

Please note the GRT fare price increase as of July 1, 2011



ADULT AND REDUCED BUS TICKETS AVAILABLE DURING CENTRE HOURS
ADULT: \$1.95 EACH or \$9.75 for STRIP of 5
REDUCED: \$1.65 EACH or \$8.25 for STRIP of 5

Centre Services

Internet-The Centre has two computers available both with internet access. One computer is programmed for resumes, job search, banking etc., the other for games, webkins etc. Both can be booked for a 1 hour session by calling the Centre or by coming in person.

Photocopying/printing-Black & White -\$0.15 per side, Colour-\$0.25 per side (10 resumes copies-free)

Faxing-local numbers free of charge, long distance \$0.50

Payment must be made at time of purchase. We are unable to do I.O.U.s

Government & Community Forms-Applications for I.D. (Birth, S.I.N.)

Passports applications-Child/adult

Life event forms (name change, divorce/separation etc.)

Free Greeting Cards (limited selection)**Books for Birthdays**-Free book to children up to the age of 14 to celebrate their birthday and the importance of reading.

Phone-free local calls only

Centre Partners

Family Counselling Centre of Cambridge & North Dumfries

FREE counselling by FCCCND on Tuesday evenings 4-8pm. The counsellor can meet with individuals, couples and families with children about a variety of personal issues. For more information and appointment times please call Sandy at the Centre.

Lutherwood Employment Services-An Employment Counsellor is available for those who are not attending school and looking for employment at the Centre on Monday afternoons from 12-4pm. The counsellor can develop, revise or update resumes, cover letters and help with job search skills. Please call the Centre to arrange an appointment time or for more information.

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PRESTON HEIGHTS COMMUNITY GROUP

Centre Hours: Monday 9am-5pm, Tuesdays 9am-8pm, Wednesday-Friday 9am-5pm

Volume 3, Issue 4



Preston Heights Piper Fall 2011



HAUNTED HAPPENING

Come on out for a spooky evening while you trick or treat on Halloween Night!

Preston Heights
Community Centre
October 31st
Between 6:00-8:00 pm
For a Spooky Fright!

HOSTED BY THE Y4 Y COMMITTEE

FLU SHOT CLINIC

at

PRESTON
HEIGHTS
COMMUNITY
CENTRE

December 2011

DATES and TIMES
will be POSTED on
big sign (*PRESTON PKWY &
LINDEN DR*) and at Centre

WE ARE LOCATED AT

350 Linden Drive
Cambridge, On
N3H 5N7

P: 519-650-2971
F: 519-650-1534
phcg@golden.net
www.prestonheights.ca

A United Way
Member Agency



Region of Waterloo Peer Health Program is hosting the

PARENT'S LOUNGE

Do you need some "ME TIME"?

****Child care is available****

Each week parents of preschoolers can participate in an activity while enjoying social time with other neighbour parents.

Activities may include: card making, field trips, barbeque, recipe exchange etc. Group plans different activities for each week!

TUESDAY AFTERNOONS FROM 1:00-3:00PM

October 4th-November 29th, 2011

Preston Heights Community Centre (upstairs)

****Call Centre by September 30th to register****



Community Nutrition Program, Region of Waterloo

Come and cook healthy recipes
with your neighbours

CHILD CARE IS AVAILABLE

HEALTHY COOKING ON A BUDGET

Day & Time: Thursdays 1:00-3:00pm

Location: Grace Bible Church

Cost: \$2.00 per week

Payment Options:

- 1) \$16.00 by September 30th
- 2) \$8.00-September 30th
- 3) \$8.00-October 27th

Dates:

October 6	November 3
October 13	November 10
October 20	November 17
October 27	November 24

HO! HO! HO! PRESTON HEIGHTS NEIGHBOURHOOD CHRISTMAS PARTY



Tuesday December 13, 2011
6:30pm
Grace Bible Church

Tickets can be purchased for \$2.00 each
at the Centre starting November 14

*Children under 16 years of age must be
with an adult family member*

**CRAFTS, ENTERTAINMENT AND
REFRESHMENTS**

ADULT VOLLEYBALL

(Must be 18 years of age or older)

Fri. Sept. 16-Fri. to Dec. 16 2011
Parkway Public School (GYM)
7-9pm

COST:

14 sessions for \$30.00 or \$3.00 drop in
(pay at gym)

Pre-register at the Preston Heights
Community Centre or on the first session
with Kelli or Adam Goodyear



Employment Opportunity



**Positions
Available**

Centre is hiring part-time child care positions for Centre programs as needed. This is a casual part-time position has day and evening hours for children birth to 10 years. The **positions will require** a Family and Children's Services and Police Records check. Experience with child care is necessary. To apply please email, mail, drop off or fax your resume to the attention of Sandy Roxborough.

