

JAN. – MAR. 2024

HAMILTON-WENTWORTH

Newsletter



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*Send articles and photos
for the April – June
RWTO/OERO Hamilton-
Wentworth newsletter to
trandles@rogers.com*

Greetings from Linda's Lair!



Welcome to 2024! I hope it is a year with happy memories of upcoming adventures! It is certainly an interesting time for our organization, with its expanded membership base. Most Branches across the province are enjoying the participation of our newest retired women educational professionals - educational assistants, early childhood educators, and child & youth counsellors/workers. Hopefully additional educational categories will soon be added to this list! If you know of someone who has retired from one of these roles (or teaching!), please chat with them about joining - they don't have to be newly retired. The most effective way of encouraging new membership is by word of mouth.

Many thanks to the members of our amazing Hamilton-Wentworth Branch Executive for their efforts in creating an interesting program each year! Did you know that half of our Executive members have served for one to two decades? Now that is dedication! They must enjoy what we do for the organization and their role in helping to make things happen. Our two newest Executive recruits, just this year, are **Theresa Randles**, who made this newsletter possible as our newsletter editor, and **Ruth Settle**, our new Member-at-Large, who has already helped us at two of our luncheons. Welcome!

Sometimes our Executive members change their roles. For example, (fabulous news!) **Ann Louise Gloyne**, our **1st Vice President**, is ready to take on the role as Branch President in May! **Lesley Devries**, our **2nd Vice President**, will then share her leadership ability in May of 2025. Do we have a spot for **YOU** on the Executive? **Definitely!** Ann Louise currently finds the venues we use for events and is the liaison with them. We are looking for her **'Events Convenor'** successor. We are also seeking a new **'Outreach Convenor'**, who helps us decide which charities we will support each year, and is the contact with them. Our thanks to **Karen Melvin**, who has moved to Oakville, and **Lynn Gillie**, who has retired, for their efforts. (Please note - you may share any Executive duty between two people! So grab a friend to lend a hand!) Our thanks to **Lynn Anderton** who will continue her service on Executive when she completes her current role as **Past President** in May, by becoming our **Insurance Convenor**, a role currently held by Lesley. A **Member-at-Large** role is an interesting introduction to being part of Executive. You are invited to attend Executive meetings – 5/year, including one by Zoom. You are welcome to contribute ideas, and help in any role that you choose.

PROVINCIAL AGM CONVENTION 2025!!

Brant, Haldimand, & Hamilton-Wentworth Branches (a.k.a. Area 4) are hosting! Since Hamilton's downtown will be a construction zone for the next few years, we have found a hotel in Brantford that meets our needs, beside Hwy 403. Hamilton-Wentworth will play the primary role as host, with the assistance of the smaller branches. We will need lots of help to make this convention as fabulous as the last time we hosted in 2013! This is also the Convention where I will become the Provincial President for 2025-2026. Talk about happy memories of upcoming adventures! I certainly hope so!

