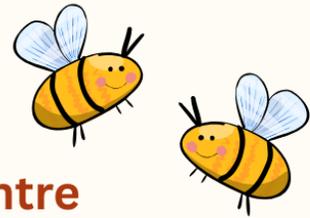


Victoria Hills Neighbourhood Association

10 Chopin Dr, Kitchener, ON N2M 2G2 - 519-741-2717

Spring • 2026 •



Victoria Hills Community Centre Registration Day Information:

Kitchener Residents:

**Tuesday, March 10 starting at
8:30 AM**

Non-Kitchener Residents:

**Tuesday, March 17 starting at
8:30 AM**

You can register:

In person

Online at www.kitchener.ca/activenet

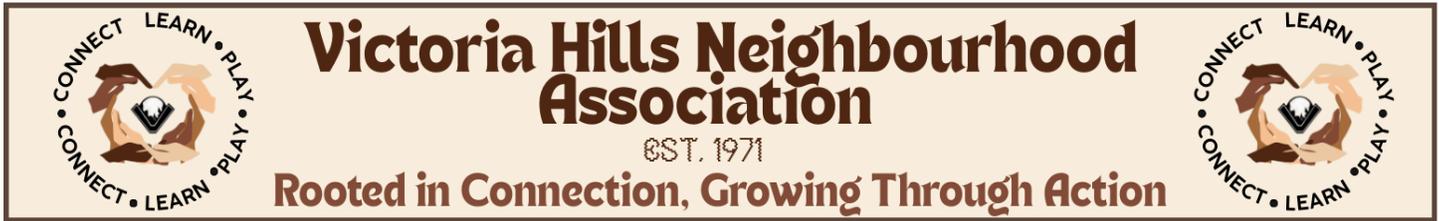
By phone: 519-741-2717

For more information:

Visit our website: www.vhna.ca

Email us at: programming@vhna.ca





Greetings neighbours!

The Victoria Hills Neighbourhood Association (VHNA) celebrates the power of community connection.

Connection means creating spaces where people feel welcomed, seen, and valued. At the heart of our work is the belief that when people come together, strength grows and understanding deepens. This theme reflects our commitment to unity, compassion, and shared responsibility.

This theme is very personal to me. When I first came to Canada, I arrived from a different background. I did not speak English well, I was unfamiliar with the culture, and I did not know many people. Everything felt new and unfamiliar.

Through community connection and volunteering, my journey began to change. As a volunteer and now as a **VHNA Board Member**, I have had the opportunity to work closely with families, newcomers, mothers, youth, and community partners. Volunteering at Victoria Hills enables me to learn from others, build confidence, enhance my English skills, and form meaningful relationships.

This experience showed me that connection is not only about meeting people, but also about creating happiness, a sense of belonging, and a feeling of home. Through community involvement, I found support, friendship, and the confidence to grow, and I have seen the same transformation in many others.

Our community includes individuals, families, newcomers, volunteers, partners, and supporters from many diverse backgrounds. Living in Canada, a country rich in diversity, reminds us of the importance of learning from one another's stories and experiences. When we listen, respect differences, and support one another, we build stronger and more connected communities.

Through these connections, we have turned care into action. Together, we have organized community gatherings, supported families and newcomers, collaborated with partners, and created welcoming spaces where people feel safe and included. Every action, whether large or small, helps strengthen relationships and build trust within our community.

Serving as a Board Member has been deeply meaningful. Seeing people come together, support one another, and grow in confidence reminds me why community work matters. Lasting change happens when people feel welcomed, valued, and connected.

As we move forward, we will continue creating opportunities that encourage connection, participation, and collective action. There is always room for new voices, innovative ideas, and new leaders. Everyone has something valuable to contribute, and together we can continue to build a strong and inclusive community.

Thank you for being part of this journey. We appreciate your support, having fun together at Winterfest, sharing your insights for Gzowski and Timm parks, we couldn't do this without you. As we move ahead together, let us remain rooted in connection and growing through action.

With gratitude,
Nawadir Murda
VHNA Member at large



We would like to acknowledge this community centre is situated on land that is the traditional home of the Haudenosaunee (Ho-deh-no-show-nee), Anishinaabe (Ah-nish-nah-bay) and Neutral People. We recognize and deeply appreciate their historic connection to this place. We also recognize the contributions Indigenous peoples have made in shaping and strengthening this community. We are grateful for the opportunity to meet here and re-affirm our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our community.

