Seven Oaks is such a great place to live and work. Our Network does its best to connect people and programs to each other and keep each other informed about what is happening in our community.

Here are some new things we learned at our November 4th meeting:

Maples Youth Activity Center is looking for new Board Members. Do you know someone who is interested in Youth in our community and may want Board experience? Please contact MYAC coordinator Amanda Wilkes.

Wayfinders was the recent recipient of an Indspire award. *Indspire Awards* represents the highest honour the Indigenous community bestows upon its own people. The Director of Wayfinders, Meghan Loewen-Cook has also been nominated as one of Manitoba’s Future 40 as recognition for her exemplary leadership and making a difference to the youth in our community.

Mr. Dan Saiden has recently become the recreation director of Gwen Sector on Main Street. Dan brings with him a great deal of experience in the Arts sector. We are looking forward to having him work in our community.

The Seven Oaks Neighbourhood Resource Network has been awarded two grants from Seven Oaks Healthy Living. One is continued support of the Better Access to Groceries program and the other is to fund a program called Livin Better Togethers a program of health, physical activity and nutrition for people living with mental health issues.

The NRN sponsors a free income tax preparation for community members whose income is less than $30,000.00. In 2019 the tax clinic will be Tuesdays and Thursdays in March and April.
MAPLES YOUTH Activity Centre

November 2018

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Contact: amanda.wilks@7oaks.org or (204) 794-1714
Registration forms now available ONLINE at www.7oaks.org/programs/myac

What is MYAC?
MYAC is a FREE drop-in centre for youth ages 9 – 17, in Seven Oaks School Division. We offer open gym for sports, arts and crafts, board games, cooking workshops, and more. MYAC’s purpose is to provide a safe and fun place where youth can come to be together and make a positive contribution in their community.

How to Get Involved:
Fill out a one-time registration form online to participate!

November Activities:
Open gym, basketball, volleyball, badminton, and more!

@MYAC7oaks
**Seven Oaks Adult Education Center**

950 Jefferson Ave.

The Adult Education Center offers high school credits to those who may not have finished high school who are 19 years of age and older. We work together with the three high schools in Seven Oaks to ensure continuity and our hope is that all our students will eventually graduate with their High School Diploma.

We have an infant lab on premises to assist families who may need child care while they are attending classes.

We also work in collaboration with Settlement Services to provide English as an Additional Language classes for New Canadians.

We are at 950 Jefferson. If you would like to get more information about our programs, please contact:

Seven Oaks Adult Learning
204-632-1716

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**Wayfinders**

950 Jefferson Avenue

Wayfinders is an afterschool mentorship and support program for high school students that is run out of the Adult Learning Center on Jefferson. If you know of a high school student you think would benefit from our program please contact:

tyler.blaskco@7oaks.org.

We've started a Wayfinders newsletter. If you’d like to sign up follow the link!

http://eepurl.com/dlSRLX

Our Director, Meghan Loewen Cook was recently recognized as a finalist in the CBC Future 40. This is to acknowledge leaders in our community who contribute to making Winnipeg a better place to live. Congratulations Meghan!

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**Healthy Start for Mom & Me**

is just that: a place where people who are pregnant and parents with babies up to 1 year can learn how to give their babies the healthiest start possible.

Our program provides friendship, acceptance, information and other practical supports in 9 Winnipeg neighbourhoods, including Seven Oaks Community.

Groups meet from 1:30 p.m. -3:30 p.m. and offer:

- a friendly place to learn and ask questions
- delicious, healthy snacks and food demonstrations
- milk and egg coupons (if needed)
- childminding for ages 1-5
- continuous entry - starting any time during pregnancy or before baby turns 1
- a dietitian, nurse and outreach staff

We also offer:

- Cooking events
- One-on-one support in person or by phone
- Connections to other community organizations
- Answers to nutrition questions by phone or in person

Join us for a session and learn how nutrition, nurturing and neighbourhood supports can help your baby have a healthy start.

To find the location that works for you, please call 204-949-5350 or visit www.hsmm.ca. You can also connect with us on Facebook @HealthyStartWpg
Did you know?

That the Red Cross can provide assistance for personal disasters like a house fire? If you know of someone in this dire circumstance, check the website below for assistance that is available.


For more information contact:
Irene.Shaw@redcross.ca

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**Canadian Red Cross**

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**Elwick Village Center**

**1417 Fife Street**

The Elwick Village Resource Centre would like to remind everyone in the Community that all resources and programs are accessible to all families. The computers, fax, phone, and community programs are available during open hours:

- **Monday:**
  - OPEN: 9:00-12:00 & 1:00-4:00 & 4-5
  - 10:00 - 12:00 Job Talk with CHARD
  - 1:15 - 2:00 Coffee with Ken from (MHA)
  - 4:00 - 5:00 Kids Club
- **Tuesday:** *NEW*
  - OPEN: 9-12
  - 6-8 Family Nights
- **Wednesday:**
  - OPEN: 9:00-2:00
- **Thursday:**
  - OPEN: 9:00-12:00 & 12:30-4:00 & 4-5
  - 9:00 - 12:00 Beading Projects
  - 2:00-4:00 Food Bank or 12:30-4:00 Drop in 4:00-5:00 Kids Club
- **Friday:**
  - OPEN: 9:00-12:00 & 1-4
  - 9-12 Drop in

Phone: 204-632-5992
Email: elwick@familydynamics.ca
Or follow us on Facebook!

