We have had a sad start to the year 2020. On January 8th we lost two brilliant students in the Iran plane crash. Join us on Tuesday, February 18th as we come together to celebrate the lives of Milad (Wellington Woods resident) and Ghanimat (College Avenue resident). Please see page 4 for details. Our first support circle was held on January 14th and it was heartwarming to see how many residents attended and shared their grief. We hope to see even more at the Healing Circle! We have also learned that a family at Wellington Woods is dealing with a very serious illness. Many of you may be aware from our Facebook group of Nadia and her family as she struggles with 4th stage cancer. A meal train was established by a relative, and when I looked online I was so full of gratitude! The entire month of February was filled with making meals for the family—many of the names were residents from Wellington Woods. It is so lovely to see our community come together when we really need each other!

Enjoy February!
Adult Creative Program—Wednesday’s @ 10am

Do you enjoy crafting? Using the creative side of your brain is a good stress reliever from the work of academics, and is a great opportunity to socialize with your community! Are you at home during the day and looking for a chance to get out and meet some neighbours? Try out our Adult Creative Program!

Join Barb at the Wellington Woods Community Centre every Wednesday at 10am for a one hour crafting group—each week we will try out a variety of different projects.

During our first month we created a recipe box, an intricate Valentine’s Card, a mandala, and we even tried fabric painting! You never know what we might try next :)

All adults are welcome. If you have an infant you are welcome to bring the baby along however it’s not a great program to bring a toddler to!

Sushi Making @ Wellington Woods

Join us at the Wellington Woods Community Centre (unit 140) on Thursday, February 13th at 11:00am to learn how to make sushi! Volunteer resident Shoko will be leading us through a demonstration on making our very own sushi. Thanks Shoko, for volunteering your time for the community, we sincerely appreciate it!

Zentangle® for Adults—at BOTH communities!

Join Barb in both Wellington Woods and College Avenue for a Beyond the Basics Zentangle® class! Zentangle® is a mindfulness based drawing method that has been proven to help cope with stress, anxiety and increase focus. This class is taught by Certified Zentangle Teacher, Barb Robbins, and you do NOT need any previous experience or drawing abilities!

All supplies are provided and no advance registration is required. Hope to see you there! This class is for adults and mature teens only please!

Thursday, February 20th at 6:00pm at the Wellington Woods Community Centre.

Monday, February 24th at 6:00pm the College Avenue Community Centre.
Recycling and Composting Sessions
Glad to see so many residents were able to connect with Sustainability during our two drop in sessions—unfortunately the Sustainability staff member was ill and needed to leave early, but we still were able to connect with a good number of residents! And the lucky winner of our $20, Walmart Gift Card is Maryam F. From Wellington Woods. Congratulations Maryam!

The CLF team is changing!!!
It is with sadness that the Community Life Team says goodbye to CLF Erica Hall. Erica has been on the team since September 2018 and has been an incredible team member. She has recently received a promotion in another position, so unable to continue in her CLF role. Our West Residence CLF, Syeda, will be assuming the role of one of the College Ave CLF’s beginning May 1st, so we needed to hire an interim CLF to work with our College Avenue residents from February through April. I am pleased to announce that we have hired Ivy Sultana—many of you may recognize the name—Ivy has been volunteering to lead our Wellington Woods weekly English Conversation Group since December 1st, and is well liked by all her ‘students’.

A bit about Ivy: 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.
Healing Circle

We invite all residents of Family Housing to join us at the College Avenue Community Centre on Tuesday, February 18th to remember our two residents, Milad and Ghanimat, who we lost in the tragic plane crash in Iran on January 8th.

This event is to mark the 40th day since their death. We will be serving Halvâ (a traditional Iranian pastry) and will invite participants to share in their memories of Milad and Ghanimat.

We encourage everyone who knew Milad and Ghanimat to attend. They were friends, neighbours and colleagues to many of us in Family Housing. Let’s come together to celebrate their lives.

khodâ biâmorz Milad and Ghanimat.

Pancake Breakfast @ College Ave!

Join the CLF team on Sunday, March 1st at the College Avenue Community Centre for a free Pancake Breakfast!