Email: phcg@golden.net

Mail: 350 Linden Drive, Cambridge, ON N3H 5N7

Fax: 519-650-1534

**Come Out and Support
the Centre Programs
and Services**

**Galt Cambridge Zehrs BBQ
Saturday September 10, 2011**



**ALL FUNDS RAISED SUPPORT
THE PRESTON HEIGHTS
COMMUNITY CENTRE**

Family Outreach Program

Does your child want to be the next David Beckham, Picasso or Sidney Crosby? The benefits of recreation for your child are endless... and it's fun for you to watch, too! Whether it's soccer, art lessons or gymnastics, don't let lack of money stand in the way for your child! **WE CAN HELP!** Call today and set up an appointment to discuss their fall recreation dreams!

The Outreach Program is here to help low-income families get ahead. Whether it's clothes for back to work, a bus ticket to the doctor's or asking about community resources, we can help. So whenever you aren't sure what to do, call Heather at 519-650-2971 to set up an appointment!

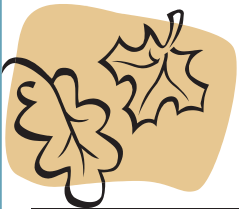
What a Great Summer!

I am happy to announce that 31 children were given subsidies to attend the Preston Heights day camps this summer thanks to the generosity of the Lyle S. Hallman Foundations' Kids to Camp Fund! Thank you so much! For more information about the Foundation you can visit their website www.lshallmanfdn.org

Call to make appointment with Heather.

Hours are Tues. 12-8p & Wed.-Fri. 9am-5pm.

Please note that there are NO Outreach Services on Mondays!



Preston Heights Community Centre's

Fall Youth Program Schedule 2011

Starting September 12th to December 2nd 2011

Grade / Age	Program Name	When	Where	Cost
Gr. SK-2	Kids Club	Tuesday 4:00-5:00 PM	Community Centre	\$1/day
Gr. SK-2	Gym Jump	Wed. 3:30-4:15 PM	Parkway P.S.	FREE
Gr. 3-4	Grade 3-4 Gym Night	Tues. 6:00-7:00 PM	Parkway P.S.	FREE
Gr. 3-4	Grade 3-4 Drop-In	Thurs. 3:45-5:15 PM	Community Centre	FREE
Gr. 3-4	Freaky Friday Drop-In	Fri. 3:45-5:15 PM	Community Centre	FREE
Gr. 4-6	Ball Hockey	Mon 3:30-4:30	Parkway P.S.	FREE
Gr. 5-6	Grade 5-6 Gym Night	Tues. 7:00-8:00 PM	Parkway P.S.	FREE
Gr. 5-6	Grade 5-6 Drop-In	Thurs. 5:30-7:00 PM	Community Centre	FREE
Gr. 5-6	Freaky Friday Drop-In	Fri. 5:30-7:00 PM	Community Centre	FREE
Age 11-13 (Girls)	Girl Club	Thurs. 7:00-8:30 PM	Community Centre	FREE
Gr. 7-12	Teen Gym	Mon 6:00-8:00 PM	Parkway P.S.	FREE
Gr. 7-12	Teen Drop-In	Wed 6:00-8:00 PM	Community Centre	FREE
Gr. 7-12	Freaky Friday Drop-In	Fri 7:00-9:00 PM	Community Centre	FREE

Drop-In / Freaky Fridays

Ball Hockey (for grades 4-6)
Drop-in right after school to play some pickup ball hockey. We will be playing in the gym at Parkway Public School. Equipment is provided



Come out each week to the popular Drop-In programs for youth and teens. Come out to play pool, Wii, air hockey, foosball and of course **our famous fabulous special events each week** or just hang out. Check the chart above for times.

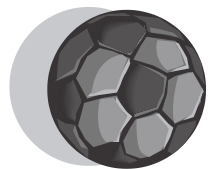


Kids Club (For grades SK-2)

Where is everyone? Why they are at the Kids Club and you are invited to take part in the fun. Games, snack and crafts just for **Grades SK to 2** after school on Mondays. Lots of fun for all from 4:00-5:00. This is a great way to meet new friends.



Gym Night
Come inside into the open gym programs at Parkway P.S. featuring basketball, hockey, group games and other physical activities. This is a great opportunity to have some active fun. Check the chart above for ages and times.

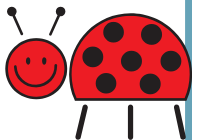


Gym Jump (For grades SK-2)

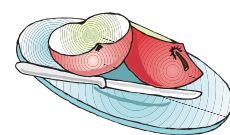
Hurdle on down to the Parkway Public School Gym after school on Wednesdays for a *hoppin* time. We will be playing active games that will get your heart to *skip* with laughter. Your *bound* to have a good time and leave with a *spring* in your step.