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**Volunteer Tax Program 2018**

Looking for Volunteers!!

We trained volunteers from the Canadian Revenue Agency to assist people in our community who need assistance in preparing their precious years tax return.

This program was beneficial to individuals and families who were filing taxes in Canada for the first time, or who had let their tax filing lapse for a few years, or for those who do not have the skill or ability to file their tax return. This program will also be offered at Gwen Sector and Settlement Services.

If you would like to get involved in this program as a volunteer, contact Evan Zarecki, Community Development Officer at the WRHA Office Ph: (204) 938-5665 or by email @ezarecki@wrha.mb.ca

The tax clinic will run Tuesdays and Thursdays in March and April at the WRHA offices at 1050 Leila Avenue.

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**Parent-Child Program in Punjabi**

There will be a dual language program, in Punjabi and English, songs and books are in English and Punjabi. This programme will start on Saturday in February and March.

This session sponsored by Seven Oaks Adult Learning Centre and Seven Oaks Early Years Coalition.

Please call Shivani Kashyap for more information 431-336-1361
Childhood: there’s No App for That!

A workshop for parents to learn about the
- effect of technology on brain development;
- the new guidelines for technology used by the Canadian Pediatric Society:
- how and when we are letting our children interact with technology
- parents’ role in helping children navigate technology

Tuesday, November 27
6—8 p.m.
Constable Finney School
25 Anglia Avenue

Childcare provided. Please email Cathy Horbas or call to register. cathy.horbas@7oaks.org 204-232-9926

The next Seven Oaks Neighbourhood Resource Network meeting is

February 5: 1—3 p.m.
WRHA Offices 1050 Leila
Anyone is welcome to attend!
Learn about the exciting initiatives happening in Seven Oaks!
Coffee provided!
WEST KILDONAN PUBLIC LIBRARY
365 Jefferson Avenue

West Kildonan library continues to average 350 – 400 visitors daily. The Jig-Saw table proves popular with puzzlers. Upcoming adult programs include Internet Basics on November 16 and eMedia Help One on One on November 18.

Children’s programing is in full swing with Baby Rhyme Time, Time for Two’s and Family Story Time.

The most questions asked in September were 106 on September 4th.
The most questions asked in October were 90 on October 2nd.

Thank you for your interest in the West Kildonan Library.

KYAC
Kildonan Youth Activity Center

Drop-in Gym Hours
Available to all students in Seven Oaks School Division

Edmund Partridge Community School (EP):
Monday, Wednesday and Friday 6-9pm

École Seven Oaks Middle School (ESOMS):
Tuesday and Thursday 6-9pm
Saturday 12-5pm

Riverbend Community School:
6:00-9:00 pm

Structured Program Hours
(available to students who attend these specific schools)

Governor Semple School:
Wednesdays 3:30-5:30pm

Forest Park School:
Thursdays 3:30-5:30pm

Contact Info:
Amy Wilson
Program Coordinator
KYAC: (204) 470-9460
Office: (204) 586-0327
Fax: (204) 589-0121
amy.wilson@7oaks.org

Gwen Sector
Creative Living Centre

Contact:
info@gwensecter.com
204-339-1701

Gwen Sector is a great place for Seniors and community members to meet. Monthly programs include: Zumba, Active Adaptive Fitness, Bridge, Nickel BINGO and current events, Mahjong, Special Lunches and special guests.

Check out our website for information on all our programming and events.

http://gwensecter.com/events-calendar/
Seven Oaks Senior Links

New Programs:

POP UPS—Seven Oaks Senior links is going to various Senior blocks once a month to provide information directly to seniors with them having to leave their home.

FLOOR CURLING—December start at St. Francis Anglican church

PICKLEBALL—First Demonstration will be held Wednesdays at Maples Community Centers

EXERCISES AT SENIORS BLOCKS:  204 Watson Condo and 2000 Sinclair

New Venue for Drop In:

St. Francis Anglican Church has graciously offered their basement for weekly drop in!

Brunch Club:  Meets the 3rd Monday of each Month at Canad Inns garden City  9:30—11:00 am

   November 19  topic is Safety with guest speaker Dene

   December 17—Christmas Party

Presentations are available for any Senior group, Adult Day program, Churches, Senior Centers, Community Clubs.  These presentations could be (but not exclusive to) Healthy Jeopardy, Driving safely, Patient Advocacy, Just in Case file, ERIK, Elder Abuse, Mental Wellness, End of Life  A good Nigh Sleep

For more information contact:

Susan Fletcher: sosl@mymts.net  204-612-3888

The Community Wellness Initiative

The Community Wellness Initiative (CWI) is a collaborative program of the Winnipeg Regional Health Authority and Manitoba Housing to support the overall mental health and wellness of tenants living in Manitoba Housing and also aims to bring about positive change in their community. The key outcome of the program is “capacity building.” Capacity building is that motivation and self-direction that a person or community possesses to bring about positive change. The CWI offers two services: the Group Program and Outreach Program.

