

519-741-2490

WEBSITE: www.cccakitchener.ca EMAIL: <u>contactus@cccakitchener.ca</u> FACEBOOK: @CCCAKitchener

Food Distribution

Maggie Cahill 519-404-6458

maggiec@houseoffriendship.org

Wednesdays, 2-3:30pm

Weekly food support for residents of the Centreville Chicopee neighbourhood.

Centreville Chicopee Community Association Board of Directors and Volunteers

Chair: Ernest Secretary: Rada Treasurer: Christin

Program Coordinator: Monja Special Events Coordinator: open Communications Coordinator: open

Volunteer Coordinator: open

Community Liaison: open Youth Connector: open Member-At-Large: Kimmy Member-At-Large: open Program Volunteers: open Special Event Volunteers: open

To connect with a board member, please email cccakitchener.ca To join the board, please email volunteer@cccakitchener.ca

Centreville Chicopee Contract Instructors

The CCCA is always looking for certified and experienced contract instructors who are interested in providing engaging activities and programs to our community. Hours of work will be determined upon the weekly commitment of the program.

Position Requirements

Must have appropriate certifications from accredited organizations.

Must be at least 18 years of age.

Must be willing to attend mandatory training.

Must have demonstrated communication skills.



This winter, there will be some great programs, events and activities for you and your family to enjoy. Every one of them happens because of the caring members of your Centreville-Chicopee Community Association Board of Directors. Everything you see in this program guide happens because of their efforts.

They're looking for new members to join them. You would be a welcome addition to this already great team. To see current openings and opportunities, visit cccakitchener.ca and click on Opportunities. Your skills, experience, and ideas could really make a difference for people in your community. Follow your Centreville Chicopee Community Association on Facebook, or on Instagram at @cenrevillechicopee for all their updates.

I'd like to thank Creekside Church for their financial and volunteer support this past year. The Free, Family Fun Day was a highlight for so many families in our community.

Have a wonderful holiday season and a happy and healthy 2024. If you see me at an event or around our ward, please say hello! Follow me on Twitter and Instagram @daveschniderKW and friend me on Facebook for updates on events and issues.

You can always contact me with your questions or concerns at dave.schnider@kitchener.ca or call me at my office at 519.741.3424 or on my cell phone at 226.751.2470. My website is daveschnider.com I look forward to hearing from you.

Sincerely,

Councillor Dave Schnider—Ward 2

Partner Programs, Services & Resources

Book Free Space - City of Kitchener

Book a gym allows you to reserve gym space for 45 minutes, for up to 10 people to enjoy your favourite physical activity. Space is available on a first-come, first-serve basis. Each group can book once every seven days. Please visit the webpage for more booking rules and to Book Free Space. www.kitchener.ca/BookFreeSpace

Community Resource Consultations - Camino Wellbeing & Mental Health

Caregivers with children ages 4-17 (or youth 12+) can connect with a Family and Youth Facilitator to learn about available services that can help support the mental health and wellbeing of children and youth.

Community Facilitator is on site at Centreville Chicopee Community Centre on Mondays from 11am-3pm. For registration and inquiries, call 519-743-6333 ext. 3245, or email crpreferral@caminowellbeing.ca

Family Outreach Program – House of Friendship

The Family Outreach Program is a neighbourhood-based program funded by the Region of Waterloo that works with families with children aged 17 and under to prevent and reduce the effects of poverty. Family Outreach Workers walk with families to help meet basic needs by problem-solving solutions together, connecting them with services in their community and providing direct support when necessary.

Believing that we are stronger together, Family Outreach Workers work with other community partners to find innovative solutions to support families living on low income.

To connect with your Family Outreach Worker call Wanda at 519-498-7815.

English Conversation Circle – Grandview Church

Join volunteers from Grandview Church for a small lesson and then open conversation. This is a free program to practice your English Conversation skills. Tea, coffee, and treats will be provided. Children are welcome; however, no childcare provider will be on site.

Drop in on Tuesdays, starting January 16 from 1:00-2:30 pm.

Neighbourhood Food Program – House of Friendship

The Neighbourhood Food Program at the Centreville Chicopee Community Centre provides food for families and individuals living in the Centreville Chicopee boundaries.

Food distribution takes places on Wednesdays from 2-3:30pm.

