



CENTRE FOR BELONGING

Chronicle

Issue No.13

November- December 2017

COMMUNITY LIVING
York South
Inspiring Possibilities

It's beginning
to look
a lot like
Christmas!

In this issue

YRFN Community "GOOD FOOD"
Workshops

Giving back: MOVEMBER
fundraiser Nov 30th

Toronto Maple Leafs Day

"It's beginning to look at lot like
Christmas" ...around C4B

"Tastes" of the season: cooking
workshops

"PASSPORT TO NUTRITION"
program in partnership with RHPL

Toronto Travellers: Allen Gardens &
Centennial Park Conservatory
Christmas Flower Show

Crockpot cooking program





York Region Food Network: community "good food" FREE workshops

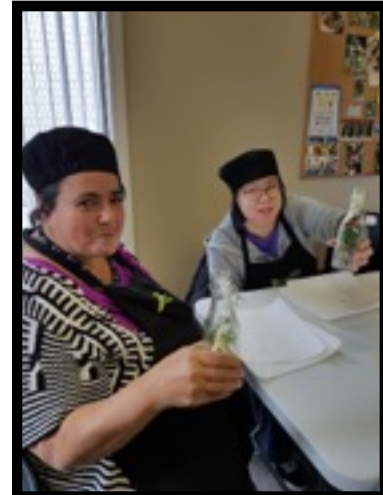


Delicious Indian Snacks workshop

Wen, Lisa & Karen learned the art of making delicious pakoras and Indian snacks and shared a meal with new friends on Nov. 2nd YRFN community Kitchen, Aurora



York Region Food Network
Garden in a Bottle: Flavoured Vinegar Workshop
 Wednesday, November 28, 10am - 12pm
 York Region Food Network,
 250 Industrial Parkway S., Aurora
 Add new flavours to your culinary creations with herb vinegars. Join York Region Food Network for a free workshop to learn about the benefits and uses of vinegar, and practice making your own beautiful and delicious herb vinegar or 'Garden in a Bottle'. This workshop is funded by the Regional Municipality of York.
 To reserve your place at 'Garden in a Bottle', contact Kim at kima@yrfn.ca



Antonietta & Elisa made a "Garden in a Bottle" @ YRFN community Kitchen, in Aurora (Flavoured Vinegar Workshop) on Nov.29th

Back to Basics: Food for Change workshop November 21st Newmarket Community Centre & Lions Club

Wen & Eddie participated in an insightful conversation with community peers about food skills, food waste & food insecurity. Lunch was provided and food skill demonstrations were included.

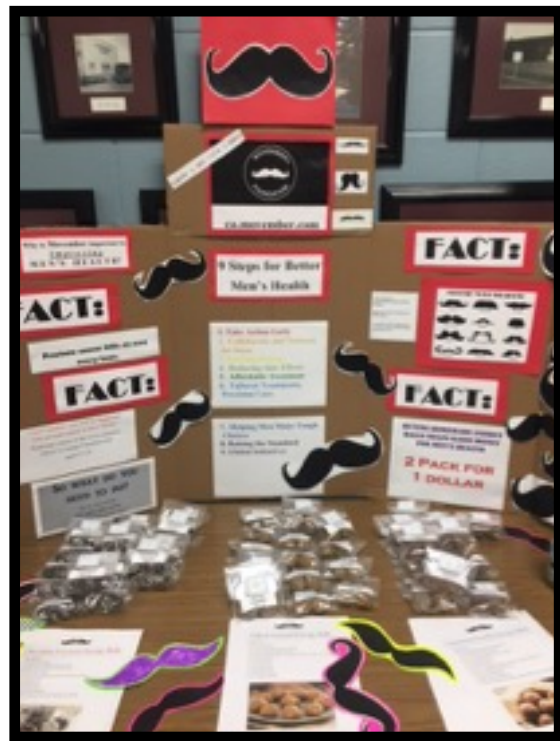
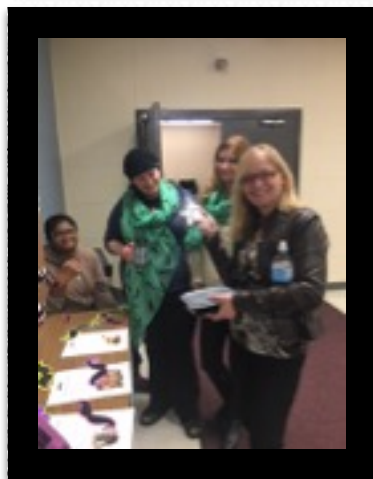
The Food System Alliance in York Region presents
Back to Basics
 Tuesday, November 21, 9:30am - 1pm
 Newmarket Community Centre & Lions Hall
 200 Doug Duncan Drive, Newmarket
 Join us for a morning of insightful conversation about food skills, food waste, and food insecurity.
 Food is a basic human right, yet it is at the centre of many of our community's most pressing issues including health, environment and income. This event will explore the importance of basic food skills in improving nutrition and reducing food waste, and the need for basic income to impact food insecurity.
 This is a free event and lunch is provided. Food skill demonstrations will be included.
 Register at <https://food4change.backtobasics.eventbrite.com>
 For more information, contact York Region Food Network at 905-883-2255, press '0' or kate@yrfn.ca