Spring Into Flavour

SWEET

LEMONY SHORTBREAD SLICE

Everybody loves a sweet treat and this lemon slice will be welcomed in the lunch boxes of kids and adults alike.



tip:

To make a **more vibrant lemon colour**, add ¼ tsp turmeric to the mixture with lemon juice. It will not affect the flavour at all, but will **enhance the beautiful lemon colour**.

Serves 6

Base

250g Walkers Shortbread biscuits, crushed
60g butter, melted
1 lemon, zest
2 tsp vanilla essence

Topping

4 eggs
2 lemons, zest
1/3 cup plain flour
1 1/3 cup caster sugar
2/3 cup fresh lemon juice
icing sugar to dust

- 1 Preheat oven to 180C and line a 16cm square cake tin with baking paper that comes up over the sides for easy removal.
- 2 Place all base ingredients into a mixing bowl and combine until you have a loose crumbly mixture.
- 3 Press into prepared tin and bake 10 minutes until fragrant and golden. Allow to cool and reduce oven temperature to 160C.
- 4 To make topping place eggs, zest, flour and sugar into a food processor and blend until well combined and fluffy.
- 5 Add lemon juice and blend until well combined.
- 6 Pour onto cooled base and bake for 20 minutes or until centre is just a little bit wobbly, but set.
- 7 Cool completely before slicing. Dust with icing sugar to serve.

Lemon tips: Choose bright, unblemished lemons that feel heavy for their size. Lemons don't ripen after being picked, so are best stored in the refrigerator.

To produce more juice, remove the rind and roll the lemon along a bench top while pushing down firmly before juicing.

Recipes and images courtesy of Cooking with Tenina www.tenina.com



CITY OF KITCHENER RESOURCES

Inclusion Support

If you or your child has a disability and needs support to join any of our programs, you can apply for an inclusion membership. We will work with you to find the best accommodation, through these methods:

- ◆ Program adaptations
- ◆ 1:1 support
- ◆ Other means of assistance



We also welcome support through personal support workers and our personal attendant for leisure (PAL) program.

Apply online at: www.kitchener.ca

Leisure Access

If program fees are preventing you or a member of your family from joining a City Program, or Neighbourhood Association program fee assistance may be available. You could qualify for \$400 per family member

You can apply online at:

<https://www.kitchener.ca/en/recreation-and-sports/leisure-access-fee-assistance.aspx>

Paper applications are available at any community centre.

For more details please call any community centre.

FACILITY RENTALS

Plan your next gathering at the Victoria Hills Community Centre! Our spacious gymnasium is great for everything from sports and meetings to celebrations, cultural events, and family milestones. We also offer several program rooms, including Multipurpose Room B and Room 3, to suit events of any size.

Inquire today at www.kitchener.ca/book or call the front desk at 519-741-2717/



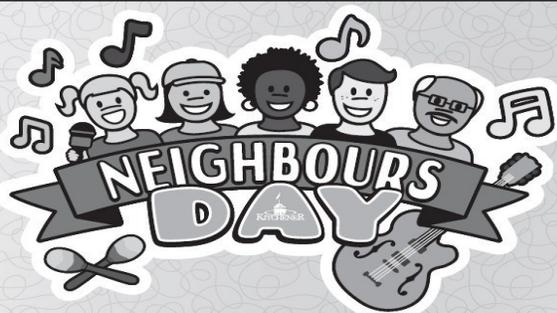
Nominate an outstanding Kitchener resident aged 65+



Do you know a Kitchener resident aged 65+ who is making a difference in the community? Consider nominating them to be Kitchener's Senior of the Year.

Visit Kitchener.ca/SOTY for a forward details and to submit a nomination, or pick up a nomination form at any Community Centre starting in the new year.

Deadline to nominate is March 31, 2026.



Host a concert

Sign up at www.kitchener.ca/NeighboursDay to host a concert during Neighbours Day on Saturday June 20, 2026.

Applications will open February 2, 2026.

