Welcome to 2020!!!
Hope that everyone had a happy and safe holiday. We are starting off 2020 with some new programming for adults at Wellington Woods!
Two Creative groups will be starting—one will meet weekly, Wednesday’s at 10am, and another once a month at 6:30pm. This month the evening program will be a Zentangle® class. Full details on page 4.
Our Zumba® classes continue through this semester, brought to you by one of our wonderful volunteers, Vior. Join Vior at the College Avenue Community Centre every Thursday evening at 6:30pm. Zumba® classes are intended for adults only, but we welcome both Wellington Woods and College Avenue residents.
We are also offering our English Language Conversation Groups at both Wellington Woods and College Avenue—if you are looking to improve your English speaking skills, this is the group for you.!!

Chinese New Year’s is on January 25th, and CLF Qinglu is helping you celebrate by hosting a pot luck supper at the College Avenue Community Centre. Join in the fun!

Enjoy January!

Barb Rob.
Chinese Paper Cutting Class

Have you heard about the paper cutting art? The art of paper cutting first began in China and may date back to the second century. As paper became more affordable, paper cutting became one of the most important types of Chinese folk art. Later, it spread to other parts of the world, with different regions adopting their own cultural styles. Usually, the artworks are made of red paper, as red is associated with festivities and happiness in Chinese culture, but other colors were also used.

On Jan 3rd at 5pm, please join us to design and make your own paper-cutting no matter where you come from. It is super straightforward! You can put it on your window, or wall for decoration at home. Looking forward to seeing you there!

Sculpting Program!

It’s always a good thing to get those creative juices flowing – especially in the middle of winter.

Join CLF Erica on Wednesday, January 15th at 6:00 pm at the College Avenue Community Centre for an evening of Miniature Making! Clay and tools will be provided for residents to create their very own miniature sculptures. Erica will be there to provide pointers and creative guidance.

Once residents are happy with their models they will be baked/cured during the program so everyone will have a solid sculpture to take home with them. If there is time, we may even bring out the paints!

Take a break from dreary winter by sculpting your very own creative, cute, creation! Children are welcome to attend WITH parents/guardians – but please keep in mind this sculpting process will be more fine detail work, maybe not ideal for tiny toddler fingers.

Looking forward to seeing everyone there and seeing what everyone will create!
Recycling and Composting Sessions

Join Sam from the U of G Department of Sustainability at some super helpful drop-in sessions on recycling and composting here on campus.

Not sure what items you put in which bin? Stop by during one of Sam’s sessions and you will get all the answers you are looking for!

Sam will be available at the 78 College Avenue Community Centre on Monday, January 20th from 3pm until 7pm.

Sam will be available at the Wellington Woods Community Centre (unit 140) on Tuesday, January 21st from 3pm until 7pm.

All residents that stop in for information will have their name entered into a draw for a $20.00 Walmart Gift Card! Only one entry per household please!
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 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.

**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 January 9th and Thursday January 23rd. for the next two of five programs bringing environmental science fun to 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 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.
We are pleased to offer some new programming for the adults in our community! 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 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. We will start in January with some crafts working with paper—as our group gets to know each other we can branch out and try different projects!

Hope to see you on Wednesday January 8th as we start off 2020 with our first Adult Creative Program! Our first week we will be crafting a small recipe box—maybe we can share recipes to fill the box after its’ made!

Zentangle® for Adults

Join Barb at the Wellington Woods Community Centre on Thursday, January 23 at 6:30pm for a Zentangle® class! Zentangle® is 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!
Children’s PD Activities—Friday, January 31st

The Upper Grand District School Board has another PD Day set for Friday, January 31st—this means that all children in the elementary public school system will have the day off!

We are once again offering some craft activities for the kids to enjoy! We will offer a junior class for children ages 7 and 8, and a youth class for children ages 9 through 12.

Parents are required to register their child in advance—
https://uoguelph.eu.qualtrics.com/jfe/form/SV_cOu21GLDLULgs3GZ

Our last PD Activity was very popular and all classes filled up VERY quickly! So don’t be disappointed and register your child early.

If you do register a child, please make sure that they are able to attend. Our program in November was full, but unfortunately we had several children that did not show up the day of the activity. It was unfortunate to have those spaces sit empty as they were children on a wait list that we were not able to accommodate. Please be sure your child is able (and wants!) to attend the group before you register!
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!
Lunar New Year Pot Luck Party!