Linda Sargeant 905-575-3831, rwto.linda@gmail.com

MEMBERSHIP

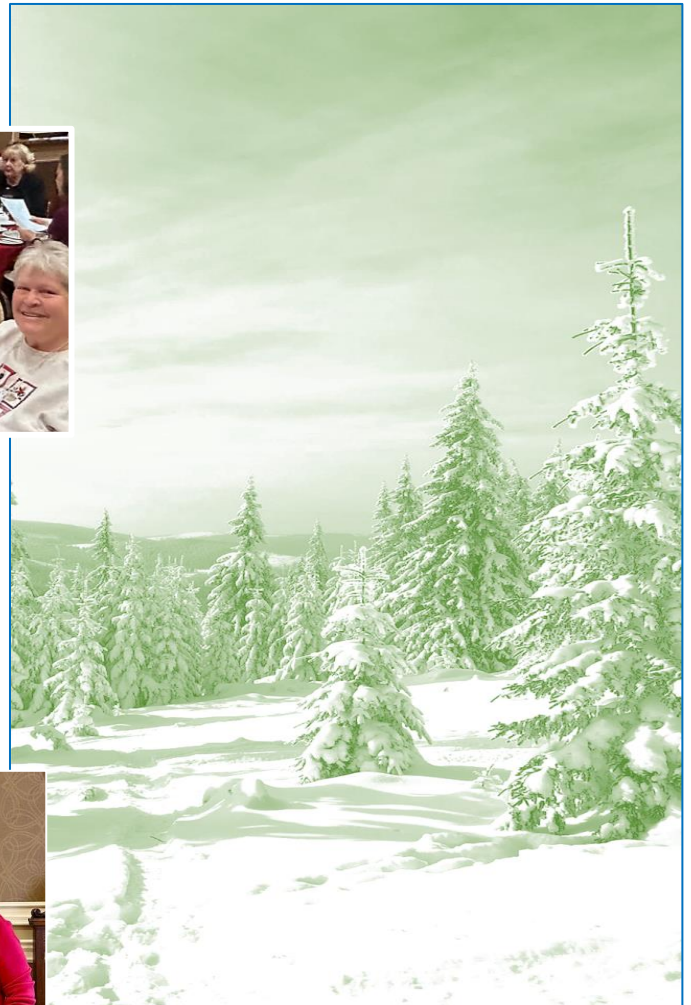


Our Executive

Christmas Luncheon 2023



Maureen Richardson, our Events Payment Convenor, spoke about volunteering at the Good Shepherd, and two projects we were supporting at the luncheon, Regina's Place and Martha House





For those who enjoy singing:

I'd like a moment of your time to share a wonderful opportunity. For our very special Virtual Convention during COVID, I took on a special project that involved members from many branches across the Province. Over thirty members participated in the development of a **Virtual Song** to open the Convention ... well ... we are fortunate to have the support to be able to do this again!

I am looking for individuals who like to sing, are able to read music and can manage - with explicit directions - to record themselves on their computer, tablet, or cell phone. This is a starting point and is meant to solicit singers only. Specific directions, music and recordings will be shared with those who wish to participate. Wouldn't it be wonderful to have at least one participant from each branch? Those interested need to do the following:

Indicate which part you would like to sing from the following options: Soprano 1 - highest range voices, Soprano 2 - just a little lower range but still Soprano, Alto 1 - higher range alto, Alto 2 - lower alto voices, Descant - we will decide later how we will approach this - there are options. I truly hope that those talented women who participated in our last song will join once again and encourage others. This song arrangement is not quite as challenging as our last - which was done extremely well and very successfully.

Recordings can be made anywhere you have a phone, tablet or computer...near or far! This will be an exciting and fun project and and the last I will lead as Provincial Program Director!

Please join me!

In Caring and Sharing,
Judith Bennoch, Provincial Program Director
Please send an email to Judith Bennoch,
Provincial Program Coordinator, by January 5th,
if you would like to participate.

rwtoprogramcoordinator@gmail.com



In Memoriam

2022 2023



Rose Mielko
January 12, 2022



Arlene Leombruni
April 16, 2022



Rosemary Walton
October 2, 2022



Valerie Pipe
November 3, 2022



Anne Thomson
November 21, 2022



Jennette Lukasik
January 13, 2023



Gail Patti-Buntain
May 4, 2023



Diane Lumsden
May 5, 2023



Doris Wakabayashi
November 19, 2023

Honouring Our Over 90's Evelyn Hambly

Apparently, 90 is the new 75! Evelyn Hambly is the most recent addition to our "Over 90's" membership group, most of whom do not look or act their age! LOL! Filled with enthusiasm, adventure, and sparkle, these ladies are amazing to chat with, whether sharing their past experiences or their future endeavours – their "get up and go" being key to leading active and involved lives.

In August, Anna Iskat, one of our Goodwill Convenors, and I brought flowers to Evelyn the day before she turned 90. She and husband Mert, who had turned 90 a month before, live in a beautiful Dundas townhome with luxurious gardens they have created with pride. They have been married for 69 years, and lived and worked in Dundas.

Evelyn grew up in Montreal, learning both official languages, until the age of 12 in 1945, when her family moved to Grimsby. She remembers earning the Sr. Girls' Athletic Champion Award in grade 13 at Grimsby High School. She then attended Normal School (now known as Teachers College) - the year it burned to the ground, but she was still able to begin teaching that year in 1953 ... her first class a 4/5 split with 45 kids – she had a wonderful year!

Evelyn taught about 1200 kindergarten and elementary children during her 28 year career with the public boards in Grimsby and Dundas, (primarily at Pleasant Valley School) and is still in contact with many of them. She regaled Anna and me with some of her many scrapbooks, designed by her daughter, as she shared some of the stories of her teaching – obviously a career she loved, full of music, dramatic plays and kindergarten graduation ceremonies. She describes her classroom as a busy, happy place!

