

Dorset Park Neighborhood Association

416-292-6912
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DORSET PARK

COMMUNITY NEWSLETTER

HALLOWEEN HAUNT



- Haunted House
- Best Costume Contest
- Face Painting
- Photo Booth
- Trick or Treat
- Games
- Prizes

****FIRST 150 KIDS WILL RECEIVE A LOOTBAG!!!!****

****Your Children Must Attend****

**Join us if you dare!!! We will have a fun filled afternoon
@ The Dorset Park Community Hub!**

We will have lots of games and prizes for the whole family!!

WHERE:

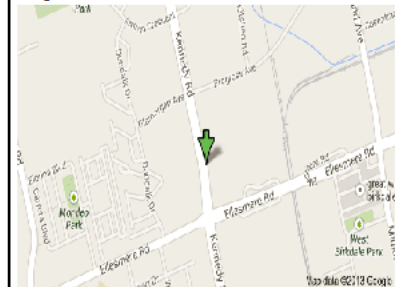
Dorset Park Community Hub,
1911 Kennedy Road, Unit 105
Scarborough, On
M1P 2L9

WHEN:

Friday, October 28, 2016
from 4pm - 6pm

For more Information:
(416) 292-6912

Map



STRONG SCARBOROUGH

partnerships • awareness • community • employment



Toronto
workone
Opportunity starts here

FRIDAY, OCTOBER 21

Scarborough Civic Centre
150 Borough Drive
11 a.m. - 4 p.m.

Learn about supports and services
in your community from over
50 community agencies and
government services

For more information call
Miguel Ferdinand at 416-392-9248
Register at toronto.ca/esportal
(keywords: strong scarborough)

facebook.com/torontoess

#workoneTO

@torontoess



NEW!

Skype Tutorial Workshop!

Join Us For a Free Interactive Workshop On How to Use Skype!

Connect With Your Family & Friends Overseas &
Learn How to Save On Long Distance Telephone Costs!

Live Demonstration Will Be Provided!



Tuesday, October 25, 2016
2:00 - 3:30 pm

Dorset Park Community HUB
1911 Kennedy Road, Unit 105
416-292-6912

Space is Limited!
Please See Reception to Register



Dorset Park Community Hub

The Dorset Park Hub is a place where everyone has equal access to a wide range of programs, services and supports.

Summer Program – During the months of July and August, 40 students ages 6-12 years old attended the hub summer program. They enjoyed a variety of different indoor and outdoor activities, as well as went on trips to the ROM and Science Centre.

Seniors Health and Wellness Summer Program – With the support of a Seniors Health and Wellness Programmer, there were a variety of activities for seniors to participate over the summer months. They were kept busy with computer classes, arts and crafts, dance classes and a neighbourhood walk.

Hub Support Staff – The Hub would like to welcome Sandra Gomez as the new Hub support staff. Sandra will support all activities at the Hub including food bank and reception.

Outreach - Hub staff and partners did a Community Sweep on August 23rd. The Sweep involved going door to door into the community, letting people know about the programs and services being offered at the Hub and inviting persons to visit the Hub to participate in these programs and services.

Pan-Am Path Event - Community members came together to enjoy a walk along the Pan Am Path that was organized by the Dorset Park Network. On this walk, participants got to participate in a variety of games and activities such as Yoga and Tai Chi.

Upcoming Events – Please look out for more information in the coming weeks for the following events: Halloween Haunt, Coffee with a Cop, Garage Sale, Flu Clinic and Holiday Cheer.

We are located at 1911 Kennedy Road, Unit 105, and open Monday - Friday from 9 am to 6 pm. Come by for a visit or call 416-292-6912 for more information!

Thanks to Yvette Bailey



Dorset Park Community Hub

Garage Sale

@ Dorset Park Community Hub
(1911 Kennedy Road, Unit 105)

Friday, November 11, 2016

10 am – 5pm

416-292-6912 ext.300

Come early for great deals!!!!



VHA Home Healthcare

VHA Home Healthcare is looking for volunteers to help families in the Scarborough area. We currently have an opening for **Parent and Child Support Volunteers**.

