UNIVERSITY of GUELPH

CHANGING LIVES IMPROVING LIFE

COMMUNITY FOCUS

Your Monthly Family Housing Community Newsletter

December 2019 Issue

Inside this issue...

Bits from Barb

Welcome to December! The final month of 2019…. What do you do to mark the end of one year and the arrival of another? What about the end of a decade??? According to Wikipedia, **New Year's resolution** is a tradition, most common in the Western Hemisphere in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life. I've stopped making New Year's resolutions, simply because I've not really ever mastered following through on most of them! So, rather than disappoint myself this year, I'm just saying goodbye 2019, and welcome 2020!

December is a very busy month for everyone as we prepare for the holiday season, the end of another academic term, and the two weeks (or so…) that our children are out of school.

We hope that you will be able to join in the holiday celebrations in your community—details on page 2. Once again this year we are offering our Family Housing Gift Exchange—all details are on page 7.

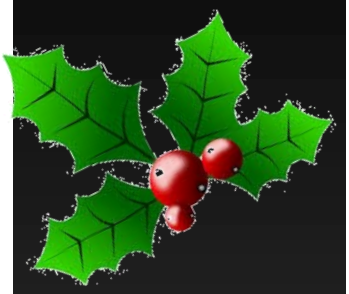
We are welcoming three new volunteers to our team this month, all from Wellington Woods. Komathy and Maryam will be facilitating some exciting new children's programs (page 3) and Ivy will be facilitating our Wellington Woods English Language Conversation Group (page 8). Composting has returned to both communities now, and watch in January for programs on how to properly compost, sort and recycle your waste! Zumba classes continue in December and we are offering a few adult craft classes this month as well!

Hope you find something that interests you! And the entire Community Life team hopes to see you all at the End of the Decade celebrations on December 19th!

Enjoy December!

Barb Rob.

Come Celebrate the End of a Decade!



We hope that you will take some time from your busy schedule to come out and celebrate the end of the fall academic term, the end of another calendar year, the end of a decade and a season of good wishes for all!

Your Community Life team is hosting events in your community on Thursday, December 19th. Please don't feel that you must come and stay the entire hour at the event, you are welcome just to stop by for a few minutes!

Wellington Woods residents are invited to put on your winter coat and mitts, and join us outside the Wellington Woods Community Centre (unit 140) for a cup of hot chocolate and some neighbourly conversation from 6:30-7:30 pm.

College Avenue residents are invited to the College Avenue Community Centre, 7:30 till 8:30 pm. We ask that residents bring along a dessert to share!

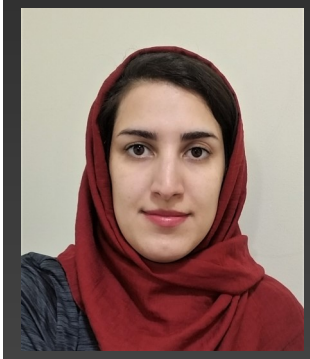
Parents please note that these celebration activities are a family event—no children will be permitted without a parent!

New Programs for kids at WW!

We are VERY excited to be offering some new after school programs for the children in Wellington Woods! Both of these programs are being offered by volunteers in the community, and without their generous donation of their time and energy, these programs would not be possible! Parents, please be sure to encourage your children to attend! As always, children must be a minimum of seven years old to attend a program without a parent. If your child is under seven, a parent needs to stay in the Community Centre for the duration of the program.

Math Merriment!

Join resident Maryam at the WW community centre on Wednesday's from 4:30-5:30pm. Maryam will offer an hour of math fun and games, as well as help for any math homework you may have. All grades are welcome to attend. December programs will be held on December 4th, 11th and 18th.



About our volunteer: Hello everybody. My name is Maryam. I would like to introduce myself as a new volunteer at the family housing community center for "math and games for kids" classes. In this class we try to challenge children's problem-solving skills in fun, clever and unique ways.

To give you some brief information about myself, I am from Iran. I have a master's degree in computer engineering. I have worked 3 years as a lecturer. In my spare time I enjoy reading, watching movie, cooking and being with my family. This month is going to be an exciting time for me. I cannot wait to get to know your kids and have some fun times with them."