In our area the Outreach Program is operational at Monash Manor.

Contact Heather Martin for more information  hmartin3@wrha.mb.ca

P: (204)471-0126
Information about upcoming Wellness Institute webinars or recordings of past webinars, can be found
https://wellnessinstitute.ca/webinar/

**Get Better Together**, a chronic disease self-management program – ongoing throughout the city. For more information or to register contact – 204-632-3927

**Winter program** registration begins – December 19th

**30th Annual Cerebral Palsy (CP) Bike Race** at the Wellness Institute – March 9th

For more information about the stationary bike race contact - 204-982-4842 or email office@cerebralpalsy.mb.ca

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Speaking exchange program – that showcases intergenerational programming, older adults with teenagers
https://www.youtube.com/watch?v=-S-5EfwpFOk

The name of the book I recommend reading is called: Catfish and Mandala: A Two-Wheeled Voyage through the landscape and Memory of Vietnam – by Andrew X. Pham

Cheers, Karin

**Karin Whalen**
Director of Community Services
 P 204.632.3912  F 204.697.2412
kwhalen@sogh.mb.ca

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**Winnipeg Police Community Services**

Winnipeg Police Community Services are available to do presentations throughout the community on topics of interest. These topics might include Traffic Safety, Protecting your home, Drug or Gang awareness, Phentanol, Vandalism or other topics of interest to your group. They are also available to attend community events such as picnics, carnivals, fairs or other special events you might be hosting. To contact this branch of the Winnipeg Police Service, please contact:

Marlene Hyde mhyde@winnipeg.ca or Maria Buduhan mbuduha@winnipeg.ca
The Manitoba Collaborative Data Portal is now On-Line and Ready to Use

What is the Manitoba Collaborative Data Portal?

The Manitoba Collaborative Data Portal (MBCDP) aims to provide a knowledge base to promote evidence-informed community discussion, planning and action in Manitoba. Using the MBCDP, you can generate custom maps of health and social trends, extract and export community data, and find links to a wide range of local and national data sources relevant to your work.

What kind of data can you access via the MBCDP?

Using the MBCDP mapping tools, you can access data from the 2016 Census for small geographic areas, including detailed population breakdowns, income estimates, housing conditions, and a variety of indicators related to ethnicity and immigration. The MBCDP also contains a number of basic health indicators for Manitoba including life expectancy, diabetes prevalence, and premature mortality.

A unique feature of the MBCDP is our Knowledge Portals (KP). Each portal contains detailed community level information and links to research and other resources on specific topics. These are under construction, but the initial KPs include Food and Nutrition Security, Active Transportation and Housing and Homelessness.

Getting Started

Navigate to www.mbcdp.ca

Why did we develop the MBCDP?

The MBCDP was implemented in order to explore how community data could be made more easily accessible in Manitoba. Currently there is no single place where organizations and agencies can easily and inexpensively find the wide range of detailed neighborhood and local-level information they require to support their programs and engage the public.

The MBCDP is organized as a collective impact project coordinated by the Social Planning Council of Winnipeg. Initiating project partners include PEG Winnipeg (United Way of Winnipeg), the Manitoba Center for Health Policy (University of Manitoba), the Institute Urban Studies (University of Winnipeg), and Population and Public Health, Winnipeg Regional Health Authority (WRHA).
New parent? Take time to...

**NURSE YOURSELF**

1. **NOURISHMENT**
   - Fuel your body. Drink water. Allow your body to find its natural size.

2. **UNDERSTANDING**
   - Be kind to yourself. Listen to your body. Your body & hormones are changing.

3. **REST & RELAXATION**
   - Take time to rest & relax. Practice deep breathing.

4. **SELF**
   - Rediscover favourite hobbies. Explore new ideas or activities. Nourish your spirit.

5. **ENERGY**
   - Move your body in ways you enjoy to relieve stress.

A new baby is hard work. You are not alone.

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**Winnipeg Regional Health Authority**

- Public Health Nurse is available to come to community groups to help with car seat safety. Contact Eliza Penner at 204-223-2201
- Breastfeeding support group 10-12 on Fridays
  - appointments available 09:30-11:30
  - for individual support
- Healthy start for mom and me prenatal and postnatal group Tuesdays 1:30-3:30
  - Maples Community Center
  - For more information contact:
    - Noreen@hsmm.ca
    - anmol@hsmm.ca
- Healthy Baby Thursdays 9:45-11:45
  - Gwen Sector leighap@womenshealthclinic.org