The Lunar New Year is coming soon! Do you miss the feeling that families are having a big dinner and enjoying the wonderful time together? Come and join us for the potluck party for lunar New Year!

For those who not familiar with, Lunar New Year is the biggest festival in east Asia following the Chinese lunisolar calendar. It is frequently regarded as the time that families gather for their annual reunion dinner. It is also traditional for every family to thoroughly clean their house, in order to sweep away any ill-fortune and to make way for incoming good luck. Another custom is the decoration of windows and doors with red paper-cuts and couplets. (such as the project we did in the paper cutting class on January 3rd!)

It’s going to be potluck dinner this year at CACC start at 6:00pm on Saturday Jan 25th, exactly the Lunar New Year! You are welcome to bring any special traditional dish from your hometown! Please bring along a paper that you have written all the ingredients of the food you bring so that those with allergies can be aware of what is in the food. Children must be accompanied by their parents.

Looking forward to seeing you there!

Financial Literacy Program

Most, if not all, of us could benefit from some additional financial education. Luckily, it’s coming to us!

On Tuesday, January 7th at 6:00 pm we will be hosting an Orientation to Financial Literacy Workshops hosted by members of World Finance Group Canada Inc. at the College Avenue Community Centre.

This is a chance for you to learn more about this group and these workshops and hopefully sign up for following programs! In these workshops you will learn about Debt Management, How to Build a Strong Financial Foundation, Plan for Retirement, Accumulate Assets and much, MUCH more.

As the World Finance Group Canada says, “Knowledge is power, and WFG is determined to provide people throughout North America with financial education that empowers them to have a better future.”

Please note this program is FREE to attend and is for adults ONLY. We hope to see you there!
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!

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**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 December

Zumba class Dec. 12th

Kid’s Club

Community Celebrations!
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 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.**

**January Kid’s Club:**

**Friday, January 3**—Activity with CLF Gagan

**Friday, January 10**—Reading is a wonderful hobby that’s super fun and really good for you. To get you all motivated to pick up a book and read, we are going to be making some fun cute little book marks! Now you can easily continue reading your favorite book from where you left off. Hosted by CLF Ramani.

**Friday, January 17**—Craft with CLF Gagan

**Friday, January 24**—Let’s Dance! Kid’s Afternoon Dance party—hosted by CLF Ramani!

**Friday, January 31**—Snowman Walkabout! Bundle yourself up and come to WWCC on 31st January at 4.30 pm for a snowy winter walk. We will be visiting the snowman made by children in their backyards and will be capturing the memorable moments. There is a Surprise!!! for the kids who have a snowman in their backyard. Hosted by CLF’s Ramani and Gagan.
**Sunday Night Cinema**

Who doesn't like to enjoy a movie?? If you want to enjoy a cinema with us. you can join me on January 12, Sunday. Almost every Sunday there is a movie playing at Thornbrough hosted by the Central Student Association (CSA). Meet me at the College Avenue Community Centre before the movie starts and then we can walk over together!! We’ll meet at the centre and leave for campus by 7:30pm.

Movie Title: Joker

Date: 12 January, Sunday

Show Time: 8 PM

* As this event is hosted by the CSA the timing may change, an e mail and facebook notification will be sent out before to update about the movie title and time. Information on screenings and times can be found at:

https://www.facebook.com/pg/CSAEvntGuelph/events/

**DIY Snowman**

Are you new in Canada, and have never mad a snowman? No worries......We are giving you an opportunity to make a snowman with us now. Meet at the College Avenue Community Centre on January 26, Sunday at 2 PM and we can then find a proper place in college avenue to make the snowman. If you do not want to make a snowman, no problem. you can still come and enjoy our snowman making and take selfies with the snowman !!!

Don’t miss the fun and so join us.
Sgt. Stan’s Suggestions….

Human trafficking is real and it is here. The London Ontario Police Service created the Human Trafficking Unit in late 2016 to focus on this crime that generally targets vulnerable young girls and women, although there are male victims as well. The victims are often held hostage and forced into the sex trade. The most common type of trafficker is the ‘Romeo’ or ‘boyfriend’ trafficker who will lure a victim in online or in person with fancy gifts, promises of love and a better life. He will then get the victim hooked on drugs and isolate her from her friends and family, taking away her cell phone and her identification. Often, she is moved from hotel room to hotel room in different cities and sold by the trafficker for sex several times a day.