Science Fun!

Join resident Komathy at the WW community centre on Thursday December 12th for the first of **five** programs bringing environmental science fun to children grades one through eight. This first program will focus on water in all its forms (liquid, solid and gas)

The remainder of our Science series will be held on January 9th and 23rd, February

About our volunteer: Hello, My name is Komathy. I am a graduate student at the University of Guelph, working towards my PhD majoring in Environmental Science. I enjoy teaching and I have 10 years of teaching experience. I will facilitate a science program for Wellington Woods children which will cover basic facts about environmental components; air, water, soil, plants and animals in fun way. I will use board, pictures and little exercises to keep the children active and engaged. I hope this program will boost interest and enjoyment of Science.

U of G Students Walk in Clinic

The Couple & Family Therapy Centre

COUPLE AND FAMILY THERAPY CENTRE SERVICES

- We can assist students with anxiety, school-related demands, transitions to University, relationships, and life changes
- We welcome people with diverse cultural, ethnic, economic, religious backgrounds, sexual orientations, and family configurations
- We help individuals, couples, and families with difficulties, challenges, and transitions in their relationships and lives

WALK-IN SESSIONS

- Walk-in sessions are available every **Friday from 10am-3pm** in the Couple and Family Therapy Centre
- FREE for all students registered at the University of Guelph
- You may call ahead to book a walk-in. Please arrive 10 minutes prior to the scheduled session

For more information, contact:

Kara McFarlane, Client Services Coordinator

(519) 824-4120, Ext. 56335

UNIVERSITY of GUELPH

CHANGING LIVES IMPROVING LIFE

Adult Craft Classes!

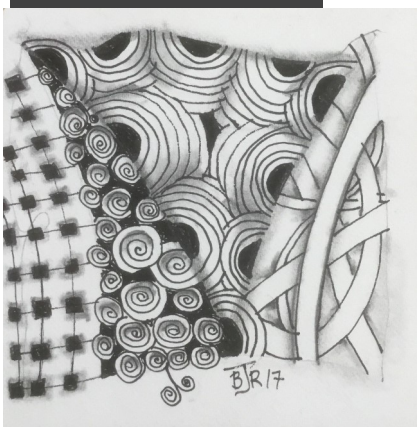
Facilitated by CLM Barb Robbins

Our children's craft classes that were offered at the end of November were a huge hit with the kids, and a few of the mom's indicated that they would like a chance to try out some of these crafts!

Christmas Cottage

Join Barb at the Wellington Woods Community Centre on Wednesday, December 3rd to create your own paper Christmas Cottage! Class will begin at 1:00pm and will be concluded by 2:30pm. The project will require your focus, so its best if you can leave your toddler with another adult at home. Space is limited, so please send an email to brobbins@uoguelph.ca if you wish to attend.

Zentangled Card



Even if you have never tried Zentangle® before, this simple to make Christmas Card is a joy to make. Join Barb at the Wellington Woods Community Centre on Wednesday, Thursday, December 4th to create your own hand drawn card. Class will begin at 10:00am and will be concluded by 11:30pm. The project will require your focus, so its best if you can leave your toddler with another adult at home. Space is limited, so please send an email to brobbins@uoguelph.ca if you wish to attend.

These adult classes are new to the community— we are trying two classes in December, but I'm more than willing to offer classes in the new year! Let me know the best time of day for you, and what types of crafts you are interested in!

Barb

Zumba® Classes

Join our talented volunteer, AND **NEWLY CERTIFIED ZUMBA® INSTRUCTOR**, Vior as she leads a beginner level of Zumba®! Vior was a previous Community Life Facilitator who has now moved out of Family Housing, but has graciously volunteered to come back to the community to lead our dance fitness classes!

Classes are free and open to all residents of Family Housing.

All participants should bring their own water/water bottle, and be sure to dress appropriately. The Zumba® classes will begin with a fifteen minute warmup, followed by 25 minutes of dance fitness, and end with a ten minute stretch.