To connect with your Community Development Worker call Maggie at 519-404-6458.

Public Access Computers & WiFi– City of Kitchener

There are two public access computers available at the Centreville Chicopee Community Centre. Printing is available as well for a small fee. Use your own phone or tablet with our free Wi-Fi.

Stay & Play – City of Kitchener

Parents and children 0-5 can explore, move and play while also connecting with new families and resources in their community. Free, no registration required and healthy snacks available.

Program runs Tuesday mornings starting January 9, 2024, from 9:15-11:15am.

Tea & Coffee Program – House of Friendship

Join us for a cup of tea or coffee and a snack while you chat with other neighbours. This is a free program for those attending the food distribution program with House of Friendship. No registration required.

Check Out What's Happening in Centreville Chicopee

Creekside Church Gingerbread Party



Creekside Church is returning with their Gingerbread Party at the Centreville Chicopee Community Centre. The event takes place on Monday, December 11th with two timeslots available, 6-7pm and 7-8pm. This free event is by registration only – so drop in, or call the community centre at 519-741-2490 to secure your families spot. (one spot per family)

Ward 2 Park Upgrades – Kinzie, Oaten and Idlewood



Construction at Oaten Park continues to progress well over the last few weeks.

Our water line connection for the community garden has been installed and fencing/gate along with the water meter & tap are scheduled to be installed before the end of the year. Concrete work around the playground and bench pads have been completed, and we are eagerly awaiting the first delivery of playground equipment.

It is also anticipated that the first course of asphalt trails will be installed this fall, with the remaining finishing course to be completed

early in the spring along with the basketball net, additional playground element, tree planting and final sod & seeding of the turf.

We are looking forward to working with our contractor to finalize this construction work as quickly as possible so that we can officially turn over the new park space to the community next spring!

For ongoing updates, please visit our Engage page at the following link: https://www.engagewr.ca/ward2parknetwork

Ways to Get Involved in the 'Hood

CCCA Board Members

The Centreville Chicopee Community Association (CCCA) operates through the generous time of neighbourhood volunteers. Board members meet monthly to discuss programming, special events and community initiatives. The CCCA elects board members at the AGM in October but is always happy to have new board members join the table throughout the year.

New positions that are available include: Communications Coordinator, Youth Connector, Volunteer Coordinator and Members-At-Large

For more information, email <u>volunteer@cccakitchener.ca</u> ,visit, <u>www.cccakitchener.ca</u> or stop in at the community centre.

CCCA Volunteers – Program and/or Event

The Centreville Chicopee Community Association (CCCA) is always looking for residents who are interested in volunteering in programs or support an event. Highschool community service hours are available and a reference letter can be provided as well.

To volunteer with programs and/or special events, email <u>volunteer@cccakitchener.ca</u> or complete an application at the community centre.

Love My Hood Initiative – City of Kitchener

The Love My Hood vision encourages residents to take the lead in shaping their neighbourhood, with help from the city. Residents choose the projects that matter most to them and decide how to shape the future of their neighbourhood. After all, the best neighbourhoods are made by the people who live in them.

Have an idea for a project or event in the neighbourhood but need help with funding and support? Visit www.lovemyhood.ca for information and inspiration.

Summer Camp & Youth Drop In Leader

Summer is right around the corner, and every year local children and youth join Neighbourhood Camps or attend Youth Drop In, and every year local youth and young adults are hired by the City of Kitchener to provide high quality programming.

Interested in joining the Neighbourhood Camp or Youth Drop In team? Keep an eye for our job postings in the new year at www.kitchener.ca/en/jobs-and-volunteering/job-opportunities

Volunteer Tutors Needed

Have an hour a week available to support students in your community?

The Centreville Chicopee Community Association is looking for adults aged 18+ years to tutor local students from grades 6-8. If you have an area you are strong in (reading, writing, math, business, etc.), we would love to have you join our roster of volunteers. Program runs Thursday evenings from 6:30-7:30pm.

To inquire or apply, please email volunteer@cccakitchener.ca

What We Got Up To

Annual General Meeting – Centreville Chicopee Community Association

The Centreville Chicopee Community Association held their Annual General Meeting (AGM) on Thursday, October 19. Discussion included a review of activities from the previous year, review of association financials, discussion on future priorities and goals and an election of new board members.