REGISTRATION FOR SPRING 2026

Registration for all Victoria Hills Community Centre Winter Programs will begin on Tuesday, March 10, 2026 starting at 8:30 am for Kitchener Residents and on Tuesday, March 17, 2026 at 8:30 am for Non-Kitchener Residents.

ActiveNet Online Program Registration

Existing Accounts

Step 1: Go to www.kitchener.ca/activenet
 Step 2: Click on 'Sign In'
 Step 3: (First time only) Click on 'Forgot Password' and enter your email address to have your login information sent to you.
 If you have an account but it's not accepting your email, please call 519-741-2200 x2907

New Customers

If you've never registered for a City of Kitchener program (or it's been longer than three years) you'll need to create a new account:
 Step 1: Go to www.kitchener.ca/activenet
 Step 2: Click on sign in/ up
 Step 3: Complete your information

In order to register, you will need login information (email and password), the course code for the activity you wish to register in (it is also possible to search for the activity), and your credit card number and expiry date.

Refunds and Withdrawals:

A full refund will be given if you withdraw from the program more than 7 days before the first day of the program. Refunds will only be given in the same form as the original payment. Cash refunds over \$20 will be refunded by cheque. Please note: If credit is left on an account, the credit will expire after three years. NO REFUND will be given if a request to withdraw is made less than 7 days prior to the first day of the program.

Programming Changes:

Programming, pricing, and instructors may be subject to change. For the most up-to-date information please call the Community Centre.

Spectators:

To ensure safety and program quality, spectators are not permitted in the program rooms.

Inclement Weather Policy:

If the center is closed, all programs are canceled for the entire day. Check your local radio stations or visit www.kitchener.ca for updates. There are no refunds or replacement classes offered when programming is canceled due to inclement weather.

VHNA fee Assistance:

***The VHNA will provide some fee assistance to those that have current Leisure Access Fee Assistance. A \$10 or \$5 fee subsidy will be provided for 1 program per session. To know more email: programming@vhna.ca*

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

CHILDREN & YOUTH PROGRAMS

Children and Youth Music

Learn to play piano in small group classes. Children must have the ability to remain engaged in the classroom without a parent. Children must also have the ability to follow the teachers instruction in order to learn to read music. Piano provided.

*Due to high demand for the Piano program, each participant is limited to one registration per week/session *

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Piano for Kids 	5-8 Y	\$120/10 weeks	Mon 4:30-5:25 pm	Apr 13-Jun 22	209861
	5-8 Y	\$120/10 weeks	Mon 5:30-6:25 pm	Apr 13-Jun 22	209862
	6-11 Y	\$120/10 weeks	Mon 6:30-7:25 pm	Apr 13-Jun 22	209871
	12-17 Y	\$120/10 weeks	Mon 7:30-8:25 pm	Apr 13-Jun 22	209856
	5-8 Y	\$135/11 weeks	Tue 4:30-5:25 pm	Apr 14-Jun 23	209863
	5-8 Y	\$135/11 weeks	Tue 5:30-6:25 pm	Apr 14-Jun 23	209864
	6-11 Y	\$135/11 weeks	Fri 3:30-4:25 pm	Apr 17-Jun 26	209872
	6-11 Y	\$135/11 weeks	Fri 4:30-5:25 pm	Apr 17-Jun 26	209273
	6-11 Y	\$135/11 weeks	Fri 5:30-6:25 pm	Apr 17-Jun 26	209867
	6-11 Y	\$135/11 weeks	Fri 6:30-7:25 pm	Apr 17-Jun 26	209874
	6-11 Y	\$135/11 weeks	Fri 7:30-8:25 pm	Apr 17-Jun 26	209876

Youth Art

A youth-led arts based program. Be creative and have fun!