STOP MEN DYING TOO YOUNG
 JOIN THE MOVEMENT FOR MEN'S HEALTH
MOVEMBER.COM

C4B MOVEMBER Fundraiser
Nov 30, 2017

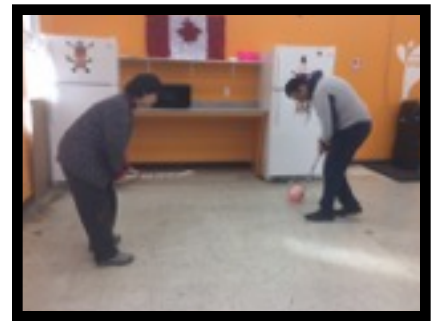


Tastes of Christmas at C4B



Hot chocolate/chocolate spoons workshop Dec. 6th

Edible Christmas Trees



Candy cane floor hockey



Toronto Travellers: C4B visits Allen Gardens & Centennial Park Conservatory Christmas Flower Show

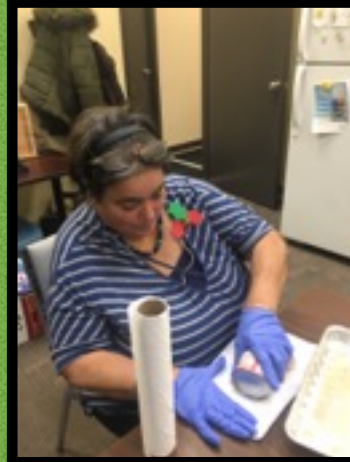
The Christmas Flower Show is the highlight of the year. The entire conservatory is decorated and filled with thousands of flowering plants and more than 30 varieties of poinsettia. In addition, the conservatory features several topiary masterpieces inspired by the holiday season and created entirely of plant material.



EDDIE & WEN USING THEIR FOOD SAFETY & FOOD PREP SKILLS



**Keeping fit!
D.P.E = 30 minutes a day**



**Crockpot cooking workshops -
Mondays in November &
December**

**Lunch is ready!
C4B Participants slowly chopped,
diced, and cooked their way to
easy HOT, healthy meals with 5
ingredients or less.**





Toronto Maple Leaf Hockey Day :

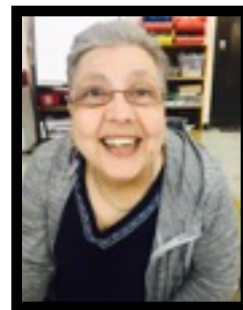


Music therapy is back... Friday's @ C4B

"Passport to Nutrition"
 Activity based 8 week program
 @ RHPL
 "eating right and maintaining a
 healthy lifestyle"



- Activity based Lessons:**
- * Restaurant makeover
 - * Rethink your drink
 - * Eat a rainbow
 - * Portion Distortion



**Smile of the
 month goes
 out to.....**

Surjit AND Joanna