If you were unable to attend the AGM but would like more information, please email contactus@cccakitchener.ca

If you would like to volunteer with the neighbourhood association, please email <u>volunteer@cccakitchener.ca</u> or stop into the community centre for information on available positions/roles.

Back to School Supplies

The City of Kitchener partnered again this Fall with Creekside Church and the Waterloo Regional Police Services to provide neighbourhood students with backpacks, lunch bags and water bottles to support their return to school. Over 100 backpacks, 75 lunch bags and water bottles were distributed.

If you need school supplies support throughout the school year, please connect with your school, outreach worker, or connect with community centre staff. Additional school supplies support may be available.

Fall Programming

Fall programming began in September with the Centreville Chicopee Community Association, City of Kitchener and partner organizations offering many programs and activities ranging from child and youth recreation to adult leisure and recreation programs. Programming is offered at both the Centreville Chicopee Community Centre and Chicopee Hills Public School.

Summer Community Market



With the support of a City of Kitchener LoveMyHood grant, the volunteers of the Centreville Chicopee Community Market Committee, the staff of House of Friendship and the City of Kitchener hosted 7 community markets during July and August. These markets had a variety of local craft vendors, produce vendors and local businesses selling their products, promoting their organizations and offering free activities.

The community market committee is always looking for volunteers to help plan and/or run the markets. If you are interested in learning more about the market and ways to get involved, check out the website at www.cccakitchener.ca/community-market

Winter 2024 Programs

Registration begins December 5, 2023, at 8:30am in person or online

Due to limited space in our programs, we encourage you to **Register Early** to avoid disappointment.

| Centreville Chicopee Community Association Programs | | | | | | | |
|---|------------------|---------------------|-------------|------|---------|--|--|
| Infant & Preschool Programs | | | | | | | |
| Only registe | red participants | are allowed in prog | gram rooms. | | | | |
| Name & Description | Ages | Day/Time | Start/Weeks | Cost | Barcode | | |
| Basketball | 3-5 years | Saturdays | Jan. 13 | \$50 | 131949 | | |
| This program teaches basic skills of | (Kinder) | 9:00-9:45am | 10 weeks | | | | |
| basketball in an active, fun class of | , | | | | | | |
| same age children. | | | | | | | |
| Kinder Motion Dance Fun | 3-5 years | Tuesdays | Jan. 9 | \$50 | 131960 | | |
| Butterfly wings, warrior swords, wands, | | 4:45-5:15pm | 10 weeks | | | | |
| windmills and more! Beginner Dance | | | | | | | |
| moves will be taught in a fun and | | | | | | | |
| creative manner, sure to engage all | | | | | | | |
| creative little minds. Get IN.MOTION | | | | | | | |
| Make new friends, learn cool moves | | | | | | | |
| and improve physical health. | | | | | | | |

Children & Youth Dance

Only registered participants are allowed in program rooms.

Attire - Wear a dance bodysuit or athletic wear, Ballet Slipper required. Don't forget a water bottle!

| Name & Description | Ages | Day/Time | Start/Weeks | Cost | Barcode |
|---|-------------|-------------|-------------|------|---------|
| Ballet | 4-6 years | Tuesdays | Jan. 9 | \$45 | 131962 |
| Twirl, leap, skip and sparkle! This class | (Youth 1) | 6:00-6:30pm | 10 weeks | | |
| teaches the basics of ballet in a fun and | 7-9 years | Tuesdays | Jan. 9 | \$55 | 131964 |
| engaging way. Get IN.MOTION Make | (Youth 2) | 6:30-7:15pm | 10 weeks | | |
| new friends, learn cool moves and | | | | | |
| improve physical health. | | | | | |
| Kinder Motion Dance Fun | 3-5 years | Tuesdays | Jan. 9 | \$50 | 131960 |
| Butterfly wings, warrior swords, wands, | | 4:45-5:15pm | 10 weeks | | |
| windmills and more! Beginner Dance | | | | | |
| moves will be taught in a fun and | | | | | |
| creative manner, sure to engage all | | | | | |
| creative little minds. Get IN.MOTION | | | | | |
| Make new friends, learn cool moves | | | | | |
| and improve physical health. | | | | | |
| Hip Hop | 7-10 years | Tuesdays | Jan. 9 | \$55 | 131959 |
| Dancers will learn basic Hip Hop skills | (Dance Jam) | 4:00-4:45pm | 10 weeks | | |
| and dance to today's top pop tunes. | | | | | |
| Join us for a fun Dance Jam party! Get | 10-12 years | Tuesdays | Jan. 9 | \$55 | 131965 |
| IN.MOTION Make new friends, learn | (Youth 3) | 7:15-8:00pm | 10 weeks | | |
| cool moves and improve physical | | | | | |
| health. | | | | | |

