So many exciting things to share with the Family Housing Community this month!!!

We want to celebrate our incredible communities—so we are hosting a HUGE Pizza Party! “We Are Family Housing” registration is required, see page 3 for all the details!

We are also offering a kid’s trip during March break week—check out page 6 for information on how to register your child!

I’ve been receiving a number of complaints about dog poop—irresponsible pet owners who seem to think it’s ok to leave behind the mess that their pet has deposited…. It’s smelly, it’s not pretty, and it can be harmful to other pets. Please respect our communities! We would also like to mention that there are children in the community that enjoy taunting or teasing dogs who are on leash in their own backyard. This isn’t fair to the animal and causes the animal to bark which then in turn affects other residents.

Please do not tease our pets!

We have also started hearing complaints about children outside playing in dangerous ways. A child was seen on a scooter, without a helmet, and ‘zipping’ in and out between cars. This is not safe. Parents, please be sure to teach your children about appropriate places to play in our community. Enjoy March!
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.

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!

Adult Zentangle® Workshop @ College Avenue

We’ve offered a few basic Zentangle classes in both of our Family Housing communities, and now we are offering you the opportunity to take your Zentangle journey to the next level! This four week long workshop will focus on learning different tangles, and using a variety of papers such as black tiles and round tiles.

It is recommended that you attend all four sessions. Each workshop will be 90 minutes in length, and will be held at the College Avenue Community Centre beginning at 6pm. The dates of the four sessions are Monday, March 23 and 30th and Monday April 6 and 13th. No advance registration is necessary. If you have any questions about the workshops, please email me, brobbins@uoguelph.ca Hope to see lots of residents at this great workshop series!

Yemen Cooking Demonstration

Join us at the Wellington Woods Community Centre on Thursday March 12th at 11:00am as resident Nada demonstrates how to prepare a dish called Zurbian. We will also be able to taste the dish as well! Hope to see you there.
We are hosting a Family Housing Pizza Party! This is the first time we’ve tried such an event, and we are VERY excited. We have secured a space located directly across Edinburgh Road from Wellington Woods. The building is known as South City Centre—address is 511 Edinburgh Road.

Thanks to great support from MF Property Management, Dairy Queen on Stone, Domino’s and Tim Horton’s we are able to host this great event.

There are only 150 tickets available, so please register yourself and your family immediately! Registration is online, and you will be able to select your dietary restrictions on the registration. Please note that this event is only open to current residents of Family Housing. Visitors, extended family and friends are not permitted to attend. When you register, you will be asked to select dietary needs for each member of your family. Tickets will be delivered to units beginning the week of March 9th—you will need to bring your tickets with you to the event.

The event will be held on Thursday, March 19th. Doors open at 5pm and dinner will begin at 5:30pm. We expect the event will be concluded by 7pm.

We are in need of some volunteers to help with setup of tables and chairs—this is a great opportunity for high school students to earn some of your required volunteer hours! Please email brobbins@uoguelph.ca if you are able to volunteer to help out. We would request that our volunteers were at the hall by 3:45 pm the day of the event. Those same volunteers would be asked to remain at the end to help us put away the tables and chairs as well.

Register today at
https://uoguelph.eu.qualtrics.com/jfe/form/SV_6n9ePrb4C2vLdRz
Perogies Class!

Yes, you can learn how to make authentic perogies!!! Not sure what perogies are? Come on out to the Wellington Woods Community Centre on Thursday, March 20th at 11am and enjoy learning from two residents from Poland, Agnes and Kate!

Smoothie Workshop!

Want to add fresh fruit to your breakfast or morning snack? Blending your own smoothie is an easy way of doing this. Smoothies can be made from vegetables, fruit and sometimes dairy products (including milk, yogurt or soy milk etc). They are a great alternative to fruit juice and other milk products and they also have the benefits of energizing yourself and incorporating healthy produce into your diet! Join us for a smoothie workshop at the College Avenue Community Centre on Friday, March 6th at 6pm.

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!
Volunteer led programs!

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! Please remember, with our children’s programs, 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.

Make your own natural Lip Balm!

Do you like to wear lip balm? Have you ever thought of making your own natural lip balm for yourself? Welcome to our handmade lip balm workshop! We will use 100% pure beeswax and Almond Oil to make this healthy lip balm. If you like, you can also add colour to your lip balm, the coloring material is used for making colorful chocolate.