The volunteer will visit the family's home weekly for 3 hours. You will provide support to mom and involve the children in activities that lead to healthy development. Most of our moms are at risk for post-partum depression or have already been diagnosed. They are isolated, have little or no support and face many challenges. As a volunteer, you will listen to the client (mom) and help link her to resources in the community. You'll also accompany her and her children on outings.

As a volunteer, you'll visit the family for three months and then will be matched with a different family so you get a chance to experience different situations and challenges.

If you or someone you know is interested, please contact Roseanna Wirt at 416-489-2500 ext. 4327 or rwirt@vha.ca. You can also visit vha.ca/volunteer-with-vha for more volunteer opportunities.

Thanks to Roseanna Wirt

Toronto CPR – Canadian Red Cross Training Partner

We have been offering First Aid & CPR training for over eleven years and are committed to providing you with the best in First Aid, CPR and Defibrillator (AED) Training!

Our courses are recognized by the Workplace Safety & Insurance Board (WS & IB) (Under the "Red Cross" umbrella), and are federally compliant as well. You will learn hands on skills taught by a team of experienced professionals with medical, or emergency response backgrounds. **Upcoming dates are:**

Sat Oct 8 – Sun Oct 9	Sat Nov 5 – Sun Nov 6	Sat Dec 3 – Sun Dec 4
Sat Oct 15 – Sun Oct 16	Sat Nov 19 – Sun Nov 20	Mon Dec 12 – Tues Dec 13
Mon Oct 31 – Tues Nov 1	Mon Nov 28 – Tues Nov 29	Sat Dec 17 – Sun Dec 18

Please call Jennifer at **416-477-9706** to book your course and receive the Dorset Park Community **promotional rates** below! Prices valid until December 31, 2016.

	Certification	Recertification
CPR Level C	\$55.00	\$45.00
CPR Level HCP	\$65.00	\$55.00
Emergency First Aid & CPR Level C	\$75.00	
Emergency First Aid & CPR Level HCP	\$85.00	
Standard First Aid & CPR Level C	\$100.00	\$80.00
Standard First Aid & CPR Level HCP	\$110.00	\$90.00

Thanks to Jennifer Lam

International Language Classes

On Friday, September 16, 2016 more than 21 children registered to attend the international languages classes at the Dorset Park Community Hub. The classes provide an opportunity for children ages 5-14 to learn Arabic and Farsi. These classes take place on Fridays from 4-6pm and will end on May 12, 2017. There is a \$20 registration fee per child. This project is funded through United Way of Toronto and York Region. Special thanks to Nescreane, Daa, Nada and Brashna for making this classes possible.

If you are interested in joining the classes, Please **contact Nescreane at (416) 319-1271**

Zumba for Women

Zumba for Women is a program open to all women to stay fit and healthy. We have an experienced instructor who engages participants from different levels and abilities. The program takes place every Wednesday from 9-10 am. There is a \$20 fee for three months. This project is funded through United Way of Toronto and York Region. Special thanks to Ghada and Tricia for making this project possible.

If you are interested in joining the Zumba, please **contact Ghada at (416)452-8819**

Happy Women's Club

Happy Women's Club is a fun program that focuses on helping isolated women to go out, meet friends, have fun and learn new skills through arts and crafts, cooking, workshops and more. This program was funded through United Way of Toronto and York Region in 2015.

We started the fall season on Wednesday September 21, 2016. This is a drop-in program and everyone is welcome to have fun with us. Happy Women's Club takes place every Wednesday from 10:00 am to 12:00 pm at the Dorset Park Community Hub.

Come to our program to make a special piece of jewellery or make a pretty stocking flower to give to your friends for Christmas. Choose your favourite colour, and your own design. Your friends will love them!

