



Ogden Hub:29

Week at a Glance

June 10-14, 2024

Monday June 10th

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.

- **10:00am-12:00pm 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!
- **1:00pm-3:00pm 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

1:00pm-2:00pm 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!

Tuesday June 11th

9:30am-10:30 am 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.

10:30am-12pm 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

1:00pm-3:00pm Seniors Coffee and Games come play games, cards, or crib while enjoying coffee/tea and good company.

Wednesday June 12th

9:00am-12:00pm and 1:00pm-3:00pm 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

Thursday June 13th

***Advocacy** by appointment* support with community resources, including basic needs referrals, income support, application assistance, commission of oath services, and other general information or guidance.

9:00am-10:00am 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

10:00am-12:00pm 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.

1:00pm-3:00pm 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

Friday June 14th

***Advocacy** by appointment* support with community resources, including basic needs referrals, income support, application assistance, commission of oath services, and other general information or guidance.

10:00am-12:00pm 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.

2:00pm-3:00pm Homework Club providing homework support and supplementary educational materials and activities for kids in Kindergarten to Grade 3

Saturday June 15th

1pm-4pm 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!

Emergency Food Pantry, Diapers/Baby Wipes Available On-Site

Free Children's Books Available Through Partnership with Little Red Reading House

Address: 2385 74 Ave SE Calgary

Connect with **Kaitlin** our **Site Lead** for any questions, feedback, or input about programs happening at the centre! ogdencic@theseed.ca