

Every Tuesday

Event: Kingsville Community Centre Café

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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: Kingsville Community Woodworking Shop

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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

About: Are you missing a place to work on projects, have some items that need repair or would simply enjoy the company of others who love to hang out in a workshop? We're setting up a workshop for you! Stop by for a coffee, friendship and a place to work.

Cost: Admission is free

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

Event: Community Advocacy Services

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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.

Cost: Admission is free

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

Event: Milk Bag Creations

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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.

Cost: Admission is free

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

Event: Compassion Care Community Survey

Date: Every Tuesday

Time: 9:00 a.m. to 12:00 p.m.

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

About: WECCC Compassion Care Community-The Windsor-Essex **Compassion Care Community** is citizens, families, neighbours, service providers, businesses and community leaders who believe in the power of community. **We are building Canada's most compassionate community.** If you are a person needing care:

If you are a person needing care:

- with a disability, of any kind
- are elderly OR
- are a senior who lives alone or feels isolated
- if you are a caregiver of someone who needs life-long care

We want to hear from you! MAKE YOUR VOICE AND YOUR EXPERIENCES COUNT!

Cost: Admission is free

More: To complete a survey call - 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Mom 2 Mom

Date: Every Tuesday

Time: 9:30 a.m. to 11:00 a.m.

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 childcare 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: Beginner & Problem Solving Knitting Class

Date: Every Tuesday

Time: 9:00 a.m. to 10:00 p.m.

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: Knit-A-Long

Date: Every Tuesday

Time: 10:00 a.m. to 12:00 p.m.

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: Slow Stretch, & Motion Exercise

Date: Every Tuesday)

Time: 10:30 a.m. to 11:00 p.m.

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

About: This 30 minute exercise program is ideal for individuals and seniors looking for a program that is presented at a comfortable pace while strengthening and stretching muscles.

Cost: Admission is free

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

Event: Essentrics - Classical Stretch Exercise Class

Date: Every Tuesday

Time: 11:00 a.m. to 11:45 p.m.

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

About: Essentrics is 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. Apprentice Essentrics Instructor: Julia Bennett RMT.

Cost: Admission is free

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

Event: Hospice Windsor-Essex County Wellness Program: Guitar Classes

Date: Every Tuesday

Time: 4:00 p.m. to 5:00 p.m.

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-Elementary Level

Date: Every Tuesday

Time: 4:00 p.m. to 5:00 p.m.

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

Event: Westover Treatment Centre Recovery Support Program

Date: Every Tuesday

Time: 6:00 p.m. to 7:00 p.m.

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. In order 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

Event: Girl Guides of Canada - Guides Du Canada

Date: Every Tuesday

Time: 6:00 p.m. to 8:00 p.m.

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

About: Guides are girls between 9 and 11 years of age. Guides are encouraged to do service projects to help their communities. Guides learn about people in other countries and are encouraged to discover and explore issues which are important to them.

Cost: Contact for details

More: 519-995-9073, anangelswings@gmail.com, www.girlguides.ca

Every Thursday

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If you are a person needing care:

- with a disability, of any kind
- are elderly OR
- are a senior who lives alone or feels isolated
- if you are a caregiver of someone who needs life-long care

We want to hear from you! MAKE YOUR VOICE AND YOUR EXPERIENCES COUNT!

Cost: Admission is free

More: To complete a survey call - 226-773-5830, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Tai Chi

Date: Every Thursday

Time: 10:00 a.m. to 11:00 a.m.

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

Date: Every Thursday

Time: 10:00 a.m. to 12:00 p.m.

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

Date: Every Thursday

Time: 10:00 a.m. to 12:00 p.m.

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

About: For knitters, crocheters, 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.

Event: Bring Your Device "Let's Play"

Date: Every Thursday

Time: 10:30 a.m. – 11:30 p.m.

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

About: Bring your electronic device and receive individualized training on what you would personally like to learn about your device. Class size of 4.

Cost: Admission is free

More: Pre-Registration required: call - 226-773-5830 or 1-855-259-3605 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Thursday, February 1

Event: Reflexology

Date: Thursday, February 1, 2018

Time: 9:00 a.m. to 12:00 p.m.

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: Life and Living Well- (4 part Series)
Windsor Essex Compassion Care Community

Date: Part 2 - Thursday, February 1, 2018

Part 3 – Thursday, February 8, 2018

Time: 10:00 a.m. to 11:00 p.m.