Please join volunteer resident Winnie Yang on Monday March 16th at 6pm at the College Avenue Community Centre. Winnie is a junior researcher of Chinese traditional medicine. She comes from Beijing, China. Making my own healthy products is my favorite thing! Winnie has made many different kinds of skin care products for nearly five years. We look forward to seeing you at the workshop where you will make your own lip balm and take it home with you!
**March Break Excursion for kids!**

Thanks to support from the Student Life Enhancement Fund we are offering a one day excursion for the kids in our community! On Tuesday, March 17th we will be visiting [Mountsberg Conservation Area](#) where we will learn about maple syrup. **Kids must be seven years old to attend the trip.**

Register your child today—we have only 45 spaces available! The bus will depart from Wellington Woods at 9:30 am and will return around 3pm. There will be a $5.00 per child charge to attend the trip.

To register, simply send an email to [comlife@uoguelph.ca](mailto:comlife@uoguelph.ca) and be sure to indicate your unit number, your child’s name and age. Registration is open from March 1st through to March 7th. Once we have closed registration, we will prepare waiver forms for parents to sign, provide direction on how to pay the $5. fee and more information about the day.

We will also be needing a few parent volunteers to act as chaperones. If you have a child that is younger than 7—they may still be able to attend **IF YOU VOLUNTEER TO BE A CHAPERONE YOU CAN ALSO REGISTER YOUR YOUNGER CHILD.** Please note that that activity is outside and will require some walking. If you are volunteering to be a chaperone and you have a child that is younger than seven years of age, please contact Barb Robbins directly to see if your situation will work for this trip. You can reach Barb by email at brobbins@uoguelph.ca.

This trip will be our only planned children's activity during the week of March break (Friday night Kid’s Club will still be held!)
Winter Photo Contest

The results are in! The winners of our Winter Photo Contest are:

Congratulations to our first place winner—Agnieszka from Wellington Woods!

Congratulations to our second place winner—Cibele from Wellington Woods!

Congratulations to our first place winner—Usman from College Avenue!
Pets in our Community

We welcome pets in our Family Housing communities as required by Residential Tenancies law in Ontario. We also welcome responsible pet owners!

It is important for pet owners and non-pet owners alike to understand the rules regarding pets. All pet owners are required to keep their pets on leash at all times in our communities. There are no leash-free areas on the University of Guelph campus, including our Family Housing communities. The City of Guelph does offer several leash-free park options, and you are invited to visit their website http://guelph.ca/living/recreation/parks/leash-free-zones-for-dogs/ where you will find maps of all the areas. We’ve also printed the maps at the bottom of this page. Cats are not permitted to roam free on Family Housing property, so please be sure to keep your cat inside.

We follow all city bylaws concerning proper clean up after your pet. Pet owners are required to „stoop and scoop“ whenever required.

We receive a lot of complaints regarding pets in our community. Complaints of dogs off leash, or residents finding dog feces on their walkways are common, but so are complaints from pet owners. Responsible pet ownership is important. Not only does your dog need to be leashed when you are outside, it is also your responsibility to have control of your animal, and you should always keep your dog close to you—avoid allowing your dog to wander towards a stranger as you walk down a pathway. Many people in our communities are very uncomfortable around dogs and such a situation can be quite terrifying to some.

While we do have these rules and regulations in place for pet owners, there are also some common respect factors for residents without pets. We have had reports of dogs who are in their own fenced back yard space, being teased and tormented by a group of children on the other side of the fence. This can cause aggressive behavior in a dog and is unfair treatment. Our community expects owners of dogs to be respectful and keep their dog on leash, our community also expects all residents to be respectful of those who do have pets. Please be sure to have a conversation with your children that teasing a dog is not appropriate, and can be harmful to the animal.

Remember to pick up your pet’s feces immediately.... No one wants to see, smell or worse step in dog poop!
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 Tuesday AND Thursday evening at 6:30pm in the College Avenue Community Centre.**

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!

Now offering TWO classes every week! Tuesday AND THURSDAY @ 6:30PM

Please note there will be no Zumba class on Thursday, March 19th.
The Adulting Series continues with **TAX WORKSHOPS**

Learn about how the Canadian tax system works and how to maximize your savings from tax returns! This workshop will provide you with a better understanding on how taxes work.

Register for 1 of the 3 workshops offered on Wednesday March 18th from 5 - 6 PM:

- **English in Eccles** (South Residence)
  - or
- **Hindi in East Fire Place Lounge**
  - (East Residence)
  - or
- **Mandarin in Mountain South Student Lounge (SSL)** (South Residence)

Scan the QR code to register!
**Baha’i Children’s Classes**

The Baha’i community is offering classes open to all at the Wellington Woods Community Centre that emphasize the acquisition of spiritual qualities—for example, truthfulness, generosity, purity of heart, and kindness, to name a few—which are considered attributes of God that are reflected in the mirror of the human heart. Year after year, the classes build on the understanding of these qualities and add lessons related to the history and the Writings of the Bahá’í Faith. The goal is for the children to reach a stage in which they can understand and act upon the imperative to tend to their own spiritual development and contribute to the well-being of society.