| Jazz Bop | 4-6 years | Tuesday | Jan. 9 | \$55 | 131961 |
|---|------------|-------------|----------|------|--------|
| Come Jazz Bop with us! This class starts with a warm up, teaches basic Jazz and Hip Hop techniques and features fun dance combinations. Get IN.MOTION | (Youth 1) | 5:15-6:00pm | 10 weeks | | |
| Make new friends, learn cool moves and improve physical health. | | | | | |
| Zumba Kids | 6-12 years | Tuesdays | Jan. 9 | \$50 | 131954 |
| An awesome aerobic dance workout using kid-friendly meringue, salsa, tango, cumbia and hip hop moves. Lots of fun just for kids! | | 6:00-6:45pm | 10 weeks | | |

Children & Youth Lego Programs

Only registered participants are allowed in program rooms.

See online for full program description.

| Name & Description | Ages | Day/Time | Start/Weeks | Cost | Barcode |
|--|------------|-------------|-------------|------|---------|
| Minecraft – Hour of Code | 4-6 years | Tuesdays | Jan. 16 | \$65 | 131966 |
| This captivating program combines the | | 4:30-5:25pm | 4 weeks | | |
| beloved Minecraft world with coding, | | | | | |
| making it a thrilling and educational | | | | | |
| experience. | | | | | |
| Learn Shapes & Structures with 3D | 4-6 years | Tuesdays | Feb. 13 | \$65 | 131969 |
| Modelling and Printing | | 4:30-5:25pm | 4 weeks | | |
| Introduce younger children to 3D | | | | | |
| modelling and printing concepts | | | | | |
| through simplified and age-appropriate | | | | | |
| activities. | | | | | |
| Minecraft Education: Programming | 6-8 years | Tuesdays | Jan. 16 | \$65 | 131967 |
| with Code Builder | | 5:30-6:25pm | 4 weeks | | |
| Your child will dive into the world of | | | | | |
| Minecraft while learning coding skills | | | | | |
| that bridge the virtual and real worlds. | | | | | |
| Sphero Indi – The robot for early | 6-8 years | Tuesdays | Feb. 13 | \$65 | 131972 |
| learners | | 5:30-6:25pm | 4 weeks | | |
| This interactive course provides a | | | | | |
| hands-on experience where children | | | | | |
| can explore the basics of programming, | | | | | |
| problem-solving, and STEM concepts | | | | | |
| through play and experimentation with | | | | | |
| the adorable Sphero and Indi robot. | | | | | |
| Mbot2 Neo – Robot Programming | 8-12 years | Tuesdays | Jan. 16 | \$65 | 131968 |
| Designed for young learners, this hands- | | 6:30-7:25pm | 4 weeks | | |
| on program introduces them to the | | | | | |
| world of robotics, coding, and problem- | | | | | |
| solving in a fun and interactive way. | | | | 4 | |
| Roblox Studio – Intro to Game Building | 8-12 years | Tuesdays | Feb. 13 | \$65 | 131973 |
| This course is designed to introduce | | 6:30-7:25pm | 4 weeks | | |
| students to the world of game | | | | | |
| development using Roblox Studio. | | | | | |