Classes will be held every Thursday evening at 6:30pm in the College Avenue Community Centre. Please note, there will be no class on December 19th or 26th. Classes will resume on January 2nd.

Don't miss out on this incredible opportunity to get fit and have fun all at the same time!

Please note: these classes are intended for adults, but older children are welcome to come along with Mom or Dad!

Hope to see you there!

Holiday Gift Exchange!

We ran this program last year and it was such a success we are brinhing it back! A Holiday Gift Exchange! Residents are encouraged to bring a gift that will be wrapped and delivered by our CLF Elves to another resident who participated in the exchange! Gifts should have a value of $10.00. You won't know who your gift is going to, so make sure it's something that could be enjoyed by anyone. Something like a festive candle, some tasty treats , a gift card or maybe a holiday ornament.

Please include a note attached to your gift with YOUR NAME and YOUR UNIT NUMBER.

Everyone who contributes a gift to the gift exchange will receive a gift back! Just imagine coming home from work on a dreary December evening to discover that a CLF Elf stopped by YOUR house and left you a gift!!!

Bring your gift to the Family Housing Office (132-78 College Avenue) during CLF hours. (4300 pm – 8:00 pm Monday to Friday, 10:00 am – 2:00 pm on Saturdays). You can also bring your gift to the Wellington Woods community centre Tuesday, Wednesday, Thursday between 8:30 and 4:30. Community Life Manager Barb has an office on the second floor of the centre, just bring your gift upstairs!

Last day gifts will be collected will be December 13th.

Once all the gifts have been collected, the Community Life Elves will wrap all the gifts and deliver to your door! It's a great way to have some festive fun and bring us together as a community! We hope you will all join in!

Facilitated by CLF Erica

3 Easy Steps to participate in the Holiday Gift Exchange

1. Purchase a gift ($10 value)
2. Attach note to gift with YOUR NAME and YOUR UNIT #
3. Bring your unwrapped gift to office (either CA or WW)

The CLF Elves will wrap and decorate all the gifts, and then deliver to your front door!

Remember, only residents who provide a gift will receive a gift!

English Language Conversation Groups

Our conversation group is not a structured English class, but more an opportunity for residents who are still learning English to develop their English speaking skills in a safe environment. Residents with all levels of English ability are welcome. There are no fees and no registration is required. We do recommend that you attend the groups on a regular basis.

English Language Conversation Group will be held at Wellington Woods on Tuesday mornings at 11:20am with a **new volunteer facilitator**, Wellington Woods resident Ivy!

English Language Conversation Group will be held at College Avenue on Monday mornings at 10:30am, facilitated by CLM Barb :)

Residents are welcome to attend either or both groups!

About our volunteer: My name is Ivy Sultana. I did my second MA in Teaching English to Speakers of Other Languages (TESOL) from the University of Nottingham, UK. I did my BA in English and my first MA in Applied Linguistics and ELT from the Department of English, University of Dhaka, the oldest public university in Bangladesh. After I completed my first Masters, I started my teaching career as a university lecturer and have taught in universities in Bangladesh and Saudi Arabia for more than thirteen years. As an experienced English language teaching professional, I taught all the four different language skills (i.e. speaking, listening, reading, and writing) to ESL learners. In Canada, I have been volunteering as a Conversation Circle Facilitator with the Immigrant Services (Guelph-Wellington) since February 2019.

I am a fun loving person and love to spend time with my family and friends. I am also very much into creative writing. I participated in different creative writing workshops in Bangladesh, UK, and Indonesia. I write short stories and a few of them got published. I feel more comfortable in this genre of creative writing. Keen observation, I believe, is very important for writing fiction. The characters in my stories are always the depiction of people around me. And, I love to visit new countries, see different cultures, and meet new people. I have been to India, UK, Qatar, Thailand, Indonesia, and Saudi Arabia. I would love to visit many more countries and make many more friends.

