

June 2024

Ogden Hub:29



Monday	Tuesday	Wednesday	Thursday	Friday
3 Open Space & Computer Lab 9:00am-12:00pm Open Space & Computer Lab 1:00pm-3:00pm	4 Parent Child Mother Goose by FESA 9:30am-10:30am Open Space & Computer Lab 10:30am-12:00pm Seniors Coffee and Games 1:00pm-3:00pm	5 3-4yr Preschool Ballet by Alberta Ballet 10:00am-10:30am 4-5yr Preschool Ballet by Alberta Ballet 10:30am-11:00am Open Space & Computer Lab 1:00pm-3:00pm	6 Advocacy by appointment Open Space & Computer Lab 9:00am-12:00pm Women's Coffee and Conversations 1:00pm-3:00pm Open Space & Computer Lab 3:00pm-4:00pm	7 Advocacy by appointment Fun Tots Playgroup 10:00am-12:00pm Homework Club 2:00pm-3:00pm
10 Spiritual Care Mondays Snack N Chat 10:00am-12:00pm Spiritual Counselling 1:00pm-3:00pm Cake, Coffee and Conversations with a Pharmacist 1:00pm	11 Parent Child Mother Goose by FESA 9:30am-10:30am Open Space & Computer Lab 10:30am-12:00pm Seniors Coffee and Games 1:00pm-3:00pm	12 Open Space & Computer Lab 9:00am-12:00pm Open Space & Computer Lab 1:00pm-3:00pm	13 Advocacy by appointment Open Space & Computer Lab 9:00am-10:00am Women's Coffee and Conversations 10:00am-12:00pm Open Space & Computer Lab 1:00pm-3:00pm	14 Advocacy by appointment Fun Tots Playgroup 10:00am-12:00pm Homework Club 2:00pm-3:00pm Saturday 15 Neighbour Day - Community Event 1pm-4pm
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Contact:
 P: 1-833-448-4673
 E: ogdencic@theseed.ca

Address: 2385 74 Ave SE Calgary T2C 5W8

www.theseed.ca/ogdenhub

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Description of Programs and Events

Programs:

Spiritual Care Mondays Nourish Your Soul! Spend time with Chaplain David. Engage in heartwarming conversations, enjoy games, or share a cup of coffee in great company. One-on-one appointments are also available, just email DavidS@theseed.ca

- **Spiritual Counselling:** meet one-on-one with our Chaplain. This is a safe place for you to talk about your spiritual journey, questions about faith in general, or if you need some spiritual guidance or support to tackle your day-to-day stressors
- **Snack N Chat** come share some snacks, grab a cup of coffee and ask those questions about faith and spirituality you've always had. All questions are welcome!

Parent Child Mother Goose by FESA- an 8 week program for parents/caregivers and their children under 2yrs to learn rhymes, songs, and stories to teach their children and offer a healthy early learning experience with language and communication. Register here or email Kaitlin at ogdencic@theseed.ca



Seniors Coffee and Games come play games, cards, or crib while enjoying coffee/tea and good company.

Women's Coffee and Conversations open to anyone who wants to get to know each other and wants to create more open relationships, a time to come together over coffee and tea to build community.

Fun Tots Playgroup a large group play date for kiddos and their parents/caregivers. A time to have fun and get to know others in the community. Games and activities will be provided but no structured program.

Open Space & Computer Lab a safe space to just come and hangout in, computers available for use in space and access to free Wi-Fi

Homework Club providing homework support and supplementary educational materials and activities for kids in Kindergarten to Grade 3. Register here or by emailing Kaitlin at ogdencic@theseed.ca



Special Events and Services

Cake, Coffee and Conversations with a Pharmacist join us for an information session with Chinook Medical Centre and Guardian Pharmacy. Meet one on one with a pharmacist for any medical questions, prescription renewals or questions. Learn more about the coverage if you are on AB Works and sign up to get FREE monthly supplements and vitamins under the AB Works coverage!

Neighbour Day – Community Event Join us for a family friendly celebration on Neighbour Day! In partnership with OCC (Ogden Community Church) and some of the other local churches we will have a BBQ, music, activities for the kids, and a time to learn more about the programs and services within Hub:29. Come out for a fun afternoon and to meet others in the community!

Thursdays and Fridays Advocacy Support **Available by Appointment** – Erika our advocate will be available to provide support with community resources, including basic needs referrals, income support, application assistance, commission of oath services, and other general information or guidance. To book at appointment speak to Kaitlin or email ogdencic@theseed.ca

Our services:

- **Spiritual Care Mondays:** Chat with **David** our **Chaplain** about your spiritual journey, advice, or if you have any prayer request. DavidS@theseed.ca or P:403-462-0704
- Connect with **Jose** our **Volunteer Coordinator** if you are interested in any volunteer opportunities at our centre! volunteer@theseed.ca
- Connect with **Kaitlin** our **Site Lead** for any questions, feedback, or input about programs happening at the centre! ogdencic@theseed.ca

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