Girl Club (Age 11-13 years)

This program is just for girls and is filled with fun and exciting activities that you help plan. Some of the events can include hip-hop dance, spa night or even going to the theatre. Meet some friends and work together as a team. It's your club so come out and help plan each week's activities.



EARLY YEARS FAMILY DROP IN



For Families & caregivers with children in the Preston Heights & Preston Area
Children ages 0-6 years
Mondays, Wednesdays & Fridays
9-11am

Our parent & preschool play and learn group offers creative activities, infant area, art, stories, singing, play skills and snack.

You can join at any time, meet families from the neighbourhood, participate as often as you like and help your child(ren) to play & learn.



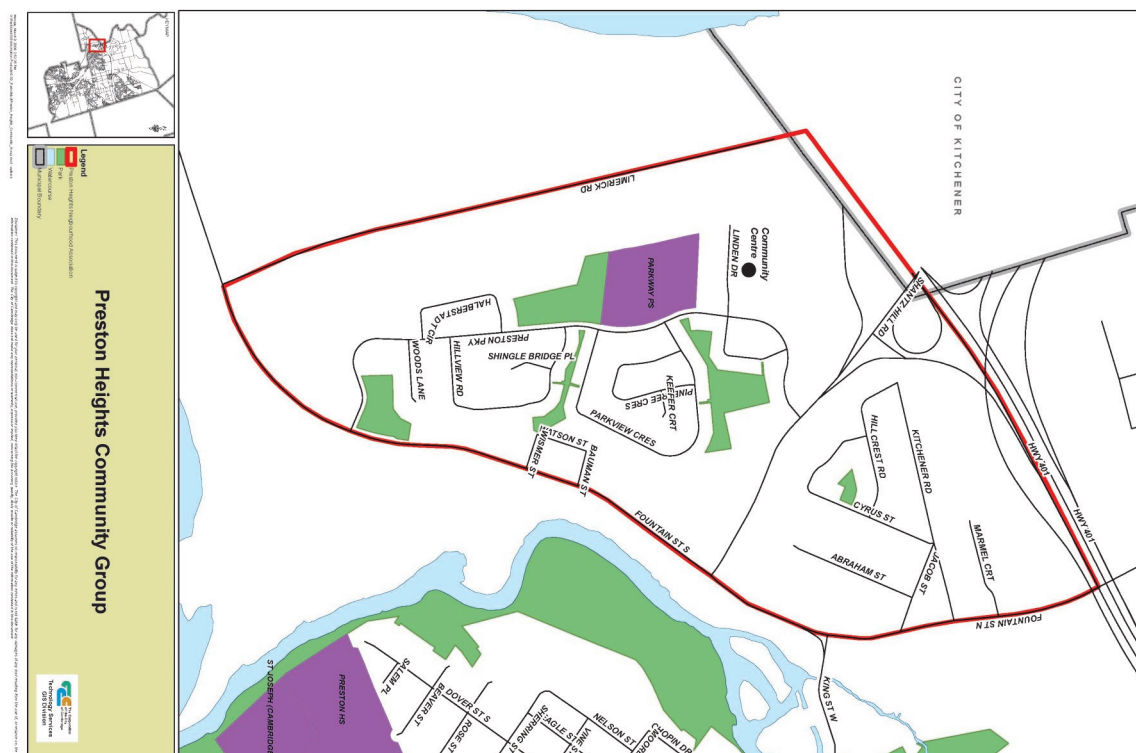
Many parenting resources and Welcome bags are available for new families



This map indicates the geographical boundaries which the Preston Heights Community Centre provides programs and services to.

Mission

The Preston Heights Community Group is a not for profit organization that supports positive development in our community. Through partnerships and citizen involvement we provide programs and services to children, teens and adults



VOLUNTEER VIBE

Newsletter Volunteers:

The list is long... but one of our MOST ESSENTIAL volunteer positions. These amazing volunteers come out rain and shine, year after year, to ensure their neighbours are up-to-date on the Current Centre Activities and Events. Seniors, Youths, Mom's with infants walking... all of you have helped out the centre AND supported a vital communication link to our residents – 1000 newsletters are delivered 4 times a year.

Bingo Volunteers:

Thanks once again to **GEORGE**, our **BINGO Team Brenda W., Connie S., Cindy R. and Audra G., Chris D., Theresa F. and Sharron L.**... This summer our **TEAM** provided support for two consecutive months of Bingo! What a great way to spend some time with neighbourhood friends, try something new, and generate \$\$\$\$ for our Youth Programs!!!