Program	Ages	Cost & weeks	Day & Time	Dates	Code
Youth Art	7-12 Y	\$10/11 weeks	Fri 6:00-6:55 pm	Apr 17-Jun 26	209889
Youth Art	7-12 Y	\$10/11 weeks	Fri 7:00-7:55 pm	Apr 17-Jun 26	209890

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

CHILDREN & YOUTH PROGRAMS



Children and Youth Sports

Learn team-building skills and have fun with new friends

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Basketball	7-9 Y	\$67/10 weeks	Mon 5:00-5:55 pm	Apr 13-Jun 22	209810
Basketball	10-12 Y	\$67/10 weeks	Mon 6:00-6:55 pm	Apr 13-Jun 22	209808
Kinder Soccer	3.5-5 Y	\$67/10 weeks	Mon 4:40-5:25 pm	Apr 13-Jun 22	209849
Soccer	6-9 Y	\$67/10 weeks	Mon 5:30-6:25 pm	Apr 13-Jun 22	209881
Outdoor Soccer	8-13 Y	\$125/8 weeks	Tue 4:30-6:00 pm	May 5-Jun 23	209853
Outdoor Soccer	8-13 Y	\$125/8 weeks	Wed 4:30-6:00 pm	May 6-Jun 24	209954
Multisport	4-6 Y	\$74/11 weeks	Wed 4:00-4:45 pm	Apr 15-Jun 24	209851
Basketball	7-9 Y	\$74/11 weeks	Wed 5:00-5:55 pm	Apr 15-Jun 24	209809
Girls Basketball	9-12 Y	\$74/11 weeks	Wed 6:00-6:55 pm	Apr 15-Jun 24	209837
Girls Basketball	13-17 Y	\$74/11 weeks	Wed 7:00-7:55 pm	Apr 15-Jun 24	209836
Girls Soccer	8-11 Y	\$74/11 weeks	Fri 5:00-5:55 pm	Apr 17-Jun 26	209838
Soccer	6-9 Y	\$74/11 weeks	Fri 4:00-4:55 pm	Apr 17-Jun 26	209879
Soccer	10-12 Y	\$74/11 weeks	Fri 4:00-4:55 pm	Apr 17-Jun 26	209878
Soccer	13-15 Y	\$74/11 weeks	Fri 5:00-5:55 pm	Apr 17-Jun 26	209880
Family Multisport	3-6 Y	\$67/10 weeks	Sat 9:30-10:25 am	Apr 18-Jun 20	209835

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

CHILDREN & YOUTH PROGRAMS

Children's Dance

Beginner Ballet: Offers the introduction and development of grace, poise, and discipline. Ballet shoes are recommended.

Jazz/Hip Hop: Improve rhythm and coordination while learning new dance moves. No special footwear required.

Kids Dance: Learn simple introductory dance moves to a variety of dance types. No special footwear required.

Program	Age	Cost & Weeks	Day & Time	Dates	Code
Kinder Jazz/HipHop	30m-3 Y	\$74/11 weeks	Wed 5:00-5:30 pm	Apr 15-Jun 24	209849
Beginner Jazz/Hip Hop	4-6 Y	\$74/11 weeks	Wed 5:35- 6:30 pm	Apr 15-Jun 24	209845
Beginner Jazz/Hip Hop	7-10Y	\$74/11 weeks	Wed 6:35-7:30 pm	Apr 15-Jun 24	209841
Beginner Ballet	4-6 Y	\$74/11 weeks	Thu 5:35-6:30 pm	Apr 16-Jun 25	209806
Beginner Ballet	7-10 Y	\$74/11 weeks	Thu 6:35-7:30 pm	Apr 16-Jun 25	209847
Kinder Ballet	30M-3 Y	\$74/11 weeks	Thu 5:00-5:30 pm	Apr 16-Jun 25	209807
Kinder Ballet	30M -3 Y	\$74/11 weeks	Sat 9:15-9:45 am	Apr 18-Jun 27	209805
Kids Dance	3-5 Y	\$74/11 weeks	Sat 9:50-10:35 am	Apr 18-Jun 27	209840
Kids Dance	6-8 Y	\$74/11 weeks	Sat 10:40-11:25 am	Apr 18-Jun 27	210463

Youth Basketball

Due to high demand for the Youth Basketball Jr. program, each participant is limited to one registration per week/session

Program	Age	Cost & weeks	Day & Time	Dates	Code
Youth Basketball Jr.	9-12 Y	FREE/11 weeks	Fri 6:30-7:25 pm	Apr 17-Jun 26	209891
Youth Basketball Jr.	9-12 Y	FREE/11 weeks	Fri 7:30-8:25 pm	Apr 17-Jun 26	209892
Youth Basketball Sr.	13-17 Y	FREE/11 weeks	Fri 6:30-8:25 pm	Apr 17-Jun 26	209893

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

CHILDREN & YOUTH PROGRAMS

Children's Cooking

Cooking Creations: Join us in the kitchen to create simple and yummy dishes. Supplies included.

