

Newsletter – Fall 2020

# Norwest on Alexander (NOA)

Community Resource Centre  
Serving Individuals & Families in Brooklands



**Open  
Monday-Saturday**

*Visit us at  
1880 Alexander  
Ave.*

# Fall Program

## Brooklands Community Update:

NorWest on Alexander (NOA) closed its site for renovations in January 2020 to expand the kitchen for the community and to install a wheelchair ramp to make our building more accessible.

Since that time, we partnered up with other organizations in the Brooklands and Weston community to offer programs and support to our community. Because of these partnerships, we were able to achieve that while NOA was closed.

We would like to thank Bluebird Senior Lodge, Brooklands Active Living Centre, Brooklands School and Weston Memorial Community for supporting us and offering their space!

NorWest on Alexander is officially open and we would like to invite the Brooklands community to view our new space and programs! Please be advised with the pandemic, our programs and support had to change to accommodate the safety of our community. Please remember that you will be screened by our facilitator before each program and please follow the Manitoba Health Guidelines.

This Fall, we are looking forward in offering drop in services, community lunch, job readiness support, wellness programs and kids programs!

Finally, we would like to thank United Way, Winnipeg Foundation, City of Winnipeg and Thomas Sill, Prairie Architects Inc., and Westland Construction LTD for their support on the renovations.

“NOA has always been a place for me to connect with my community, volunteer, be a part of their programs and supports, and heal.” – **Program Participant.**

# Highlights

## Brooklands Kids Day Camp

The Summer Day Camp with NorWest was a great opportunity for children in the community to gather safely and have a sense of normalcy under unusual circumstances. It was a chance for kids to feel grounded in a routine that would be fun and educational – something much needed after schools closed! For the most part, children explored different science topics with hands-on experiments and activities. At other times, it was playing games with one another to get the children active and critically thinking about how things have to change for things to be safe.

Teamwork building challenges were always fun, and scavenger hunts that incorporated math had the kids breathlessly racing to see who could solve the questions faster. Days where the children were more tired featured creative activities that fostered positivity. Creating comics, painting positive messages on rocks to place around the community, and learning to weave bracelets were fun and calming activities.

While education and preventing learning loss was one of the core focuses of the Day Camp, everyone's thoughts were the same: the kids need to have fun! The Day Camp was such a lovely program, and much needed.

“The kids’ day camp was much needed this summer for my child. It was a lovely program!” –**Parent**

# Day Camp



[norwestcoop.ca](http://norwestcoop.ca)



Brooklands Community Kids enjoying building volcanoes



Kids having a blast making their own ice cream!!

# NOA Program Calendar

## November 2020

Monday 10:00-6:00	Tuesday 9:00-7:00	Wednesday 11:00-7:00	Thursday 10:00-6:00	Friday 9:00-6:00	Saturday 9:00-5:00
<p><b>10:00-11:00</b> Crochet &amp; Knit</p> <p><b>10:00-1:00</b> Community Drop-In</p> <p><b>3:30-4:00</b> Grab n' Go Afterschool Snack</p> <p><b>4:30-6:00</b> Kids Program</p>	<p><b>9:00-12:00</b> Community Drop-In</p> <p><b>1:00-2:00</b> Fruit &amp; Veggie Market</p> <p><b>2:30-3:30</b> Exercise Club</p> <p><b>3:30-7:00</b> Community Drop-In</p> <p><b>3:30-4:00</b> Grab n' Go Afterschool Snack</p>	<p><b>11:00-1:00</b> Community Drop-In</p> <p><b>1:00-2:00</b> Community Lunch</p> <p><b>2:00-3:30</b> Music Show &amp; Tell*</p> <p><b>3:30-4:00</b> Grab n' Go Afterschool Snack</p> <p><b>4:30-6:30</b> Kids Program</p> <p><b>4:30-6:30</b> MTYP – Kids Intro to Acting* (Nov.4-Dec.16)</p>	<p><b>10:00-12:00</b> Community Drop-In &amp; Sandwich Bar</p> <p><b>12:00-4:30</b> Community Drop-In</p> <p><b>3:30-4:00</b> Grab n' Go Afterschool Snack</p> <p><b>5:00-6:30</b> Youth Space</p>	<p><b>9:00-10:00</b> Community Drop-In</p> <p><b>10:00-11:00</b> Food Bingo</p> <p><b>11:30-4:30</b> Community Drop-In</p> <p><b>1:00-2:30</b> Seniors Conversation Circle (Bluebird Lodge)</p> <p><b>3:30-4:00</b> Grab n' Go Afterschool Snack</p>	<p><b>9:00-11:00</b> Book Club</p> <p><b>11:00-5:00</b> Community Drop-In</p> <p><b>2:30-5:00</b> Job Readiness &amp; Resume Building (Call to book appointment)</p>