Summer Time Volunteers:

A huge Center thank you to **Sarah C.** for coming out and supporting Mila in the Early Years Program and also for contributing her unique and gifts. Sarah has updated the Preston Heights Logo and has also created for us a new BBQ Brochure to enlighten the large community of our services her at The Heights. She has also spent several hours creating an eye-catching poster for us to use at our BBQ's! Thanks Sarah!

Summer 2010 Program:

Jason, Michele, and Diane wish to congratulate and thank all their LIT's, Graduates of the LEAD program, who supported the The Zone AM, Red Wagon and Amazing Afternoon Camp.

June Fundraising BBQ:

Once again, thanks extended to our off-site BBQ Volunteers: **George G., Cindy R. & Joanne, Ken A., Paola M., and Family., Connie S., Howard and Mary W., Jeff L., Sharron L., Camille S. and Tyler, Audra G. and Ava. And Richard W.** Though the weather was windy and cool, we still had an excellent turnout of Volunteers to help grill up and serve those wonderful Hot Dogs and Sausages!

Reception Volunteers:

Susan Y., Nicola A. and Gail B. have been dedicated Receptionists here at the Centre and we looked forward to your arrival every week. Thank you all for not only all the work you contributed at the Centre, but for 'your spirit of enthusiasm'. Best of luck and happiness in your future endeavours! You will be missed.

Connie, Paola, Cindy, Danielle, and Roxanne – we continue to look forward your volunteerism every week! You are all so dedicated and we are all grateful for that and enjoy your personalities immensely. (And we always look forward to Roxanne's new and exciting PowerPoint Projects at the end of her day!)

Volunteer Needs:

Please call **Sharron, Volunteer Coordinator, at the Centre 519-650-2971 to express your interest in any of the available positions!**

BBQ Volunteers Needed for Sept 10. BBQ will be held at Zehrs South Cambridge. If you are interested in lending a hand and meeting new people, and having some fun... just drop in and let us know your availability for that day.

Ice Rink Volunteers will be needed to continue providing the John Erb Park Ice Rink. We would like have a team of reliable volunteers willing to commitment to 1 or 2 hours a week. For more information, contact Sharron, and you will be connected with our Ice Rink Team Leaders, Kelli and Adam Goodyear.

Bingo Volunteers: December Bingo Volunteers are needed for **FIVE** Thursday Late Night Bingos (9:30 pm – 12:30 pm).

Reception Volunteers: We will need to staff Reception positions this upcoming year. If you have 2 or 4 hours and would like to spend some time at the Center supporting and staff and visitors OR have some time after school to get those 'Community Service Hours'.

Newsletter Delivery Persons: Bundle up and consider a crisp winter walk in January – always a great refreshing way to exercise off some of the holiday calories and get some fresh air!

VOLUNTEERS DON'T GET PAID, NOT BECAUSE THEY'RE WORTHLESS, BUT BECAUSE THEY'RE PRICELESS



2ND ANNUAL CHRISTMAS DÉCOR

Come in and enjoy some music and refreshments

All children under 16 must be accompanied by an adult when taking home items.

Items can be dropped off and available for pick up on the days and times listed below:

TUESDAY NOVEMBER 2 1-8PM
WEDNESDAY NOVEMBER 3 9AM-5PM
THURSDAY NOVEMBER 4 9AM-5PM



EXCHANGE

Anything with a Christmas theme will be accepted. Exchange, pick-up, drop-off gently used but good condition Christmas decorations such as ornaments, wall or table décor, gift bags, boxes etc.

NEW

Share your PASSION

Do you have a skill or passion you would like to share with others? Would like to volunteer to teach others how to do your skill? Can you?

- ◆ Paint
- ◆ Make jewellery
- ◆ Knit
- ◆ Write
- ◆ Photography
- ◆ Flower arranging
- ◆ Shop online etc.



The Centre would provide space for 1-3 sessions and you would provide your talent and time and any materials for the day or evening sessions

Space is available January to March 2012 and April to June 2012

The Centre would advertise on website and newsletter for participants.

If you have any questions or you would like to share your passion please call Sandy at the Centre 519-650-2971 by December 23rd, 2011

Program is sponsored by Learning Together Stand Up for Leadership Program, YMCA



Join Langs Bus Trip to



SAMKO&MIKO

TOY WAREHOUSE (TORONTO)

Saturday November 19, 2011

8:30am-4:00pm

COST: \$13.00 (Cash only)

To reserve your seat payment will be needed by Thursday October 20, 2011 before 5:00pm

To register come to the Preston Heights Community Centre with payment



Limited spaces
 Samko only accepts cash and credit cards
 No returns accepted



Thursdays from June-October

11am-4pm

Central Park

*(corner of King and Argyle)
 Downtown Preston*

One of the ways you can support your Centre is by collecting and dropping off your Zehrs tapes at the Centre

zehrs