If you have any questions please feel free to **contact Lamyaa Hassan at (647)762-0156**

Zumba Classes for Women Only Keeping Women Fit, Healthy, and Happy

Where: Dorset Park Community Hub, 1911 Kennedy Road
When: Wednesdays 9:00am- 10 am

Get Up and Zumba

Registration
When: Wednesday September 14th, 2016
Where: Dorset Park Community Hub,
1911 Kennedy Road, Unit 105
Time: 9:00 AM – 10:00 AM

Space is limited!
Registration is done on a first come, first serve basis.
Membership for 3 months is only \$20.

For more information, please contact at 416-292-6912



Happy Women's Club

What to Expect:

- Fun crafts and activities
- Easy & healthy recipes
- Fun games



Program
Start: September 21/ 2016
When: Every Wednesday
Time: 10 am – 12 pm
Where: Dorset Park Community Hub

For more information:
Contact Lamyaa Hassan
647-762-0156



International language class



Arabic and Farsi

For ages 5-14

Where: Dorset Park Community Hub, 1911 Kennedy Road unit #105
When: Fridays 4:00pm – 6:00pm
Duration: September 16th 2016 – May 12th 2017



Registration
Come on Friday September 16, 2016
From 4:00- 6:00pm
at Dorset Hub Community Hub
1911 Kennedy Rd, unit 105

Space is limited!
• Registration is done on a first come, first serve basis
• Fee \$20

For more information, please call (416)319-1271



English Circle For Women (September-April 2016)

INSPIRE * ACHIEVE * BELONG * EMPOWER

The Women's English Circle is a free program and has been very successful over the past few years. This program is very empowering for women. It teaches them important skills needed for everyday life in Canada. It allows them to gain more independence and confidence. English is taught in 3 levels (basic, beginner, and advanced) in a very fun and engaging way. Women learn communication and conversation skills, as well as reading and writing skills.

Since it is an informal environment, it allows everyone to feel comfortable to participate. We have three qualified teachers (Nisreen, Pat, and Rana at North Side and 1 teacher at South Side) who are very passionate, caring, patient, and knowledgeable. The classroom welcomes an extremely diverse and multi-cultural group of women from all ages. We support seniors as well as many young mothers with kids and offer free child minding for children 18 months and up. This provides greater accessibility for young mothers to attend the program. We believe that through socialization we break isolation.

We started a new year on September 12th at Dorset Park Community Hub. The program takes place every Monday, Tuesday, and Thursday from 9:30 am – 12:00 pm. We also run the program at McGregor Community Center which started on September 14th and takes place on Wednesdays and Fridays from 9:30 am – 12:00 pm. This year we have 35-45 students registered. We also have 15 kids registered for child care. We have some returning students and we welcome many new faces as well.

This year we also have many fun and educational excursions planned:

September 26th – **Class at the Park!** – While the weather is still nice, we plan on going to Glamorgan Park for class to learn more about the neighborhood and community in an engaging way. We have fun outdoor activities planned involving team learning with teachers.

November 1st – **Visiting Scarborough Civic Centre and Library!** – This excursion takes place walking distance from Dorset Park. At the Scarborough Civic Centre women can learn more about activities in the community, become more involved, and find helpful resources that they may need. The civic centre offers facilities such as the Councillor Chamber, TDSB Main Office, Welcome Policy from City of Toronto, business enterprises registration, property tax and bill payment office, and death certificate/ marriage application office. We will also visit the library to learn about 3D scanning and printing.

December 15th – **Christmas Party!** – Food and celebration for the end of the calendar year.

For more information or if you have any questions please contact Suganthine

647-628-7406.

Dorset Park Neighbourhood Association

Vision:

We dream of a safe Dorset Park where people know their neighbours, take pride over their community and are able to access programming.

Priority Areas:

1. Safety
2. Program/Services

3. Food Security/Community Garden

4. Employment

5. Communications

If you would like to get involved please call
416-292-6912 ext 315

www.DorsetPark.com

Call for Submissions

Everything about the Community



The Dorset Park Community Newsletter is calling for submissions focusing on safety, programming, food security/gardening, programs, employment and or other topics of interest to the Dorset Park community. Please email your submission to

gmlsan@agincourtcommunityservices.com

416-292-6912 ext 316



Action for Neighbourhood Change

Supported by