Possible signs that someone is being groomed for sex trafficking include changes such as:
- Withdrawing from family and friends
- Being secretive about their activities
- Having a new boyfriend, girlfriend or friend who they won’t introduce to friends and family
- Suddenly spending time with an older person or people
- Staying out more often and later
- Absences from school or a decline in school performance
- Wearing more sexualized clothing
- Having new clothing, jewelry etc. that they can’t afford to buy
- Suddenly having a new or second cell phone with a secret number

In 2017, the Human Trafficking Unit conducted 184 investigations, facilitated the escape of 15 victims. Laid 16 human trafficking charges and more than 250 criminal and drug charges.

Increasing awareness of human trafficking, through initiatives such as the first Ontario Human Trafficking Awareness Day on February 22, 2018, is critical.

What is human trafficking? Human trafficking involves the recruitment, transportation or harbouring of persons for the purposes of exploitation, typically in the sex industry or for forced labour. The key element is exploitation. According to the Ontario’s Strategy to End Human Trafficking, some of the warning signs include:

- The person is not allowed to speak for themselves and their activities are controlled by someone else.
- The person is under 18 and involved in prostitution or sex work.
- The person is unpaid or paid very little to work, and seems to be treated poorly (long or unusual hours, not allowed breaks, forced to live in poor conditions, etc.).
- The person is repaying a large debt through labour or sex.
- The person seems fearful, anxious, depressed, submissive, tense, or nervous/paranoid. They may avoid eye contact, seem fearful around police, etc.
- The person shows signs of abuse, such as bruising, cigarette burns, fractures, etc.
- The person has tattooing or branding symbols, particularly names.
- The person doesn’t have their own things or money, and doesn’t control their own passport or other documents.
- The person seems malnourished or lacks medical care.
- The person is moved frequently and may not know their surroundings well.
- The person has been reported missing.

For more signs, visit the Ontario Government’s website.
Sgt. Stan’s Suggestions….continued

An estimated 70 percent of the reported cases of human trafficking in Ontario are for the purpose of sexual exploitation; the majority of survivors are Canadian citizens or permanent residents. It is a world-wide industry worth $152 billion a year, according to the United Nations.

Statistics Canada reports victims of police-reported human trafficking are mostly young, mostly women: http://www.statcan.gc.ca/pub/85-002-x/2016001/article/14641-eng.htm

· Between 2009 and 2014, there were 396 victims of police-reported human trafficking. The vast majority of these victims were female (93%).

· Victims of human trafficking were generally young. Among victims of human trafficking reported between 2009 and 2014, close to half (47%) were between the ages of 18 and 24. Additionally, one-quarter (25%) of human trafficking victims were under the age of 18.

· The majority (91%) of victims of human trafficking reported by police between 2009 and 2014 knew the person accused of the crime. More specifically, the most common relationship between the victim and accused was a business relationship (23%), followed by a casual acquaintance (22%), and a non-spousal intimate partner (18%).

· Between 2009 and 2014, 100 human trafficking victims, or 3 in 10 victims (30%) experienced physical injury as a result of the human trafficking incident reported by police, the majority of injuries were reported as being minor. Of those victims who reported an injury, the most common cause of injury was from physical force (81%). For more information about sex and labour human trafficking, visit the Ontario Strategy to End Human Trafficking webpage.

Did You Know? It is illegal to buy sex in Canada.

Communication to obtain sexual services is still against the law in Canada. Section 286.1 of the Criminal Code of Canada States that it is illegal to obtain sexual services for consideration, or communicate in any place for that purpose.

This dual offence carries escalating mandatory minimum fines starting at $500 on summary conviction for a first offence, including higher mandatory minimum fines if the offence is prosecuted by indictment, is a subsequent offence or is committed in a PUBLIC PLACE THAT IS OR IS NEXT TO PARKS, SCHOOLS, RELIGIOUS INSTITUTIONS OR PLACES WHERE CHILDREN CAN REASONABLY BE EXPECTED TO BE PRESENT.

If sexual services are obtained from a child, it is an indicatable offence with maximum penalty of 10 years imprisonment and mandatory penalties of 6 months imprisonment for a first offence and one year for subsequent offences. Source: Prostitution Criminal Law Reform: Bill C-36, the Protection of Communities and Exploited Persons Act Fact Sheet, Department of Justice, https://www.justice.gc.ca/eng/rp-pr/other-autre/c36fs_fi/
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