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|---------------------------------------|---|--|---|--|--|--|--|--|
| | | 1 | Cost | Barcode | | | | |
| _ | • | | | | | | | |
| - | · · | | \$45 | 131950 | | | | |
| | | ! | 4 | | | | | |
| = | · | | \$55 | 131951 | | | | |
| · · · · · · · · · · · · · · · · · · · | • | | | | | | | |
| | • | Jan. 12 | \$65 | 131952 | | | | |
| (Kids) | 6:30-7:30pm | 9 weeks | | | | | | |
| | | | | | | | | |
| 11-15 years | Fridays | Jan. 12 | \$70 | 131953 | | | | |
| (Youth) | 7:45-9:00pm | 9 weeks | | | | | | |
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| Variable C. T. | ana Drazes | | | | | | | |
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| | 1 | | Cost | Dans de | | | | |
| | • | • | | Barcode | | | | |
| 16+ years | • | | \$55 | 131958 | | | | |
| | 8:00-9:00pm | 10 weeks | | | | | | |
| | | | | | | | | |
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| | | | | | | | | |
| Grades 6-8 | Thursdays | lan 11 | Froo | 135274 | | | | |
| Grades 0 0 | • | | | 133274 | | | | |
| | 0.00 3.00pm | 12 Weeks | _ | | | | | |
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| | | | | | | | | |
| | | | | | | | | |
| 15+ years | Tuesdays | Jan. 9 | \$50 | 131955 | | | | |
| | 7:00-7:55pm | 10 weeks | | | | | | |
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| Adult & Older Adult Programs | | | | | | | | |
| ared narticinants | Only registered participants are allowed in program rooms. Name & Description Ages Day/Time Start/Weeks Cost Barcode | | | | | | | |
| 1 | | 1 | Cost | Barcodo | | | | |
| Ages | Day/Time | Start/Weeks | Cost | Barcode | | | | |
| 1 | Day/Time Mondays | Start/Weeks Jan. 8 | Cost \$20 | Barcode 131956 | | | | |
| Ages | Day/Time | Start/Weeks | | | | | | |
| | Ages 6-9 years (Primary) 9-11 years (Junior) 7-12 years (Kids) 11-15 years (Youth) Youth & Telered participants Ages 16+ years Grades 6-8 15+ years | Ages Day/Time 6-9 years (Primary) 10:00-10:45am 9-11 years (Junior) 11:00-12:00pm 7-12 years (Kids) 6:30-7:30pm 11-15 years (Youth) 7:45-9:00pm Youth & Teens Programs ered participants are allowed in programs 8:00-9:00pm Grades 6-8 Thursdays 6:00-9:00pm 15+ years Tuesdays 7:00-7:55pm Adult & Older Adult Programs | Ages Day/Time Start/Weeks 6-9 years (Primary) 10:00-10:45am 10 weeks 9-11 years (Junior) 11:00-12:00pm 10 weeks 7-12 years (Kids) 6:30-7:30pm 9 weeks 11-15 years (Youth) 7:45-9:00pm 9 weeks Ages Day/Time Start/Weeks Ages Day/Time Start/Weeks 16+ years Tuesdays Jan. 9 16- years (Youth) 10 weeks 16- years Fridays Jan. 12 9 weeks Ages Day/Time Start/Weeks 16- years Tuesdays Jan. 9 16- years Tuesdays Jan. 9 10 weeks Ages Day/Time Start/Weeks Tuesdays Jan. 9 10 weeks Ages Day/Time Start/Weeks Tuesdays Jan. 9 10 weeks | Ages Day/Time Start/Weeks Cost Ages Day/Time Start/Weeks Cost | | | | |