Memories from November

English Language Conversation Group

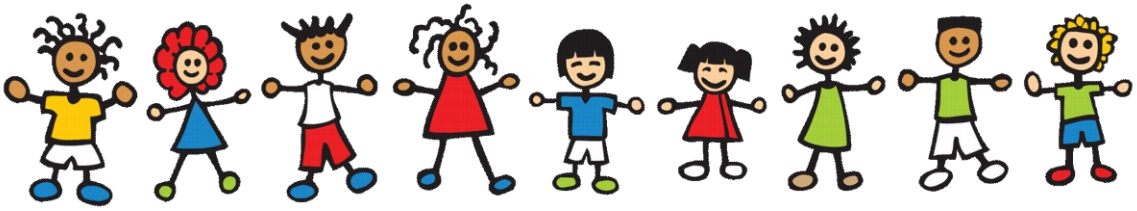
Kid's Club

Winter Clothing Giveaway

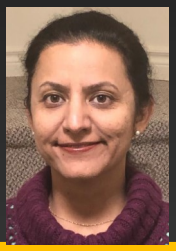
Toastmasters

Toastmasters

Children's Programming @ Wellington Woods



Facilitated by CLF Ramani



Facilitated by CLF Gagan

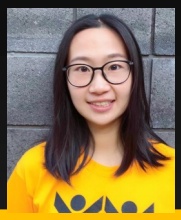
We are very pleased to continue our weekly children's programming in our Wellington Woods community. Every Friday at 4:30pm the children are encouraged to come out to the Wellington Woods community centre (unit 140) and enjoy an hour of fun with our Community Life Facilitators Gagan and Ramani.

Programming will include a variety of arts and crafts and our popular "Let's Dance". Children can come every week, or just once in a while! There is no need to register in advance (except for special events which we will advertise separately!) and there is no cost for children to attend the weekly programs.

Parents—please understand that we are not 'babysitting' your children. If a child attends a weekly program and decides that the activity is not of interest to them, they will be able to leave. We will not make a child stay in the community centre. It is your responsibility to ensure that a responsible adult is at home so that if your child chooses to return home, someone is there for them.

Children MUST be a minimum of seven years old and in grade one to be able to come at any programs at the community centre. If you have a child younger than seven, you are welcome to bring them but A PARENT MUST STAY IN THE COMMUNITY CENTRE FOR THE DURATION OF THE PROGRAM. There will be no exceptions to the age rule so please do not send your children younger than seven to our programs without a parent. Mature and responsible teenagers (minimum of 13 years old) are able to supervise younger children during our programs in place of a parent. Our Community Life Facilitators will refuse entry to the centre for any child who is not adequately supervised.

Meditation Group



Facilitated by CLF Qinglu

Facilitated by CLF Ramani

Exams are coming! Sadly...Feeling overwhelmed or stressed out lately ? Not to worry: We'd love to introduce you a simple way to reduce your stress -- Mediation! Meditation can wipe away the day's stress, bringing with it inner peace. And you can easily learn to practice meditation whenever you need it most. Meditation has been practiced for thousands of years, it was originally meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction.

Please come and join the meditation program with CLF Qinglu and CLF Ramani on Dec. 11th at 7:00pm. At the College Avenue Community centre. No children please.

Adult Colouring Night

Facilitated by CLF Syeda

Exams are coming !!! Feeling stressed?? Everyone is busy and everyone is stressed during this time of the term. You are not alone! When your mind is relaxed you can work and learn better. So why not work and learn better by allowing yourself to have fun?

© Can Stock Photo - csp33373453

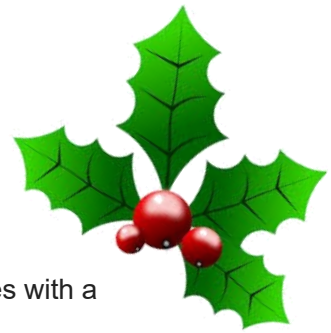
Come and join us for Colouring Night on Thursday, Dec 5th from 7.30 PM to 8.30 PM at the College Avenue Community Centre to do something different rather than study. It might be helpful to relax, refresh, ease your mind and who knows you might be able to better deal with academic pressure. Supplies will be provided.

Don't miss the opportunity to release your stress.....

Sgt. Stan's Suggestions….

Sgt. Stan Gabriel from Campus Community Police will provide suggestions for safety in your community, we hope that you and your family are able to benefit from Sgt. Stan's Suggestions!

