

the barnacle

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@alexhousebc



alexandra
NEIGHBOURHOOD HOUSE

ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC

www.alexhouse.net



Coming Up in the New Year

Engaging with Our Community at Alex House...

Tuesday Reading Room

1-3 pm in the Media Room

Drop in to read or borrow books, enjoy a cup of tea or coffee, meet your neighbours and hear occasional speakers.

Lit Cafe

Wednesday Jan 15, 7-9 pm in the Media Room

An evening of readings showcasing the work of five award-winning local authors. Question period and open mic follow. Suggested donation \$5. Call 604-535-0015 ext 236 for more information.

Nanny/Caregiver Drop-In

4th Tuesday/month, 10-11 am at the Children's House

Join our drop-in program where you'll have a chance to socialize and hear from presenters on topics such as immigration remittances, childcare and more.

Celebrating Community Lunch!

2nd Wednesday/month at noon in the Dining Hall

Enjoy friends, music and fun - and a delicious home-cooked meal. Each month our menu is inspired by a different ethnic community. **Next lunch is Feb 12** with a Chinese theme in honour of the Year of the Horse! Cost is \$8/members. \$10 non-members. Call 604-535-0015 ext 236 to register.

Coffee & Connect Tour

Thursday Jan 16, 11 am - 4 pm, \$10/person

Discover community resources and connect with others. Visit the White Rock Museum, Alexandra Neighbourhood House (lunch provided), Potters Nursery and finally, Whitecliff for afternoon snacks. Call 604-541-8653 to register.

Community Out-Trips for Older Adults

Last Tuesday/month, 1-5 pm (leave from Camp A)

Get out, meet new people and explore! Hop on our comfortable van and get to know our region better - art, history, culture and the great outdoors! **Jan 28 we're off to the Vancouver Aquarium and Feb 24 to the Surrey Museum.**

Yoga

Saturdays 8-9 am - Media Room, Wednesday 6-7 - Longhouse

Start the new year right by staying fit and flexible. Yoga instructor Pramila takes you through the paces - all ages and levels welcome. Admission is by donation.



Nelson Beavington led the Jingle Bell Walk and Sing-Song after a pancake breakfast and a lot of holiday spirit!

Spring Break day camps

in a traditional camp setting
by the beach



March 17 to March 27 2014

A new theme every day

Before and After Camp Care Available

This ten day camp in Crescent
Beach is a fun preview of our

summer 2014 daycamp

\$150/week including snacks

Please bring lunch

Two or more kids? Need help with fees?

Give us a call.

For more information contact:

Doni Koskela

604-535-0015 ext 229

dkoskela@alexhouse.net

And more....

Knitting Group:

Meet Mondays at 10 am in the Longhouse Lounge. Contact sallystewart43@gmail.com, if you are interested.

Walking Group:

Meet at the Alex House front office, Mondays, Wednesdays and Fridays at 9:30 am. Contact gillianxr@shaw.ca for more information.

English Corner:

Interested in improving your English language skills? Join us Wednesdays 1-2:30pm and Saturdays 10 am -12 pm. Contact Paul at pdreynol@yahoo.com for more information.

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Parent Education Workshop Series

Back in February!

A workshop series for parents/caregivers of children and youth ages 5-18. Designed so you can attend as often as you like, the workshops are an opportunity to continue to develop your skills and connect with other parents.

Workshops are held the first Wednesday of the month from 6:30-8:30 pm at the Vine Youth & Family Centre, 15455 Vine Ave in White Rock.

Feb 5: What's Love Got to Do With It?

A relational-based approach to parenting and exploring temperament.

March 5: Why are You Acting this Way?

Understanding challenging behaviours.

April 2: Listen to Me!

Learning to listen, understand and communicate with your child.

May 7: We Have a Problem...

Building collaborative problem-solving with children and in our families.

To register, call Shelley at 604-538-5060 ext 24. Cost is \$10/workshop per family. Need help with fees? Give us a call.

Youth Workshop Series

"Connections"

In the next workshop for youth ages 13-18 learn about making healthy connections with peers, family and community. Dinner is provided.

Tuesday January 28th

4:30-6:30 pm

15455 Vine Avenue, White Rock

For more info, call Kodi at 604-538-5060 ext 26.

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Mommy & Me

Starting in February!

The adjustment to becoming a mommy is a significant life change filled with both joys and challenges. Mommy & Me is a group for moms with babies under one year that is full of connecting times - with other moms, with our babies and with community resources, information and support. Topics covered include attachment, development, temperament and self-care. We also teach you songs, rhymes and bounces that you can do with your baby. Cost is \$40/workshop/family. Need help with fees? Give us a call. For more information, call Shelley at 604-538-5060 ext 24.



Alexandra Family Place Drop-In is a program for parents with children birth to 6 years. Connect with other parents while your children explore, create, imagine, move and PLAY! Tuesday and Thursday mornings from 10-12:30. For more info call 604-535-0015 ext 229.

FOR CHILDREN

Mother Goose



The Parent Child Mother Goose program is a group experience for parents and their young children that focuses on the pleasure and power of using rhymes, songs and stories together, nurturing the bond that is growing between the parent and child. Our next session will run Wednesdays, Jan 8 to Feb 12 2014, 10 to 11am in Alex Hall. Cost is \$40. Questions? Call 604-535-0015 ext 229 or e-mail dkoskela@alexhouse.net.

Explore With Me

This interactive program for parents and children 15 months to five years introduces the Reggio Emilia approach to learning and inspires children's natural curiosity to learn about the world around them. Enjoy hands-on, interactive experiences and a song and story time each week. Each family will have the opportunity to create a book of songs and ideas to take home. The next session runs Fridays January 31 to March 7, 10 - 11:30 am. For more information call Doni at 604-535-0015 ext 229 or e-mail dkoskela@alexhouse.net. Need help with fees? Give us a call.