| Addit Tolleysull | 10 05 years | vvcancsaays | Julii. 11 | 720 | 133273 |
|---|----------------|--------------------|----------------|-------------|----------|
| Meet others in your neighbourhood by | | 7:00-9:00pm | 10 weeks | | |
| playing volleyball! This program | | · | | | |
| involves casual games or skill building | | | | | |
| each week. | | | | | |
| Bollywood Dance | 18-65 years | Mondays | Jan. 8 | \$55 | 134994 |
| Immerse yourself in the vibrant and | 10 03 years | 3:00-3:55pm | 9 weeks | 733 | 131331 |
| energetic culture of Bollywood Dance | | 3.00-3.33pm | J WEEKS | | |
| telling the story of film. Get your hands, | | | | | |
| , , | | | | | |
| feet, face, and neck moving with fun | | | | | |
| routines fusing classic Indian folk | | | | | |
| dances with Jazz, Hip Hop, Arabic and | | | | | |
| Latin forms. | | | | 1 | |
| Yoga | 16-65 years | Tuesdays | Jan. 9 | \$55 | 131958 |
| A flowing sequence of yoga poses | | 8:00-9:00pm | 10 weeks | | |
| coordinated with the breath and set to | | | | | |
| music to bring awareness to the | | | | | |
| physical and subtle energy systems of | | | | | |
| the body. It builds core strength, | | | | | |
| enhances posture, improves | | | | | |
| metabolism, and increases mobility of | | | | | |
| the joints along with flexibility. | | | | | |
| Zumba | 15-65 years | Tuesdays | Jan. 9 | \$50 | 131955 |
| We take the work out of workout by | , | 7:00-7:55pm | 10 weeks | • | |
| mixing low intensity and high intensity | | | | | |
| moves for an interval style, calorie | | | | | |
| burning dance fitness party. Once the | | | | | |
| Latin and World rhythms take over, | | | | | |
| you'll see why Zumba Fitness classes are | | | | | |
| often called exercise in disguise. Super | | | | | |
| effective. Super fun. | | | | | |
| enective. Super run. | City of Kityle | | | | |
| | - | ener Programs | | | |
| | | 's Programs | | | |
| Only registe | | are allowed in pro | | | |
| Name & Description | Ages | Day/Time | Start/Weeks | Cost | Barcode |
| Creative Kids | 7-10 years | Wednesdays | Jan. 17 | \$42.30 | 131338 |
| Spark your child's creativity and | | 4:00-5:00pm | 10 weeks | | |
| imagination! Creative Kids is a | | | | | |
| welcoming program where participants | | | | | |
| learn through fun arts and craft | | | | | |
| activities. Participants will develop their | | | | | |
| motor skills and self-confidence as they | | | | | |
| explore their creative side. | | | | | |
| Multi-Sports | 4-6 years | Saturdays | Jan. 13 | \$50.76 | 131355 |
| Start a life-long appreciation for an | - , 52 | 9:15-10:30am | 8 weeks | , , , , , , | ======== |
| active and healthy lifestyle. Multisport | | **At Chicopee | Skip: Feb. 17, | | |
| provides a safe and fun environment for | | Hills Public | Mar. 9, Mar. | | |
| children to learn skills and | | School | 16 | | |
| Ciliuren to learn Skiils and | | SCHOOL . | 10 | | |

Wednesdays

18-65 years

\$20

Jan. 11

135273

Adult Volleyball

fundamentals of popular sports. Each

Saturdays

Jan. 13

\$50.76

131356

7-10 years

| | | T | | Т | 1 |
|---|-------------|---------------------|------------------------|---------|-------------------|
| week our coaches will focus on building | | 10:45-12:15pm | 8 weeks | | |
| children's confidence and | | **At Chicopee | Skip: Feb. 17, | | |
| developmental skills to be successful in | | Hills Public | Mar. 9, Mar. | | |
| a variety of sports such as: Basketball, | | School | 16 | | |
| Soccer, Dodgeball, Kickball, and many | 9-12 years | Wednesdays | Jan. 17 | \$42.30 | 131351 |
| more! | J 12 years | 5:30-7:00pm | 10 weeks | 7-2.50 | 131331 |
| Tween Dop In | Grades 6-8 | Mondays | Jan. 15 | Free | |
| Tween Drop-In is a FREE weekly drop-in | | 7:00-8:30pm | 9 weeks | | |
| program that allows participants in | | | | | |
| grades 6-8 to hang out in a support | | | | | |
| space with our staff and engage in | | | | | |
| different themes, games and activities. | | | | | |
| Youth will help plan some of the fun | | | | | |
| things they want to have happen in this | | | | | |
| program. Each week, activities will | | | | | |
| include a rotation of sports (basketball, | | | | | |
| soccer, etc.), arts and crafts, group | | | | | |
| games, board games and so much | | | | | |
| more. No registration required. | | | | | |
| Youth Drop In | 12-17 years | Fridays | Jan. 19 | Free | |
| Youth Drop-in (YDI) is a FREE weekly, | 12 17 years | 6:00-8:00pm | 9 weeks | | |
| drop-in- program that allows | | 0.00 0.00pm | 3 WEEKS | | |
| participants ages 12-17 to hang out in a | | | | | |
| supported space with our staff and | | | | | |
| engage in different themes, games, and | | | | | |
| activities. Youth will help plan some of | | | | | |
| the fun things they want to have | | | | | |
| happen in this program. Each week, | | | | | |
| activities will include a rotation of | | | | | |
| sports (basketball, soccer, etc.), arts and | | | | | |
| crafts, group games, board games and | | | | | |
| | | | | | |
| so much more. No registration | | | | | |
| required. | | Adult Duaguana | | | |
| | | Adult Programs | | | |
| | | are allowed in prog | | Cost | Parcodo |
| Name & Description | Ages | Day/Time | Start/Weeks Feb. 26 | Cost | Barcode 131473 |
| Activator Nordic Pole Walking for | 18+ years | Mondays | | Free | 1314/3 |
| Beginners | | 9:15-10:15am | 4 weeks | | |
| Come and learn the many benefits of | | | | | |
| using walking poles. This low impact, | | | | | |
| easy, fun and convenient way to | | | | | |
| increase the health benefits of walking. | 10. | Th | 144 | | 424446 |
| Bingocize® | 18+ years | Thursdays | Jan. 11 | Free | 131448 |
| Bingocize® is a socially engaging group- | | 1:00-2:30pm | 12 weeks | | |
| based program that combines exercise, | | | | | |
| health education and the popular game | | | | | |
| of bingo. | | | | _ | |
| Sharing Dance | 55+ years | Tuesdays | Jan. 9 | Free | 131441 |
| Join us for an innovative 60-minute | | 2:00-3:00pm | 12 weeks | | |
| dance class that is delivered by | 1 | 1 | I | 1 | I |