Evelyn and Mert have been extremely involved in church and community endeavours throughout their lives – and were thanked last year when they were made Honorary Marshalls of the Dundas Cactus Festival Parade. They were also presented with a book of reminiscences written by members of the community. They feel truly honoured, and enjoy continuing their service to others.



Evelyn & Anna

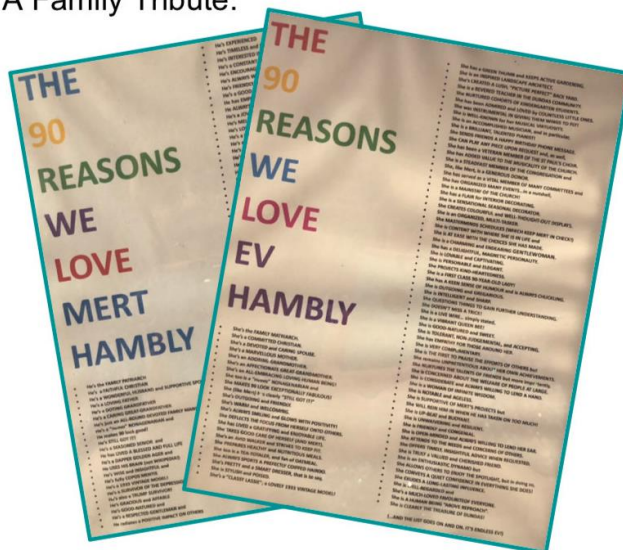
Story by
Linda Sargeant

Parade Marshalls



Photo above by Gwen Kirkpatrick

A Family Tribute:



Cora Bailey Award ~ 2023



Lynn Gillie

Jan Jacobs

This Cora Bailey winner is known for her cheery disposition and infectious laugh! She is always willing to help out at events. She joined our Executive as a Member-at-Large in 2016. A year later she took on our Outreach posting, looking after the charities and collection of items and donations gathered at events. She then mentored her replacement for a year. For several years she has been organizing the Euchre East Card games in Grimsby. Her voice on the Executive is always insightful and welcomed, as we plan for our many members. She has enjoyed many of our interest groups, including the Art Appreciation and Tours group, Euchre, Knitting and Crocheting Group, Lunch Bunch and the iPad group. She adds a ray of sunshine to many of our get togethers. Thank you, Lynn Gillie, for helping our Hamilton - Wentworth Branch thrive!

This Cora Bailey Award is being presented to a member with a heart for caring and sharing, and also an eye for detail. For four years she helped to make every one of our Branch Luncheons delightful, merry and bright, by selecting amazing venues and lovely table decor and using her excellent organizational skills to make the events a success. With many calls and lists to check, 'way more than twice, she was often like our own Mrs. Claus! She volunteered to step into this role when help was needed, rolled up her sleeves and got to work, with impressive results. When attending Executive meetings, she often assisted by putting plans into action. We have had to wait a while to present this award to her, but perhaps it is fitting that we do so at our Christmas Celebration @ the Station. Congratulations, Janice Jacobs! We are very pleased to celebrate YOU with this award!

"What are you going to do
with all that dark?"

"Find a way to glow in it."

-Amanda Torroni

HAPPENINGS

Let's Zoom

Let's zoom while cocooning in our warm rooms this winter. We are planning a series of Ted talks and/or speakers who would present for 30 to 45 mins followed by open discussion and Qs & As about the topic. Members need to register by noon the day before the zoom in order to receive the zoom link to join in. A great way to socialize with your friends during the cold and snowy winter months! Free!

Register Moe Richardson, moerich3939@gmail.com

Please send along any suggestions you have for topics and presenters!

Upcoming dates and topics:

Monday, Jan. 22 at 1:30: Professor Mark Rector
'Oh Canada, Our Home and Inventive Land'

Friday, Feb.23 at 1:30: Robert Waldinger
'What Makes A Good Life? Lessons From the Longest Study on Happiness'

Tues., Mar. 19th at 1:30: Sir Ken Robinson
'Do Schools Kill Creativity?'

Friday April. 26th at 1:30: Sam Berns
'My Philosophy for a Happy Life'

Fun & Games & Delectable Desserts!