Please note, products used in the class may include gluten, dairy, meat, eggs and nuts or nut by products.

Due to high demand for the Kid's Cooking Creations program, each participant is limited to one registration per week/session

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Kids Cooking Creations	5-7 Y	\$85/5 weeks	Wed 4:30-5:55 pm	Apr 15-May 13	209811
	8-11 Y	\$85/5 weeks	Wed 6:00-7:25 pm	Apr 15-May 13	209812
	5-7 Y	\$85/5 weeks	Wed 4:30-5:55 pm	May 27-Jun 24	209818
	8-11 Y	\$85/5 weeks	Wed 6:00-7:25 pm	May 27-Jun 24	209822
	5-7 Y	\$85/5 weeks	Thu 4:30-5:55 pm	Apr 16-May 14	209813
	8-11 Y	\$85/5 weeks	Thu 6:00-7:25 pm	Apr 16-May 14	209823
	5-7 Y	\$85/5 weeks	Thu 4:30-5:55 pm	May 28-Jun 25	209819
	8-11 Y	\$85/5 weeks	Thu 6:00-7:25 pm	May 28-Jun 25	209824
	5-7 Y	\$85/5 weeks	Fri 4:30-5:55 pm	Apr 17-May 15	209814
	8-11 Y	\$85/5 weeks	Fri 6:00-7:25 pm	Apr 17-May 15	209825
	5-7 Y	\$85/5 weeks	Fri 4:30-5:55 pm	May 29-Jun 26	209815
	8-11 Y	\$85/5 weeks	Fri 6:00-7:25 pm	May 29-Jun 26	209833



Summer Camp Registration Starts
March 24 at 8:30am for Kitchener Residents
March 31 at 8:30am for Non-Kitchener Residents

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

CHILDREN & YOUTH PROGRAMS

Children's Robotics



Program	Ages	Cost & Weeks	Day & Time	Dates	Code
<p>In this ocean-themed robotics journey, children build and code models inspired by sea life. Kids explore how ocean animals move, behave, and survive as they create interactive builds. Through hands-on construction and simple coding, they develop creativity, curiosity, and an early love for STEM — all while bringing their ocean creatures to life.</p>					
LEGO Robotics – Ocean Adventures	4-6 Y	\$70/4 weeks	Sat 9:30-10:25am	Apr 4-Apr 25	210614
<p>Children discover how movement and mechanics work by building sports-inspired robots. They learn how athletes balance, skate, ski, and swing as they code their creations to perform exciting actions. This course is a perfect mix of learning, creativity, and active fun.</p>					
LEGO Robotics – Sports & Action Robots	7-9 Y	\$70/4 weeks	Sat 10:30-11:25am	Apr 4-Apr 25	209883
<p>Kids race into engineering fun by building fast-moving vehicles and coding them to drive, turn, and accelerate. They learn about speed, wheels, force, motion, and direction while experiencing the excitement of racing. A perfect class for future little engineers.</p>					
LEGO Robotics – Engineering & Sorting Machines	4-6 Y	\$70/4 weeks	Sat 9:30-10:25 am	May 2-May 23	209884
<p>Children learn how machines organize, sort, and operate through hands-on builds. They build and code real-world inspired mechanisms that move, sort colors, and demonstrate essential engineering principles. This course strengthens logical thinking, problem-solving, and early automation understanding.</p>					
LEGO Robotics – Engineering & Sorting Machines	7-9 Y	\$70/4 weeks	Sat 10:30-11:25 am	May 2-May 23	209885
<p>Kids explore core science concepts through hands-on robotics! They build models that explain gravity, matter, energy, and environmental protection. Coding these models helps children understand science in a fun, playful, and highly interactive way.</p>					
LEGO Robotics – Science Discovery Models	4-6	\$70/4 weeks	Sat 9:30-10:25am	May 30-Jun 20	209882
<p>Young programmers learn the basics of coding, sensors, and motion. They build robots that follow lines, play sounds, walk, and use gears. This course develops logical thinking, early programming confidence, and technical creativity.</p>					
LEGO Robotics – Coding & Tech Creations	7-9	\$70/4 weeks	Sat 10:30-11:25 am	May 30-Jun 20	210616