**\*Star indicates that registration is required**

# December 2020

# NOA Program Calendar

Monday 10-6	Tuesday 9-7	Wednesday 11-7	Thursday 11-7	Friday 9-6	Saturday 9-5
<p><b>10:00-11:00</b> Crochet &amp; Knit</p>	<p><b>9:00-12:00</b> Community Drop-In</p>	<p><b>11:00-1:00</b> Community Drop-In</p>	<p><b>10:00-12:00</b> Community Drop-In &amp; Sandwich Bar</p>	<p><b>9:00-10:00</b> Community Drop-In</p>	<p><b>9:00-11:00</b> Book Club</p>
<p><b>10:00-1:00</b> Community Drop-In</p>	<p><b>1:00-2:00</b> Fruit &amp; Veggie Market</p>	<p><b>1:00-2:00</b> Community Lunch</p>	<p><b>12:00-4:30</b> Community Drop-In</p>	<p><b>10:00-11:00</b> Food Bingo</p>	<p><b>11:00-5:00</b> Community Drop-In</p>
	<p><b>2:30-3:30</b> Exercise Club</p>	<p><b>2:00-3:30</b> Community Drop-In</p>		<p><b>11:30-4:00</b> Community Drop-In</p>	
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<p><b>4:30-6:00</b> Kids Program</p>	<p><b>3:30-4:00</b> Grab n' Go Afterschool Snack</p>	<p><b>4:30-6:30</b> Kids Program</p>	<p><b>5:00-6:30</b> Youth Space</p>	<p><b>4:30-6:00</b> Family Movie Night &amp; Snacks</p>	
		<p><b>4:30-6:30</b> MTYP – Kids Intro to Acting* (ends Dec.16)</p>			

**For registration, please call Matt (204-330-9649) or Marco (204-918-1834)**

**For counselling, contact Danae (204-918-6186)**

# Upcoming Programs



norwestcoop.ca

## Manitoba Theater for Young People MTYP Intro to Acting

A fun introduction to drama! Grow your imagination through theatre games and stories. Gain acting skills and work with classmates to create a presentation for the final class!

**Wednesdays, 4:30-6:30pm**  
**November 4 – December 16 (8 weeks)**

## Music Show & Tell

Music Show & Tell is a program that will allow community members to show a song every week that is important to them, and have a discussion on why they have attributed a personal meaning to that song. Every week, we will cover different themes, such as “a song that makes you feel nostalgic” or, “a song that reminds you of someone you care about”, followed by a discussion or explanation of the importance of the song.

**Wednesday, 2:00-3:30pm**  
**November 4-25 (4 weeks)**

## Family Movie Night

Join us every Friday for the month of December for a holiday movie and some snacks! Please check our social media for more information!

**Friday, 4:30-6:00pm**  
**December 4, 11 & 18**

# Resources



[norwestcoop.ca](http://norwestcoop.ca)

## Community Lunch

A free lunch served to the Brooklands community

Every Wednesday  
1:00-2:00pm



## Harm Reduction Supplies

One of NOA goals is to reduce the spread of Sexually-transmitted and blood-borne infections and reduce other drug related harms

## EIA

Employment Income Assisstant is now at the resource centre, please call for more details!

## Employment Services

Need help with you resume?  
and cover letters?

Please call Marco for more information.

## Kids Afterschool Snack

Need a quick snack on the way home or to a program?

Only one inside kid at time!

Monday-Friday  
3:30-4:00pm



## 2020/2021 Holiday Hours

December 21 – January 3: We are open Mon-Fri, 9:00am-5:00pm

December 24: 9:00am-12:30pm

December 25-26: CLOSED

December 28: CLOSED

December 31: 9:00am-4:00pm

January 1: CLOSED

## Special Events

Due to the pandemic, please check out social media or call up for upcoming holiday event!



## Contact

**Norwest on Alexander**  
**1880 Alexander Ave.**

(204) 918 6186 – Danae  
(204) 918-1834 – Marco  
(204) 330-9649 – Patricia  
(204) 792-7933 – Dano

## Connect With Us



[norwestonalexander](https://www.facebook.com/norwestonalexander)



[norwestalexander](https://www.instagram.com/norwestalexander)



[@Norwestonalex](https://twitter.com/Norwestonalex)