(Enjoy our cards and board games, or share your own!)

Great Location! Easy Parking!

Wednesday March 6th, 2024
1:00 - 3:30 pm, Desserts Included

Emmanuel United Church
871 Upper Ottawa
(between Giant Tiger & Shoppers)

Bring some games
to share if you can!

Please call or email Maureen to book your ticket by
Wed. Feb. 28th, and mail your cheque made out to:

RWTO Hamilton-Wentworth **\$20**

Maureen Richardson

62 Randolph Crt.

Hamilton, ON L8W 2Z8

moerich3939@gmail.com

905.575.3939

Please let
us know of
any dietary
concerns!



NOTE THE NEW LOCATIONS FOR THESE EVENTS!

Friendship Luncheon

Join in the fun!

... & wear your **spring** attire!

Wednesday April 3rd, 2024
11:00 - 2:30

The Courtyard by Marriott
1224 Upper James (south of the Linc)

Please bring a new or gently used item or two for our **SILENT AUCTION!**



Live entertainment to be announced!

\$40 Book by March 20th

Share the Wealth tickets & Table Envelopes for the **Bob Kemp Hospice Children's Program & The Alzheimer's Society**

A tasty luncheon, time with friends & our Annual Meeting!

Wednesday May 15, 2024
11:00 - 2:30

Gently used Book Sale! Pick out your summer reading!

The Waterfront Centre
555 Bay St. N

School Supplies for Wesley Centre

Table Envelopes - Hamilton Food Share

\$40 Book by May 1st



Tickets & Table Reservations:

Cheques payable to: **RWTO Hamilton-Wentworth**

Let Maureen know your dietary concerns

!Please ask your friends if they are attending before booking your table!

Maureen Richardson
62 Randolf Crt.
Hamilton, ON L8W 2Z8
moerich3939@gmail.com
905.575.3939

Theatre Group

Hello Theatre Lovers,

We are in communications with Burlington Theatre about a hilarious show titled “The Sweet Delilah Swim Club”. Please save the date on your calendar to join us Saturday, April 20. (This is the only day they have a 2:00 matinee). We are hoping they will set aside a block of tickets for us so we can sit together, like we used to do at The Aldershot Players.

We’re also exploring the possibility of optional lunch before, or dinner after. Both Red Lobster and Olive of Us Greek are nearby, great restaurants. More info will follow, but consider marking your calendar!

The Sweet Delilah Swim Club



By Jessie Jones, Nicholas Hope & Jamie Wooten

The Sweet Delilah Swim Club is the story of five unforgettable women who set aside a long weekend every August to meet at the same beach cottage to catch up, laugh, and meddle in each other's lives. A hilarious and touching comedy about friendship that lasts forever. Written by the same writers as on Golden Girls, the TV show.

Winter Eyes

by Douglas Florian

Look at winter
With winter eyes
As smoke curls from rooftops
To clear cobalt skies.

Breathe in winter
Past winter nose:
The sweet scent of black birch
Where velvet moss grows.
Walk through winter
With winter feet
On crackling ice
Or sloshy wet sleet.

Look at winter
With winter eyes:
The rustling of oak leaves
As spring slowly nears.

INTEREST GROUPS

Bumper Babes Bowling

Over the past few months our numbers have started to grow and we are enjoying the exercise, conversation and camaraderie as we try to knock down those pins.

We bowl at the Mountain Lanes, which is a 5 pin establishment located at 335 Upper Wentworth, just off Concession. There is free parking on both sides of Wentworth and a pay lot one block over. We are called the Bumper Babes because we bowl using the kid's bumpers along the side of the lane - no gutter balls for us!!

No experience is necessary but all skill levels are welcome. Some of us go out for lunch following our bowling.



The cost of 2 games and shoe rental is under

\$20. We usually meet the 3rd Friday of the month, except in March. The 3rd Friday in March falls during March Break and owner, Kevin likes to keep that open for kids. We gather at 10:45 to get our shoes and be put on teams, ready to start at 11:00. The following dates have been reserved for the new year: January 19, February 16, March 22, April 19, May 17, June 21.

For more information please contact Gwen Kirkpatrick at rwto.gwen@gmail.com or 905-689-8975.