| | | 1 | 1 | 1 | |
|--|-----------|---------------------|-------------|----------|---------|
| professionally trained instructors via | | | | | |
| video streaming from Canadas National | | | | | |
| Ballet School in Toronto. An on-site | | | | | |
| facilitator is available during the class to | | | | | |
| create an interactive and enjoyable | | | | | |
| experience for the dancers. Program | | | | | |
| participants have the option to dance | | | | | |
| from either a seated or standing | | | | | |
| position, and no previous dance | | | | | |
| experience is required. | | | | | |
| SMART Group Exercise Classes | 55+ years | Mondays | Jan. 8 | Free | 131417 |
| Join us for a free exercise program led | , | 10:30-11:30am | 11 weeks | | |
| by SMART (Seniors Maintaining Active | | | | | |
| Roles Together) trained staff. All classes | | | | | |
| can be done seated or standing. This | | | | | |
| program is offered in collaboration with | | | | | |
| Community Support Connections. | | | | | |
| Fit Minds | 55+ years | Thursdays | Jan. 11 | Free | 131642 |
| Fit Minds is a unique cognitive | JJI years | 11:15-12:15pm | 12 weeks | 1166 | 131042 |
| simulation program for older adults that | | 11.15-12.15pm | 12 WEEKS | | |
| is designed to promote brain health | | | | | |
| , | | | | | |
| through customized activity and social | | | | | |
| interaction. | 40. | NAV. d d | 1 10 | F | 424500 |
| Painting with Acrylics | 18+ years | Wednesdays | Jan. 10 | Free | 131500 |
| Come join instructor Mary in this | | 9:30-11:00am | 6 weeks | <u> </u> | |
| dynamic class to learn the basics, and | | Wednesdays | Feb. 21 | Free | 131511 |
| more, of painting with acrylics. No | | 9:30-11:00am | 6 weeks | | |
| experience required, supplies included. | | | | | |
| | | Adult Workshop | | | |
| | 1 ' | are allowed in prog | | | T |
| Name & Description | Ages | Date | Time | Cost | Barcode |
| Osteoporosis and You | 18+ years | Jan. 18 | 6:30-8:00pm | Free | 131518 |
| Learn about the disease and gain a | | | | | |
| better understanding of how you or a | | | | | |
| loved one can live well with | | | | | |
| osteoporosis. Topics include nutrition, | | | | | |
| safe exercise, treatment and fall | | | | | |
| prevention. | | | | | |
| Bone Health 101 | 55+ years | Feb. 26 | 1:30-3:00pm | Free | 130045 |
| Join our presenter Liz and learn about | | | | | |
| bone health and osteoporosis. The | | | | | |
| presentation provides a general | | | | | |
| overview on what is osteoporosis, how | | | | | |
| to maintain good bone health to reduce | | | | | |
| the risk of the disease and related | | | | | |
| osteoporotic fractures. In partnership | | | | | |
| with Osteoporosis Canada. | | | | | |
| with Ostcoporosis canada. | 1 | | | | |

Registration Information

Refund Policy Procedures: Requested by Participants Only

Full refund provided when requested 7 days before the first day of the program.

