

## WHAT'S NEW IN DECEMBER 2012

**\*\*Registration begins on – Tuesday, November 27th**

**Please call or drop- in to register for December's programs 479-3031 ext. 302**

### IMPORTANT NOTICES

#### HOLIDAY HOURS

Please note that the Centre will be closed at noon Monday, December 24, 2012. We will re-open on Wednesday, January 2, 2013 at 1 pm.

#### PROGRAM TIMES

Program times as posted on the calendar include class time, refreshment time and social time. Please plan to arrive 10 minutes before the starting time to get your children settled into the play area, and return to the playroom at least 10 minutes before the ending time to get your children ready and to touch base with the caregivers. This is to ensure that our staff has enough time to prepare and clean up.

#### TRADIN' CUPBOARD CHANGES

The Tradin' Cupboard is a service provided at the Chebucto Family Center to help families meet basic needs. It is a means to trade things you have for things you need to "tide you over" until payday. Please drop in for a list of trade- in items.

**Please note the following price changes – effective immediately. Pull-ups (training diapers) .50 each, size 6 diapers 3 for \$1.00; stamped envelope .61; toilet tissue .50 (double roll)**

#### **Busy Morning Thursday, Dec. 6 9:30 -11:30**

Need time to get ready for Christmas without the kids? Let us keep your 2-4 yr olds busy playing and creating while you get some time to yourself.

**Pre-registration REQUIRED. Limited spaces .**

#### **Spry Café – Wednesday, Dec. 12, 5:30-7**

Please join us for a festive holiday meal. Supper is served at 5:30. Limited seating. Registration required.

### **ADVENT SPIRAL**

**Tuesday, Dec. 18, 2012 6:30 – 7:30**

The Advent Spiral is a peaceful way to celebrate the coming of the light into the world. It is the essence of Christmas as well as the winter celebrations of other faiths. It is a time to reflect in quietness and to put aside the commercialism and busyness of the season. This special event is appropriate for families with children who are old enough to sit quietly through the candle lighting ceremony (approx 45 minutes) – usually preschool age or older, or babes in arms. Please call ahead to register. Deadline, Friday, Dec. 14th

**Wednesday, Dec. 5<sup>th</sup> – 5:30 -7pm**

**Movie & Bazaar Night.** Children join Jane and friends in the play area for seasonal movies and activities, while parents join Ginny and friends in the program room for a "shopping spree". Stocking stuffers and gifts available to buy from .50 to \$5.00. Cash only, please. In the spirit of fairness, each family will have purchasing power based on the size of their family. Parents can also make gift tags/ cards/ and advent calendars. **Please call to register for this new event.**

### **ZUMBA**

**Belinda is on holidays for the month of December.**

#### **YOGA**

**December 4<sup>th</sup> & 11<sup>th</sup> 10:00-11:30am**

Come and experience Yoga with Angeline and nurture your mind, body and spirit. **Registration is required.**

### **WOMEN OF WONDER**

**Session #2 starting in January**

An 8 week program, Women of Wonder or WOW for short, will guide you to discover your inner strengths. Come build your self-care "tool box" with Kira, Stephanie and fellow women! The fall session is full but we are taking registrations for January 2013. Please call 479-3031, ext.302

Thanks to Chebucto West Community Health Bard for the funding to make this program possible!

**Dalhousie Law Clinic.** Call Ginny at 479-3031 ext 302 to book a free, private appointment with Susan Young from Dal Legal Aid. Susan will be at the Chebucto Family Center on **Thursday, Dec. 6 from 1-3 pm**

**FREE** Drop- in Swims at the Captain William Spry Pool each Wednesday from 9:00am-1:00pm. Drop-in for the "Parent and Tot" swim for preschoolers. This is only available to **ACTIVE PARTICIPANTS** of Chebucto Family Centre. **Call Ginny register before noon the Tuesday prior to the swim.**

**PLEASE CALL if you cannot attend a program, so another family may be given a chance to come!**

**We are open Monday, Thursday and Friday from 9:00am-4:00pm, Tuesday 9:00am-12:00pm and Wednesday from 1:00pm-8:00pm**