Knitting/Crocheting Group

Can you knit or crochet an 8" square? Then think about joining our group of crafty women making blankets for charity. We meet on the 2nd Tuesday of the month, 1:30-3:30 at the Dundas Senior's Centre, 10 Market St. Dundas. There is parking around the building and also free street parking. We bring our own equipment and acrylic yarn, and often have extra yarn that has been donated.

The blankets have gone to St. Peter's at Chedoke and various homes run by the Good Shepherd. Our baby blankets have gone to both Grace Haven and to the New Choices program run by the Salvation Army as part of our Baby Snuggle Project. These programs help young parents, (under the age of 21) with parenting, to finish their education and to deal with addictions. We have some members of our group that join the squares into blankets and do the edging and some that are willing to help new group members to brush up on their skills that may not have been used in quite a while.

The dates reserved for 2024 are: January 9, February 13, March 12, April 9, May 14 and June 11.

For more information please contact Gwen Kirkpatrick 905-689-8975 at rwto.gwen@gmail.com or Dalia Small at ladybggg@gmail.com.

"Let's Do Coffee!"

I would like to extend an invitation to all members to join other RWTO Branches across Ontario for this unique monthly Zoom experience. Make new friends, socialize, share ideas, get support, combine project efforts, have loads of FUN, and much more. Participants choose the topics.

If interested in participating, email me at: hopesleon01@gmail.com ... typing **your branch name**, and "Let's Do Coffee" in the **subject area**, (so I can locate these emails easily). You will receive your zoom link a few days before the monthly session.



Euchre West Interest Group

Try your luck at Cards! Come have some fun playing cards with RWTO friends. Card Playing takes place Monday afternoons on January 29th, Feb. 26th; March 25th, April 29th. Card playing begins at 1:00 p.m. Lunch at 11:45 (optional), Southcote 53 Restaurant, 534 Garner Rd. E., Ancaster

Contact: Jeanette Potter Jeanette.24@icloud.com Phone - (289)-443-9101

Euchre East Interest Group

The second Thursday of the month - January 11th, February 8th, March 14th & April 11th. 12:00-3:00 p.m. Teddy's Restaurant - 30 Main Street West, Grimsby

Contact: Lynn G. ldjg1999@gmail.com Phone - (905)309-4438

Art Appreciation and Tours Group

We often have an optional lunch at a restaurant nearby prior to an afternoon art tour. Reserve your spot for tour and/or lunch by two days prior to the event, so we can finalize numbers. Thank you. Please forward any suggestions for places to see! Further info about each event is sent to members on the email list prior to events. If you are not already on our email list, please contact Lynn Anderton and request inclusion. rwto.lynn@gmail.com , or call 905-308-1133.

Save the Dates:

Fri., Feb. 9th : Creations Studio
Optional lunch- 12:00, Cavallo Nero, 370 Wilson St E, Ancaster
Creations Studio Tour: 1:30
436 Wilson St. E, Ancaster
Presentation about Artist Maya Eventov and her works



Fri., March 1st: Art Gallery of Hamilton

Optional Lunch: 11:30. Toby's Good Eats, 110 King St W

1:00 Curated tour of AGH focusing on 3 displays of Female Indigenous Art:

- RBG Artist in Residence: Melissa General
- Alex Jacobs-Blum: Living and Lost Connections
- Shelley Niro: 500 Year Itch

Senior Admission fee: \$12:00

Thurs., April 4th: Tentative date for Dundas Valley School of Art

11:30: Optional Lunch at Bangkok Spoon, 57 King St. W, Dundas

1:00 : Free preview of DVSA Auction pieces, 21 Olive St, Dundas

Lunch Bunch

The Lunch Bunch group meets once a month, usually on the 2nd Wednesday, to enjoy some good food and companionship. It is a pay as you go event as we order from the restaurant menu. Please reserve your spot by 6PM on the Friday prior to the event.

Email rwto.lunchbunch@gmail.com or call Lynn (905-308-1133), Gwen (905-689-8975) or Marisa (905-525-4002).

The members who attended Lunch Bunch at The Mandarin on Dec. 13th enjoyed a delicious meal and delightful conversation. Welcome to one of our newest members, Ruth Settle, who has already joined our Executive as a Member-at-Large! Check out our upcoming Lunch Bunch dates and join the fun!



