

# October 2022 Marlborough Park

Monday 9:00 – 12:00pm & 1:00 – 4:00pm	Tuesday 1:00 – 7:00pm	Wednesday 9:00 – 12:00pm & 1:00 – 4:00pm	Thursday 1:00 – 7:00pm	Friday 9:00 – 12:00pm & 1:00 – 4:00pm
3 <b>Spiritual Care Afternoon</b> <b>Taco lunch 1 – 2pm</b> <b>Homework Club 4:30 – 6:30pm</b>	4 <b>COBS Bread</b> <b>Employment Support 1 – 4pm</b> <b>Spanish Class 4:30 – 6pm</b> <b>Kids ESL on ZOOM 6:30 – 7:30pm</b> <b>Tax Clinic 4 – 6pm</b>	5 <b>Bagged lunches</b> <b>Adult ESL Class 10am – 12pm</b> <b>Reading &amp; Writing Circles 1 – 3pm</b>	6 <b>Employment Support 4 – 7pm</b> <b>Adult ESL Class 1 – 3pm</b>	7 <b>Bagged lunches</b>
10 <b>CLOSED</b> Thanksgiving	11 <b>COBS Bread</b> <b>Employment Support 1 – 4pm</b> <b>Spanish Class 4:30 – 6pm</b> <b>Kids ESL on ZOOM 6:30 – 7:30pm</b> <b>Tax Clinic 4 – 6pm</b>	12 <b>Bagged lunches</b> <b>Adult ESL Class 10am – 12pm</b> <b>Reading &amp; Writing Circles 1 – 3pm</b>	13 <b>Employment Support 4 – 7pm</b> <b>Adult ESL Class 1 – 3pm</b>	14 <b>Bagged lunches</b> <b>Pop-up Store at 9 - 3pm</b>
17 <b>Spiritual Care Afternoon</b> <b>Minute to Win it Games &amp; Pumpkin painting 1 – 2pm</b> <b>Homework Club 4:30 – 6:30pm</b>	18 <b>COBS Bread</b> <b>Employment Support 1 – 4pm</b> <b>Spanish Class 4:30 – 6pm</b> <b>Kids ESL on ZOOM 6:30 – 7:30pm</b> <b>Tax Clinic 4 – 6pm</b> <b>Advocacy Support all day</b>	19 <b>Bagged lunches</b> <b>Adult ESL Class 10am – 12pm</b> <b>Reading &amp; Writing Circles 1 – 3pm</b> <b>Advocacy Support all day</b> <b>Rock the Nation 5 – 7pm</b>	20 <b>Employment Support 4 – 7pm</b> <b>Adult ESL Class 1 – 3pm</b> <b>Advocacy Support all day</b>	21 <b>Bagged lunches</b>
24 <b>Spiritual Care Afternoon</b> <b>BINGO 1 – 2pm</b> <b>Homework Club 4:30 – 6:30pm</b>	25 <b>COBS Bread</b> <b>Employment Support 1 – 4pm</b> <b>Spanish Class 4:30 – 6pm</b> <b>Kids ESL on ZOOM 6:30 – 7:30pm</b> <b>Tax Clinic 4 – 6pm</b> <b>Advocacy Support all day</b>	26 <b>Bagged lunches</b> <b>Reading &amp; Writing Circles 1 – 3pm</b> <b>Advocacy Support all day</b> <b>Rock the Nation 5 – 7pm</b>	7 <b>Employment Support 4 – 7pm</b> <b>Adult ESL Class 1 – 3pm</b> <b>Advocacy Support all day</b>	28 <b>Bagged lunches</b>
31 <b>Spiritual Care Afternoon</b> <b>OCC Shoe Box Packing Party 1 – 2pm</b> <b>Homework Club 4:30 – 6:30pm</b>	 <b>Happy Halloween!</b>			

**Hours:**

Monday/ Wednesday/ Friday at 9:00 - 12:00PM/ 1:00 - 4:00PM

Tuesday/ Thursday at 1:00 - 7:00PM

**Address:** #24, 6060 Memorial Dr NE

**Contact:**

E: [MPNC@theseed.ca](mailto:MPNC@theseed.ca)

P: 825-222-4731

 @TMSNeighbourCentre

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## Description of Programming Activities

(DROP IN)

**COBS Bread:** Every Tuesday stop by the centre to pick up some free COBS bread (while supplies last).

**Bagged Lunches:** Every Wednesday + Friday stop by the centre to grab a free bagged lunch (while supplies last).

**Adult ESL Class:** a great place to improve your English conversational skills (beginner and intermediate).

**BINGO:** Enjoy some coffee and good company while you play BINGO for free with a chance to win some prizes.

**Employment Support:** Meet with our employment volunteer for a quick resume and cover letter writing, or to practice your job interview skills. Although walk-ins are welcome, appointments are encouraged to ensure you have a spot.

**Spanish Class:** Whether you know nothing about Spanish language or can speak basic Spanish, come by to learn the language with a native speaker for FREE.

**Library Books at TMS:** Calgary Public Library (CPL) will drop off new books bi-weekly. Borrow the books and return them at the centre with no late! Books for all ages are available. We accept book requests.

**Laptop Usage:** Use our Chromebook laptops to check out your email, build resume, school related project, etc. Enjoy FREE Wi-fi.

(Registration required)

**Kids ESL on ZOOM:** conversational English class for young ESL speakers aged 8-13 years. It is a virtual online class only. Please email [MPNC@theseed.ca](mailto:MPNC@theseed.ca) to sign up.

**Reading & Writing Circles:** A great class for people looking to brush up on grammar, writing skills and overall reading skills.

**Rock the Nation:** Pre-registered empowerment youth program (Gr 7-9). Youth will be learning some life skills, leadership and how to take charge of their lives.

**Homework Club:** Pre-registered program for children in the area, age 6-12. Tutoring, extra workbook exercises, quiet study space, snacks and much more! Parent is required to sign consent upon arrival.

**Tax Clinic:** We will have a volunteer who can help you file your taxes and answer your questions related to income tax. Contact us to see your eligibility and for appointment booking.

**Winter Pop up Store:** Get a bag of clothes for \$5. Winter clothing is available for all ages. Walk-ins are welcome at 1 – 3pm.

### Available Services:

- **Advocacy** is available regarding community resources, including basic needs referrals, income support application assistance, commission of oath services and other general information or guidance. [NatalieT@theseed.ca](mailto:NatalieT@theseed.ca)
- **Employment Coaching** is available for one-on-one job coaching and mentorship to support you through your job search. [ChikaU@theseed.ca](mailto:ChikaU@theseed.ca)
- **Counselling Support:** is available for children age 13+ and single individuals who need mental health support. *Referral is required!*
- **Spiritual Care:** Chat with our chaplain and/or representative from local churches about your spiritual journey, advice, or if you have any prayer request. [DavidS@theseed.ca](mailto:DavidS@theseed.ca)

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