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

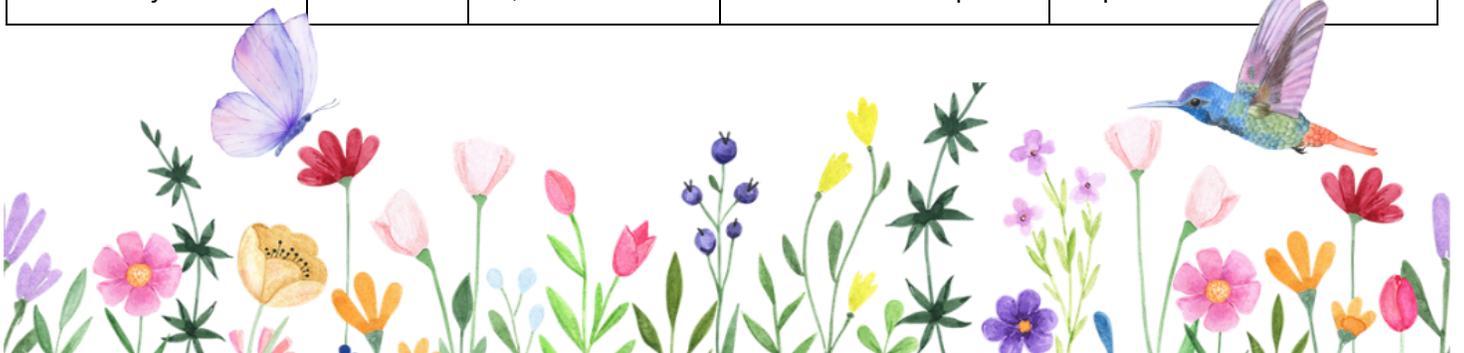
Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

ADULT PROGRAMS

Adult Fitness & Wellness Programs

Drop in welcome—paid per session at front desk.

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
<p>Heighten your mind and body awareness, increase core strength, and improve balance and flexibility. Please bring your own yoga mat.</p>					
Hatha Flow Yoga	16+ Y	\$78/11 weeks	Tue 7:00-7:55 pm	Apr 14-Jun 23	209839
Yin Yoga	16+ Y	\$78/11 weeks	Tue 8:00-8:55 pm	Apr 14-Jun 23	209888
Pilates	16+ Y	\$78/11 weeks	Thu 6:30-7:25 pm	Apr 16-Jun 25	209877
Core Strengthening	16+ Y	\$78/11 weeks	Thu 7:35-8:30 pm	Apr 16-Jun 25	210545
Pilates	16+ Y	\$70/10 weeks	Sat 11:30 am-12:25 pm	Apr 18-Jun 20	210543
<p>Join us for an energetic and fun-filled class that combines catchy rhythms and easy-to-follow moves for an exhilarating full-body workout!</p>					
Zumba	16+ Y	\$78/11 weeks	Tue 6:00-6:55 pm	Apr 14-Jun 23	209894
Zumba	16+ Y	\$78/11 weeks	Wed 8:00-8:55 pm	Apr 15-Jun 24	210553
Zumba Toning	16+ Y	\$70/10 weeks	Sat 3:00-3:55 pm	Apr 18-Jun 20	210549
<p>Combines strength, endurance, and flexibility exercises to engage all major muscle groups for a full-body workout.</p>					
Total Body Workout	16+ Y	\$70/10 weeks	Sat 12:30-1:25pm	Apr 18-Jun 20	210619



VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

GENERAL PROGRAMS

ONE DAY WORKSHOPS

Program	Ages	Day & Time	Date	Cost	Code
Join Crafty Crystal for her Spring inspired 3D sign painting workshop. Together we will paint, assemble, and glue our 2ft x 3.5" pine signs along with our "Hello Spring" 3D laser wooden cutouts. Each participant will go home with their completed signs to display at home just in time for Spring.					
Hello Spring 3D Sign Workshop	16+	Tue 7:00-8:00 pm	April 28, 2026	\$40	209866
Join Crafty Crystal for this Spring inspired 3D door hanger workshop. Together we will stain, paint, assemble, glue, and embellish our 10" round "Bee/ Home Sweet Home" door hangers. Each participant will go home with their completed sign ready to display on their front door.					
Bee Home Sweet Home 3D Sign Workshop	16+	Tue 7:00-8:00 pm	May 26, 2026	\$37	209887
Join Crafty Crystal for a fun evening of flower tote bag painting. Together we will design and paint our very own 13"x15" flower tote bag.					
Flower Tote Bag Painting Workshop	6-12 Y	Tue 6:00-7:00 pm	June 23, 2026	\$34	209801
This course is for youth aged 11 to 15 years old. It teaches the new babysitter the necessary skills to provide care to children in a variety of situations with emphasis on safety rules, responding to emergencies and developing leadership skills.					
Baby Sitting Course	11-15 Y	Sat 9:30am-4:30pm	May 9, 2026	\$85	211203



Hello Spring 3D Sign Workshop



Bee Home Sweet Home 3D Sign Workshop

VICTORIA HILLS NEIGHBOURHOOD ASSOCIATION PROGRAMS

Only registered participants are allowed in any program space while programs are in session.
No classes on May 18, 2026.

ADULT PROGRAMS

Adult Sports Programs

Meet new friends while enjoying game play and working on skill development. Program time includes set up and take down of net and poles. These are self guided programs, no coaches on site.

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Intermediate Basketball	18+ Y	\$70/10 weeks	Mon 7:30-8:55 pm	Apr 13-Jun 22	209842
Adult Volleyball	18+ Y	\$78/11 weeks	Wed 7:30-8:55 pm	Apr 15-Jun 24	209802
Badminton	18+ Y	\$78/11 weeks	Wed 6:30-7:25 pm	Apr 15-Jun 24	210539
Intermediate Basketball	18+ Y	\$78/11 weeks	Thu 7:30-8:55 pm	Apr 16-Jun 25	209843

Adult General Programs

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Knitting	18+ Y	FREE	Tue 1:00-3:00pm	All Year Round	N/A
Walking Group	16+	FREE	Thurs 6:00-7:00pm	Apr 16-Jun 25	N/A

A message from the Knitting Group:

Come stitch with us! We're an intergenerational, all-inclusive knitting group where every human (and alien!) is welcome. Whatever your background or health journey, you'll find a warm, supportive space here. All skill levels are celebrated, from enthusiastic novices to almost-pros. Beginners are always welcome! If required, needles and yarn are available to help you start your creative journey. We love connection – sharing our work, plenty of conversation, mutual help, and lots of laughter and fun are what we're all about.

The Knitting group Tuesdays 1-3 pm.



CITY OF KITCHENER PROGRAMS

Children & Youth Programs

Sports Programs

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Tween Volleyball	9-11 Y	\$38.08/8 weeks	Sat 2:00-3:00 pm	Apr 11– Jun 6	210247
Youth Volleyball	12-14 Y	\$38.08/8 weeks	Sat 3:15-4:15 pm	Apr 11– Jun 6	210279
Youth Drop-In	12-17 Y	FREE/9 weeks	Sat 6:00-8:00 pm	Apr 11– Jun 6	N/A

Adult & Older Adult Programs

Art Programs

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
The Fundamentals of	55+ Y	FREE/9 weeks	Mon 12:30-2:00pm	Apr 13-Jun 15	210002
The Fundamentals of Oil	55+ Y	FREE/9 weeks	Wed 1:00-2:30pm	Apr 15-Jun 10	209952

Fitness Programs

Program	Ages	Cost & Weeks	Day & Time	Dates	Code
Chair Yoga	55+ Y	FREE/12 weeks	Sat 11:30-12:30pm	Apr 11-Jun 20	210652
Gentle Yoga	55+ Y	FREE/12 weeks	Sat 12:45-1:45pm	Apr 11-Jun 20	210657
Zumba Gold	55+ Y	FREE/12 weeks	Sat 2:00-2:45 pm	Apr 11-Jun 20	210658