The dates, times and locations for the next 5 months are:

January 10 - [The Powerhouse](#) - 21 Jones St. Stoney Creek @11:30 (Parking by restaurant)

February 14- [Valentino's](#) - 824 King St. W. @ 11:30 (Parking in front of restaurant or across street)

March 13 - [Watermark Tap House and Grill](#) - 115 Hamilton St. N. Waterdown in Fortino's Plaza corner of Parkside and Hamilton @ 11:30 (Parking in plaza)

April 12 - [los Estiatorio and Wine Bar](#) - 1400 Upper James St. Unit 26 (Parking in plaza) ** Please note that this is a Friday. los only serves lunch on Friday.**

May 8 - [Seasoned](#) - 162 King William St. @ 11:30 (Parking in municipal lot corner of King William and Walnut or metered parking on street)



Zoom Movie Group

We are welcoming, fun, retired women educational professionals who like movies. A film is chosen each month, we each watch it at home and then meet on Zoom on a Monday at 1p.m. for a film chat.

The films are free, available from the Hamilton Public Library's movie sites, called *Hoopla and Kanopy*. Your invitation to the Zoom session is emailed to your inbox on the morning of the discussion.

2024 Movie Schedule:

Monday, January 8, 2024 – “*The Stranger*”



Filmed in 1946 and directed by Orson Welles, with Welles, Loretta Young and Edward G. Robinson.

This Academy Award-nominated thriller follows Franz Kindler (Orson Welles), a Nazi fugitive hiding out as a professor in a small Connecticut town. When his new wife (Loretta Young) begins to suspect his past, a detective (Edward G. Robinson) sets out to uncover his identity.

Monday, February 5, 2024

Monday, March 18, 2024

Monday, April 8, 2024

Contact: Mardie – 905-527-6075, mardiepan@gmail.com

Stampin' Up (Cardmaking) Group

We make beautiful, handmade cards. We meet on the 4th Tuesday each month, from 1:00–3:00 p.m. at the Dundas Seniors Citizens Club, 10 Market St. S. (at King) Dundas, ON. Each month, a different design is chosen by a member, details are e-mailed, and we meet to make the cards.



Christmas cards made with the Scrapbookers.



In addition, as a community service, we have assisted the Purses Project Network, for the past 2 years, by making affirmation cards to be placed into their donated, gently-used, hygiene-filled purses.

Contact: Mardie – 905-527-6075,
mardiepan@gmail.com

Motion To Music Group

The title of this interest group is slightly misleading. We are moving to music, as we line dance! You don't need any prior experience. Please join us for some movement and laughter at the Dundas Seniors Centre (Lions' Centre), Juravinski Room, 10 Market St. S.

First Tuesday of MOST months - Jan. 2, Feb. 6, April 2, May 7, June 4

1:00 - 2:30 although we usually stop around 2.

Please bring water and wear comfortable, running type shoes.

Contact: Angela Sirrs, 289-887-2588, angelainpink@hotmail.com. *Please contact Angela to let her know you are attending.

Scrapbooking

3rd Tuesday of the month, 1:00 - 3:00

Dundas Seniors Centre, (Lions' Centre), Juravinski Room, 10 Market St. S.

Contact Deb, 905-689-0253, deb.pratt10@gmail.com.

Walking on the Mountain & Coffee

Usually the first Monday of the month, except for starting on January 8

1:30 p.m., followed by coffee if you wish

- meet at the mountain brow incline stairs near Upper Wentworth, (Summit & Mountain Park Ave.)

We are not hiking the stairs, but walking along the brow to Mountain Park near Upper Gage, then to Tim Horton's on Concession.

Contact Rosemary Marcotte to let her know you are attending.

roseronm@gmail.com 905-389-9194

Book Clubs

Last September, **Book Club #3** was the beginning of the sixteenth year of our book club. Over the years, we have not only read and discussed different genres of books but we have also met authors either virtually or in-person to ask questions related to their specific books. On other occasions, we have watched a film adaptation of a particular book. We are taking an hiatus until March when we will meet again and comment upon Lessons in Chemistry, by Bonnie Garmus. Something we look forward to after a long, cold winter!

Book Club # 2 (Lynn Anderton) is looking for a couple of new members.

EVENTS IN THE COMMUNITY

This winter, the need for food donations in our community is greater than ever. Please continue to make food donations to any organizations that distribute food to those in need.