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

About: Come and take part in an exciting program which will support you to Take Charge by planning your Life and Health Plan

4 Sessions are being offered on the following topics:

- Live the Good Life – the secret to being Happy
- Reach out and touch someone – use your skills and talents to support others
- Being SMART – setting your own goals!
- Advanced Care Planning – learning the law in Ontario – who makes decisions for you in the event that you are unable to

In addition we will help you to:

- Create your own life plan booklet
- Make it easier to exchange information with your loved ones and health care professionals
- Increase your skill and ability to get the help you need when you need it
- Connect you with your Community and use your skills to help others
- Understand the law around who will make decisions for you if you are unable to make your own decisions

Cost: Admission is free

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

Tuesday, February 6

Event: Reflexology

Date: Tuesday, February 6, 2018

Time: 9:00 a.m. to 12:00 p.m.

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: Hospice Wellness Program-Functional Fitness, Chronic Pain/Bed Ballet Exercise

Date: Tuesday, February 6, 2018

Time: 10:00 a.m. to 11:00 p.m.

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

About: Join Exercise Therapist Paul Laforest as he shares simple exercises to deal with chronic pain.

Cost: Admission is free

More: For information call - 226-773-5830, email - admin@kingsvillecentre.com,
www.kingsvillecentre.com

Wednesday February 14

Event: Memory Café

Alzheimers' Society of Windsor and Essex County

Date: Wednesday, February 14, 2018

Time: 1:00 p.m. to 3:00 p.m.

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 Sarah at 519-974-2220 ext. 244 or at soverton@aswecare.com OR 226-773-5830 or email admin@kingsvillecentre.com,
www.kingsvillecentre.com

Thursday, February 15

Event: Reflexology

Date: Tuesday, February 15, 2018

Time: 9:00 a.m. to 12:00 p.m.

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: Ability Tai Chi-The Basics

Date: Thursday, February 15, 2018

Time: 11:00 a.m. to 11:30 p.m.

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

About: Teaching and exploring basic Tai Chi designed for individuals living with a developmental disability. To be offered once monthly

Cost: Admission is free

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

Event: Abode's Ability Kitchen

Date: Thursday, February 15, 2018

Time: 11:00 a.m. to 11:30 p.m.

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

About: Cooking Class to help individuals living with a developmental disability learn some cooking skills and follow basic snack recipes. Class Size limit - 4

Cost: Admission is free

More: **To register** call -226-773-5830 or email admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: Hospice Wellness "Coffee House"

Date: Thursday, February 15, 2018

Time: 6:30 p.m. to 8:30 p.m.

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

About: Come celebrate the Christmas season. Special evening -Food and Refreshments.

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

Event: Yarn Craft Social

Date: Thursday, February 15, 2018

Time: 6:30 p.m. to 8:30 p.m.

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

About: For knitters, crocheters, 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, admin@kingsvillecentre.com, www.kingsvillecentre.com

Event: By What Age Should Kids Visit the Orthodontist?
Information Seminar- Dr. Maxwell Abraham

Date: Thursday, February 15, 2018

Time: 6:30 p.m. to 8:30 p.m.

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

About: Narrow opportunity to ID & correct certain underlying jaw growth abnormalities
Prevent permanent jaw & tooth problems & complex treatment
Intercept harmful oral habits
Reduce risk of trauma
Guide normal tooth eruption & identify expectations of development

Cost: Admission is free

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

Tuesday February 20

Event: Reflexology

Date: Tuesday, February 20, 2018

Time: 9:00 a.m. to 11:00 a.m.

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: To book an appointment - 226-773-5830, email - admin@kingsvillecentre.com, www.kingsvillecentre.com

Thursday, February 22

Event: Community Centre Café Luncheon

Date: Thursday, February 22, 2018

Time: 11:30 a.m. - 1:00 p.m.

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

About: Fundraiser Luncheon- "Little of This-Little of That" – Chili, Tourtiere', Salmon Sandwiches, Salad, Dessert, Coffee/Tea. Dine-In or Take-Out.

Cost: \$6.00

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

Tuesday, February 27

Event: Couponing with Cora

Date: Tuesday, February 27, 2018

Time: 11:00 a.m. – Noon a.m.

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

About: Learn the techniques and tips of couponing from a “Coupon Pro”. Get information on coupon websites, how to get “FREE” items, and tips on “cheque reimbursement” shopping. Start stretching your shopping dollars!!

Cost: No charge

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