A full refund will be issued for any program the CCCA cancels prior to the start of the program. A prorated amount will be provided if the program is cancelled during the program session.

Withdraw requests the week before or after program has begun will be on a case-by-case basis.

Refunds will be given in the same form as payment made.

Class transfers may be made before the second class if space is available.

Refunds and class transfer requests may only take place at the Centreville Chicopee Community Centre.

Registered Participants Only

Only registered participants are allowed in any program space while programs are in session.

Child Dismissal

Any child under the age of 9 years must be dismissed to a parent or guardian. Parents need to be on site for dismissal.

Extreme Weather Policy

If Environment Canada issues an extreme cold warning, we urge you to dress warmly, warm up indoors and stay dry to protect yourself from the cold. During extreme low temperatures, please call or visit family, friends and neighbours, especially isolated adults and seniors who are at greater risk of suffering from frostbite and hypothermia, to see if they need help. The Centreville Chicopee Community Centre is open as a warming centre during regular hours – so you may come in and warm up.

Program Locations

Centreville Chicopee Community Centre,

141 Morgan Ave.



Chicopee Hills Public School, 300 Chicopee Hills Drive



Fee Assistance Information

Leisure Access Support

The Centreville Chicopee Community Association (CCCA) and City of Kitchener want to ensure everyone who wants to participate in a program can do so – even when financial circumstances are limiting.

If program fees are preventing you, or a member of your family from joining a City or Neighbourhood Association program, you could qualify for a yearly amount of \$400 per person in Leisure Access fee assistance. These funds can be put towards any Neighbourhood Association programs and/or City of Kitchener programs, such as swimming lessons, summer camps, aquatic leadership programs, leisure programs, golfing, public skates, cooking classes at the Kitchener Market and more.

To find out if you qualify and to apply, visit www.kitchener.ca/feeassistance.

If you require help applying, please visit the Community Centre or Kitchener City Hall with your required documents during operating hours. Or call Inclusion Services at 519-741-2200 ext 7228 for support.

Centreville Chicopee Community Association Subsidy

If you do not qualify for the City of Kitchener's Leisure Access Support and require financial assistance for programs. Please contact the Centreville Chicopee Community Association at contactus@cccakitchener.ca, or speak with a staff at the Centreville Chicopee Community Centre during registration. Additional fee assistance support may be available.

Inclusion Support

The City of Kitchener provides support to individuals with disabilities to facilitate participation in all city recreation programs through 1:1 support, program modification, and more. A support staff comes at no cost to the participant, and may provide support through redirection, sensory or emotional breaks, and assisting with personal care and feeding. It is important to ensure you have a completed membership and request support at least two weeks prior to program starting. Every effort will be made to provide support when requested, however requests are fulfilled based on availability.

REQUESTING SUPPORT

To request 1:1 support, please follow these steps:

- 1. Ensure you have completed an Inclusion Membership Form by visiting www.kitchener.ca/inclusion
- 2. Register into a program in the Active Kitchener Guide that meets the needs, hobbies, and/or interest of the participant.
- 3. Request 1:1 support by contacting the Inclusion Services Coordinator at 519-741-2200 ext. 7229 or emailing Olivia.curtis@kitchener.ca

Mark Your Calendars

Neighbourhood Camps registration

Summer camp registration starts March 19, 2024 at 8:30am. You can register online through ActiveNet Kitchener or in one of the City of Kitchener community centres.

Be prepared ahead of time with your Leisure Access up-to-date and your Inclusion Support requests.

Summer Camp Staff applications

Interested in joining the Neighbourhood Camps staff team? Applications open mid-December online at www.kitchener.ca/en/jobs-and-volunteering

Winter Special Events & Camps

March Break Camp

Let us bring some fun and engaging activities to your children during the March Break. Our March Break Camps for 4-11 year olds are provided by training and first aid certified City of Kitchener camp leaders and will include crafts, games, sports, and outdoor activities. These day camp programs are sure to be a highlight for your child and help to develop friendships, learn new skills, and celebrate creativity!

| Ages | Dates | Times | Cost | Barcode |
|------------|-------------------|-------------|----------|---------|
| 4-11 years | March 11-15, 2024 | 9:00-4:00pm | \$118.00 | 131823 |