FREE FOOD RESOURCES AVAILABLE IN HAMILTON

<p>Mountain Mutual Aid Network mountainmutualaidnetwork@gmail.com 289-768-1068</p> <p>Food Bank, Neighbour to Neighbour 28 Athens St. Contact for intake appt.: 905-574-1334</p> <p>Emergency Food Program, Parkview Church 1120 West 5th St. Mon-Thu 10AM-1PM, Fri 10AM-12PM</p> <p>Food Bank, Seventh Day Adventist Church 284 Concession St. 905-575-8764</p> <p>McMaster Community Fridge, McMaster University 1280 Main St. W, Behind Mills Library 24/7</p> <p>Locke Street Community Fridge, Blessings Church 115 Stanley Ave. 24/7</p> <p>Infant Formula & Diaper Bank, Essential Aid and Family Services of Ontario Inc. 100 Main St. E Mon, Wed, Fri 10AM-12PM, Tues & Thurs 7PM-9PM</p> <p>Strathcona Pantry, Strathcona Market 460 York Blvd. 24/7</p> <p>Soup Kitchen, Salvation Army 94 York Blvd. Mon-Fri 11:15AM-12PM</p> <p>Food Bank, Salvation Army 80 Bay St. N Appt. only: 905-540-1888</p> <p>Drop-In Program, The Hub 78 Vine St. aily 5-9PM</p>	<p>Food Bank, Restoration House 103 MacNab St. N Tue, Fri, Sun 12-2PM</p> <p>Hat Meals, Good Shepherd Centres 135 Mary St. Mon-Sat 3:30-4:45PM</p> <p>Mobile Meal Service, Salvation Army 181 Main St. W, 8-8:45PM Bayfront Park, 9-9:45PM 590 Barton St. E, 10-10:45PM</p> <p>Youth Resources (Ages 13-25), Living Rock 30 Wilson St. 905-528-7625 livingrock.ca *Oasis Coffee House*: Mon-Fri 8-9:30AM + 4:30-5:30PM, Sat & Sun 12PM-5PM. *Food bank*: Tue, Thu, Sat 1PM-4PM. Grocery delivery also available.</p> <p>Daily meals, Wesley Day Centre 52 Catharine St. N Mon-Fri 8:30AM-4PM + 5PM-9PM, Sat 8:30AM-1:30PM, Sun 1PM-5PM</p> <p>Compass Community Fridge, Compass Community Health 438 Hughson St. N Mon-Fri 8AM-4:30PM</p> <p>Food Bank, Welcome Inn Community Centre 40 Wood St. E Mon, Wed-Fri 10:30AM-2PM</p> <p>Emergency Food Program, Good Shepherd Centres 155 Cannon St. E 905-972-9485 Mon-Fri 9:30AM-3PM</p> <p>De Mazenod Door Outreach, St. Patrick Parish 440 King Street E Sat-Thu: Breakfast 10-11AM, Lunch 11AM-1PM Fri BBQ: Breakfast 10-11AM, Lunch 1-2:30PM</p>	<p>Food Bank, King's Way Outreach Centre 390 King William St. Mon-Thu 11AM-3PM</p> <p>BlueDoor Food Pantry, The Hamilton Dream Centre 627 Main St. E, Suite 100 appt. only: 905-527-8605</p> <p>Food Bank, Hamilton East Church 203 Bell Ave. 905-545-6180</p> <p>Food Bank, All Nations Full Gospel Church 1209 Main St. E Sun. 12:30-1:30PM</p> <p>Food Bank, Niwasa Kendaaswin Teg 785 Britannia Ave. Appointment & delivery only, 905-549-4884</p> <p>Emergency Outreach Program, Native Women's Centre Hamper deliveries for Indigenous people: 905-664-1114</p> <p>The Giving Cupboard, Crown Point Community Church 92 Ottawa St. N Wed. 12-2PM</p> <p>Good Food Centre, Mission Services 196 Wentworth St. N Mon, Wed, Fri 9AM-12PM + 1PM-3PM, Tue & Thu 9AM-12PM</p> <p>Emergency Food Pantry, Eva Rothwell 460 Wentworth St. N Mon-Fri 9:30AM-2:30PM</p> <p>Free Meal Program, Hamilton Out of the Cold Multiple locations (Nov 1 - Mar 31) hamiltonoutofthecold.ca</p>
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If you know of an April - June event happening in the community, that would be of interest or benefit to members, please send the information to trandles@rogers.com to be included in the next newsletter.