Classes will take place on Sunday mornings from **10:30 to 11:30**. Currently classes are open for children in grade four only.

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Thanks to volunteer resident, Nick, for the hard work done with the children in our community and the activities held at the Wellington Woods Community Centre.
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.

English Language Conversation Group will be held at Wellington Woods on Tuesday mornings at 10:30am.

English Language Conversation Group will be held at College Avenue on Tuesday afternoons at 1:30pm.

Residents are welcome to attend either or both groups!

With Gratitude

I would like to thank all residents who came out to the Healing Circle which we hosted on February 18th. It was great to see so many come together to celebrate the lives of those we lost.

A special thank you to resident Shima from College Avenue and resident Maryam from Wellington Woods. These two incredible women prepared all the pastries and dates that were served at the Healing Circle. Thank you both for all your efforts.

With a grateful heart

Barb
JOIN TV PERSONALITY & LOCAL GUELPH COOKBOOK AUTHOR

EMILY RICHARDS

IN A COOKING DEMO TO SHOW YOU SIMPLE AND INEXPENSIVE WAYS TO FUEL YOUR BODY. FREE EVENT, SAMPLES & PRIZE TO BE WON!

WEDNESDAY MARCH 4
EAST FIREPLACE LOUNGE
FROM 5 - 7 PM

Kale Salad

Plus Learn To Make!
No Bake Muesli Bars,
Roasted Sweet Potato &
Egg and Cheese Frittata.

Coco Colada Berry Smoothie

Scan the QR code to reserve your spot!
International Women’s Day - March 8th

Happy International Women’s Day (IWD)! International Women’s Day is a United Nations-sanctioned global holiday. It celebrates women’s contributions to society, raises awareness about the fight for gender parity, and inspires support for organizations that help women globally.

There are plenty of ways to embrace the day, from supporting woman-owned businesses, sending the women in your life International Women’s Day quotes and Happy Women’s Day messages, and exchanging International Women’s Day flowers. But do you actually know the fundamental International Women’s Day facts, like what Women’s Day is and the history behind it?

The International Women's Day theme for 2020 is #EachforEqual, which reminds everyone that it’s on each of us to help create a gender equal world.

https://www.realsimple.com/work-life/international-womens-day

In light of International Women's Day on March 8th, the Cultural Diversity Office will be hosting a noon-hour concert with Blue Crane Agency's LIZA.

*Liza (pronounced Lee-za) is an R&B singer/songwriter from Toronto, Canada. Born and raised in Toronto, Liza grew up in a traditional Ethiopian household immersed with the Ethiopian musical culture. After beginning to play piano and write poems at the age of 11, Liza’s passion for music grew throughout the years, as well as her desire to create her own sounds.*

*Liza released her debut EP, titled February 29 in 2017 and received positive reviews from various music outlets globally. Most recently, Liza released the first two singles off her upcoming sophomore project, Here to Stay and Passes Me. Paired with strong vocals and progressive production, Liza draws from a strong R&B/Neo-Soul culture, while combining a modern and resonating feel to bring listeners to her raw and authentic reality.*

*Having performed at several notable musical festivals in Toronto such as, uTOpia Music Fest, Canadian Music Week, Manifesto, NXNE and performing as an opening for Lauryn Hill’s Toronto show this Summer, Liza has showcased her ability to captivate audiences with her soothing sounds and charismatic stage presence. Her fan base continues to grow in her hometown of Toronto and various cities across the globe, as her sound transcends the conventional styles of R&B and pushes the boundaries of the genre.*

For more information please visit https://gryphlife.uoguelph.ca/event/129400
Memories from February

Kid’s Crafts @ CA

Sushi Making Class @ WW

Zentangle Class @ WW

Income Tax Info Session @ CA

Adult Paper crafting @ WW

Kid’s Club @ WW

Zentangle Class @ CA
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. Our Community Life Facilitators will refuse entry to the centre for any child who is not adequately supervised.

**March Kid’s Club:**

Friday, March 6—Craft with CLF Gagan
Friday, March 13—Activity with CLF Ramani
Friday, March 21—Activity with CLF Gagan.
Friday, March 28—Craft with Ramani!

**Children’s Craft Class @ CA**

We are excited to offer another children’s craft class at College Avenue this month! Kids of all ages are welcome to join us on Friday, March 27th at 6pm at the College Avenue Community Centre where they will have fun making an exciting craft! **Parents please remember, if your child is under the age of seven, YOU MUST REMAIN IN THE COMMUNITY CENTRE THROUGHOUT THE ACTIVITY.**
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**March Break Bus Trip!**

March 17th

**“We are Family”**

Family Housing Pizza Party

Advance Registration Required