We will be serving up some delicious pancakes, coffee, orange juice and fruit. A great way to start your weekend, and an opportunity to meet up with some friends and neighbours.

Breakfast will be served from 10:30 am until 11:30 am—feel free to drop in anytime during the hour and sit down for a few minutes and enjoy!
After School 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 the 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 Tuesdays 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.

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.

Here is some brief information about me; I am from Iran and have a master’s degree in computer engineering. I have worked in that field as a lecturer for 3 years. In my spare time, I enjoy reading, watching movies, cooking and spending time with my family. This month is going to be exciting for me! I can't wait to get to know your children and look forward to having fun with them.

Science Fun!

Join resident Komathy at the WW community centre on Thursday February 6th and Thursday February 20th for the last two of our series about environmental science. Great science fun for children grades one through eight.

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 a fun way. I will use a board, pictures and little exercises to keep the children active and engaged. I hope this program will boost interest and enjoyment of Science.

The remainder of our Science series will be held February 13th and 27th.
Family Day—February 17th

What is Family Day? A provincial statutory holiday observed on the third Monday in February in most provinces. About two-thirds of all Canadians will have the day off on Family Day.

Observed in the Canadian provinces of Alberta, British Columbia, New Brunswick, Ontario, and Saskatchewan. This holiday celebrates the importance of families and family life to people and their communities.

A modern holiday that is growing in popularity across Canada; its timing is said to have been selected to coincide with the American holiday of Presidents Day.

As the holiday is a provincial holiday, federal employees may not have the day off. The post will be operating and banks and restaurants are allowed to open. Some businesses may stay closed as opening on a holiday means they have to pay employees extra to work on a holiday.

https://www.officeholidays.com/holidays/canada/family-day

Family Day Pot Luck Dinner at College

Sharing is caring! To take advantage of living in a beautiful and diverse community, I invite all residents to the CA community centre on Monday, February 17 at 5 PM for a Family Day potluck dinner! This is a great chance to connect with your fellow neighbours and get to know each other’s culture and experiences. To showcase your cooking skills and/or your background, I kindly ask that you please bring a dish, (whatever you want) to share with other people. It can be salad, dessert, snacks, or drinks. It’s great if you make it yourself, it’s also okay if it’s purchased! Please be sure to provide a paper with the ingredient list so that residents with food allergies/sensitives are safe. I highly encourage you to drop by and enjoy family day with us.
Winter Photo Contest

Our Community Life Team is hosting a Winter Photo Contest. The photo contest is an invitation to capture the beauty of winter in Ontario. Please send your favorite winter-themed photo to comlife@uoguelph.ca by 7pm on February 21 (Friday). Photos will be posted on the College Avenue and Wellington Woods Family Housing Facebook pages after the submission deadline. Group members from each community will vote for the photos from February 22 to February 27. The person with the most votes from the Facebook group members will win the contest. Winner(s) will be announced on our Facebook page as well as in the March newsletter. The photo(s) will be displayed on our bulletin boards and Facebook. Please note that photos must be taken by you! Please be sure to include your unit number and community when you send us your photo!

The winners will receive a surprise gift. So, take out your camera now and start clicking !!!!!

Children’s Craft Class @ CA

We are excited to offer a children’s craft class at College Avenue this month! Kids of all ages are welcome to join us on Friday, February 7th at 6pm where they will have fun making their own paper caterpillar! Parents please remember, if your child is under the age of seven, YOU MUST REMAIN IN THE COMMUNITY CENTRE THROUGHOUT THE ACTIVITY.

Evening Adult Paper Craft Class

After a request from a resident, we are offering an adult only paper craft class on Thursday, February 27th beginning at 6:00pm. In this class we will make a lovely little “fairy” house that folds flat into a card, so you can pop it into an envelope and mail it off to a friend! In order to have materials ready for the class, advance registration is required. Please register at https://uoguelph.eu.qualtrics.com/jfe/form/SV_e8PhJicF0KjkjGR so don’t be disappointed, register early!
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. The first class of 2020 will be 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!
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.

Ivy Sultana will be facilitating both of our English Language Groups beginning February 1st! Ivy has been facilitating the Wellington Woods group since December, and now that she has joined our CLF team she will be taking on the Monday morning group at College Ave!