Holiday Safety



Shopping

- Lock your packages and gifts in your vehicle's trunk. Keep you vehicle's doors locked and windows closed.
- Avoid carrying large amounts of cash. Pay for purchases with a check, credit card, or debit card when possible.
- To discourage purse-snatchers, don't overburden yourself with packages.
- Be extra careful with purses and wallets. Carry a purse under your arm. Keep a wallet in an inside jacket pocket, not a back trouser pocket.
- Teach children to go to a store clerk or security guard and ask for help if you become separated. They should never go into a parking lot alone.

At Home

- Be extra cautious about locking doors and windows when you leave your house or apartment, even for a few minutes.
- Don't display holiday gifts where they can be seen from a window or doorway. Store gifts before you go away on a holiday trip.
- If you go out for the evening, turn on lights and a radio or television so the house or apartment appears to be occupied.
- If you take a holiday trip away from your home, have some interior lights activated by an automatic timer. Have a neighbour or family member watch your house, shovel new snow, pick up the mail and newspaper and park his or her motor vehicle in your driveway from time to time.
- Be wary of strangers soliciting for charitable donations. They may attempt to take advantage of people's generosity during the holidays. Ask for identification, how donated funds are used, if contributions are tax deductible, etc. If you aren't satisfied with the answers, don't give.
- Test your smoke detectors.
- If you have house guests, advise them of your security precautions and make sure they follow them.

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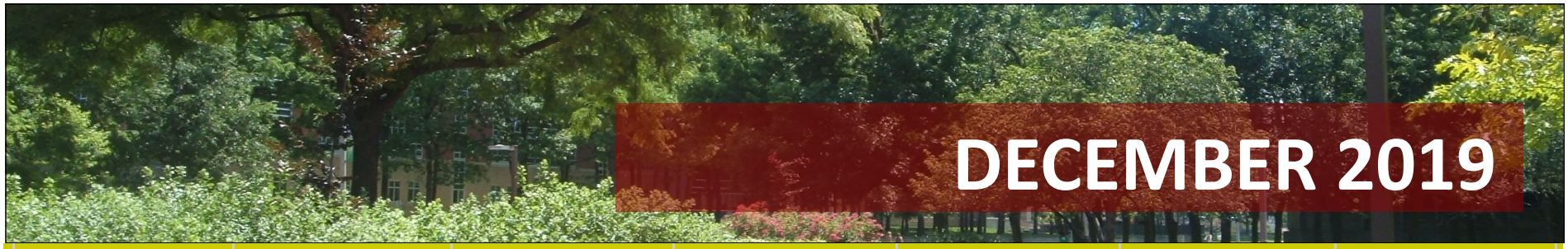
your on campus safety partner



DECEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 English Conversation Group 10:30-11:30am CACC	3 English Conversation Group 11:20-12:20 WWCC Adult Paper Craft Class 1:00pm WWCC	4 Adult Card Making Class 10:00am WWCC Math Merriment! 4:30-5:30pm WWCC	5 Zumba® Class CACC 6:30 -7:30 pm Adult Colouring 7:30-8:30pm CACC	6 WW Kid's Club WWCC 4:30-5:30pm	7
8	9 English Conversation Group 10:30-11:30am CACC	10 English Conversation Group 11:20-12:20 WWCC	11 Math Merriment! 4:30-5:30pm WWCC Meditation 7-8pm CACC	12 Science Fun! 4:30-5:30pm WWCC Zumba® Class CACC 6:30 -7:30 pm	13 **Last day to drop off gift for Gift Exchange** WW Kid's Club WWCC 4:30-5:30pm	14
15	16 English Conversation Group 10:30-11:30am CACC	17 English Conversation Group 11:20-12:20 WWCC	18 Math Merriment! 4:30-5:30pm WWCC	19 Community Celebration WWCC 6:30-7:30pm CACC 7:30-8:30pm	20 University closes for Winter Break	21
22	23	24	25	26	27	28
29	30	31	1 January	2 January University reopens Zumba® Class CACC 6:30 -7:30 pm		