Piano Lessons

Program	Ages	Cost	Day & Time	Dates & Weeks	Code
Piano Lessons for Adults: Beginner	18+ Y	18-54 Y— \$116.16	Tue 3:25-4:20pm	Apr 7-Jun 16 11 weeks	209967
		55+ — \$95.15			
Piano Lessons for Adults: Beginner	18+ Y	18-54 Y— \$116.16	Tue 6:30-7:25pm	Apr 7-Jun 16 11 weeks	209964
		55+ — \$95.15			
Piano Lessons for Adults: Continuing	18+ Y	18-54 Y— \$116.16	Tue 7:30-8:25 pm	Apr 7-Jun 16 11 weeks	209969
		55+ — \$95.15			

General Programs

Program	Ages	Cost	Day & Time	Dates	Code
Wisdom + Wellness	18+ Y	FREE/9 weeks	Thu 10:00 12:00pm	Apr 2-Jun 18	212813

Community Partner Programs

All partner programs are free!

Program	Ages	Day & Time	Dates
AA Group Love & Tolerance Meeting	-	Wednesdays 1:00-3:00pm	Ongoing
Active Integration WLU-Sun Life	18+ Y	Thursdays 12:30-2:00 pm	May 7-June 11
AFRO	AFRO—(African Family Revival Organization) run different programs throughout the week for different age groups. Inquire at the front desk for more information.		
Camino Wellbeing + Mental Health YEAH! Newcomer Youth Group	Highschool Students <i>Newcomer youth living in Waterloo Region</i>	Tuesdays 4:00-5:30 pm	April 21-June 9
Camino Wellbeing + Mental Health Pathways to Education	Highschool students	Wednesdays 4:30-6:30 pm Tutoring: 4:30-7:30 pm	April 1-June 24
Community Support Connections Gentle Exercise	55+ Y	Tuesday & Thursday 9:30-10:30 am	April 7-June 25
Early ON - Drop In	0-6 Y	Fridays 9:30 -11:00 am	March 27-June 18
House of Friendship—Food Distribution	18+ Y	Mondays 12:30-3:30 pm	Ongoing
House of Friendship - Multicultural Adult Cooking	18+ Y	Thursday 9:30-11:30am	April 2-June 18
House of Friendship— Adventure Learning	6-13 Y	Monday 4:00-5:30pm	April 6-June 15
HOPE ESL Book Club	-	First Monday of the month 11:00-12:30pm	April 13 & May 4
iHelp Youth Basketball (KW Panthers)	13-17 Y	Thursdays 4:00-6:00 pm	April 2-June 25
KW After Stroke	18+ Y	Third Tuesday of the month 6:30-8:45 pm	April 21 May 19 June 16
Learn English Make Friends	-	Tues 10-11:30 am	April 7-May 12
		Thur 7-8:30 pm	April 9-May 14
Project Linus of Canada	18+ Y	First Wednesday of the month 9:30am-12:00 pm	April 1 May 6 June 3
YMCA Salam Community of Care Workshop	18+	Fridays 10:30am-12:30pm	April 17 May 15 June 19

COMMUNITY CENTRE SERVICES



[www.kitchener.ca/
bookfreespace](http://www.kitchener.ca/bookfreespace)

Book free space at your
local community centre!



Family Outreach Worker

Do you have children (up to 17 years) and are wondering how you can connect to resources for basic needs within your community?

Make an appointment with our
Family Outreach Worker Dilber

519-498-7468 or dilbers@houseoffriendship.org

Neighborhood Food Program

For the Victoria Hills neighbourhood
Mondays from 12:30 p.m. to 3:30 p.m.
Call for an appointment: 519-404-2276

Community Development Worker:
Marwa Eid



YMCA of
Three Rivers

Settlement Services

YMCA Immigrant Services, Settlement Worker
Available at Victoria Hills CC on Tuesdays from 9:00am-
5:00pm and Fridays from 9am-12pm
T: 519-579-9622
E: newcomers@ytr.ymca.ca

Can support you with:

- Completing forms and documents
 - Personal and family settlement process
 - Immigration and legal issues
 - Canadian life and culture
 - Employment and education
- And more!

Borrow now with Library Lockers

Inside in the main lobby at Victoria Hills
Community Centre!

Pick-up holds, browse, borrow and
return items from a library locker
in your community centre.

All you need is a library card!

kpl.org/Lockers

Kitchener
Public Library