English Language Conversation Group will be held at Wellington Woods on Tuesday mornings at 11:20am. English Language Conversation Group will be held at College Avenue on Monday mornings at 10:30 am.

Residents are welcome to attend either or both groups!

Income Tax Info Session

Hey neighbours! Tax season will be officially started at the end of February. It’s time to file your 2019 taxes!

For those who just came to Canada and have no idea what a tax return is, please note:

-> It is mandatory to file your taxes, if you worked in Canada or received a scholarship/bursary in 2019.

-> It is optional for others, but you may still be eligible to get refunds, deductions, and/or credits, if you file your taxes, for both domestic and international students.

Join us on Feb. 15th at 6pm at the College Avenue Community Center. We have invited a fellow Family Housing resident, Alvin Shen to speak on filing your income tax. Alvin serves as a Professional Tax Accountant at KPMG LLP. Student tax returns will be the main topic, but other questions on common-law, family, children benefit, self employed and small business tax return are welcome.

Taxes should be filed during the tax season between February to April each year, and filing tuition will receive tax credits (money from government or the chance to lower taxes later). Depending on the amount of money you earned and your eligibility for deductions, you may also receive a refund OR have to pay taxes. If you owe taxes to the government and you do not file your income tax return by the deadline, you will be charged a late-filing penalty and interest on unpaid amounts. There is no penalty, if you do not owe any taxes.

Please come and join our info session if you have any concern, or you are seeking for more professional help.
Memories from January

Kid’s Club January 17th

Math Merriment

English Conversation Group @ Wellington Woods

January Zentangle® class Mosaic

Lunar New Year Pot Luck

DIY Snowman @ College Ave
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.

**Children MUST be a minimum of seven years old** to be able to come to 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.

**February Kid’s Club:**

Friday, February 7—Craft with CLF Gagan! Do you like caterpillars, bugs and bees? Hmmm, maybe and maybe not, but they are around us and form more than half the living things on the planet. We will be making one of these special creatures and learning more about them!

Friday, February 14—Activity with CLF Ramani

Friday, February 21—Activity with CLF Gagan—Riddles give young minds ample opportunity to think and develop while puzzles help them with better eye, hand and brain coordination. We are looking forward to enthusiastic participation of little minds to solve some fun filled riddles and puzzles.

Friday, February 28—Craft with Ramani! It is a wonderful hobby and super fun to make Origami Butterflies! We are going to make some cute little Butterflies to decorate your home.
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**FEBRUARY 2020**

- **12 FEBRUARY 2020**
  - Healing Circle
  - CACC 6pm
  - Family Day Pot Luck
  - CACC 5pm
  - Advance Registration Required

**Monday**

- 2pm English Conversation Group
  - WWCC 10:30am
- 3pm Math Merriment!
  - WWCC 4:30pm

**Tuesday**

- 10am English Conversation Group
  - WWCC 10:30am
- 11am Art Group
  - WWCC 10:30am
- 12pm Science Fun!
  - WWCC 4:30pm

**Wednesday**

- 11am Adult Creative Group
  - WWCC 10:30am
- 12pm Math Merriment!
  - WWCC 10:30am
- 1pm Science Fun!
  - WWCC 4:30pm

**Thursday**

- 10am English Conversation Group
  - WWCC 10:30am
- 11am Adult Creative Group
  - WWCC 10:30am
- 12pm Math Merriment!
  - WWCC 10:30am

**Friday**

- 10am English Conversation Group
  - WWCC 10:30am
- 11am Adult Creative Group
  - WWCC 10:30am
- 12pm Math Merriment!
  - WWCC 10:30am

**Saturday**

- 10am English Conversation Group
  - WWCC 10:30am
- 11am Adult Creative Group
  - WWCC 10:30am

- **MARCH 1**
  - Pancake Breakfast
    - CACC 10:30am
  - Tax Info Session
    - CACC 6pm
  - Purple Population
    - CACC 6pm
  - Family Day Pot Luck
    - CACC 5pm
  - English Conversation Group
    - WWCC 10:30am
  - Adult Creative Group
    - WWCC 10:30am
  - Math Merriment!
    - WWCC 10:30am
  - Science Fun!
    - WWCC 4:30pm