

Drop-in Programs

Family Supper

Mondays
November 4, 18, 25
5:30-6:30 pm

Community Lunch

Tuesdays
November 5, 12, 19, 26
11:30 am-12:30 pm

Drop-in Breakfast

Wednesdays
November 6, 13, 20, 27
9-10:30 am

Café Drop-in

Thursdays
November 7, 14, 21, 28
11:30 am-12:30 pm

Good Food Market Drop-in

Fridays
November 1, 8, 15, 22, 29
10-11:30 am



Our market sells produce at affordable prices, for those who cannot afford or are unable to shop elsewhere..

Volunteer Programs

Volunteer Info Session

Tuesday, November 12
9:30-10:30 am



Come and hear more about our volunteer program and what program areas at The North Grove could use some helping hands. New volunteers are required to attend an info session before starting a volunteer role.

Food Skills Programs

Food Demo

Wednesdays
November 6, 13, 20, 27
11 am-12 pm



Join us as we walk through a simple and delicious recipe, sample a taste, and get the recipe to make at home.

Primrose Preserves

Friday, November 1
Friday, December 6
1:30-3 pm



Join us in the kitchen to learn how to turn fresh food into shelf-stable preserves that will last all year. Please sign up for one or both sessions.

Cooking Together: Holiday Edition

Tuesday, November 26
2-4 pm



Join us for a fun afternoon as we cook and try some tasty holiday recipes!

Volunteer Kitchen Safety Training/Review

Tuesday, November 12
2:30-4 pm

SAFETY FIRST

In this session we will review the safety guidelines and procedures for the community kitchen. This is open and recommended to new and seasoned volunteers. You do not have to be a regular kitchen volunteer to attend. Please call 902 464-8234 to register.

FREE Programs November



Child Development

Family Playgroup

Wednesday, November 6, 13, 20, 27
10-11:30 am
(Children ages 1+ and caregivers)

Family Playgroup is a time to get together to play with your child, sing songs and enjoy a delicious snack.

Toddler Playgroup

(children ages 1-2 and caregivers)
Friday, November 22
10-11:30 am

Join us for some fun, toddler approved activities, circle time and a yummy snack.

Baby & Me

(children under 1 year and caregivers)
Tuesdays, November 5, 12, 19, 26
1:30-3 pm

An interactive program for caregivers and their young babies. You'll have the opportunity to meet others, play, and enjoy a snack together.

Well Baby

Tuesday, November 12, 26
1:30-3 pm

A Public Health nurse is here bi-weekly to meet one-on-one with you, weigh your baby and answer questions

Time For Me

Monday, November 4
9:30-11:30 am

Parents are invited to take some time for themselves to run errands, attend appointments or just have time to relax while their kids play in Child Development.



North Grove Art Club

Thursday, November 28
4:15-6 pm



A once-a-month program for children 6 & 7 years old who love art! Join in the fun as we explore art techniques with a variety of materials to embrace our creative side.

Important

If you have a sore throat, runny nose, headache, fever, nausea, or just aren't feeling well, please stay home. This helps us keep everyone safe!

6 Primrose Street, Unit 115
902-464-8234 ext. 0
www.thenorthgrove.ca

Adult Family Programming

My Child is Anxious, Should I Worry?

Mondays, November 18, 25
10-11:30 am

Join The Community Health Team for this 2 week program that discusses how to identify early signs of anxious feelings in your child and skills to help them manage everyday anxiety.

Arts Night Out

Tuesday, November 19
5-6:30 pm



Join us for an evening of creativity through arts and crafts, while your child enjoys some time in Child Development.

*This month we will be making Waldorf window stars.

Food and Families

(Caregivers & children ages 2+)
Thursday, November 14
10-11:30 am

Come cook and share a meal with your child and take the recipe to try at home.

Coffee Talk

Friday, November 8
10-11:30 am



Join us for specialty coffee and conversation while you children spend time in Child Development.

Routines for a Reason

Friday, November 15
10-11:30 am

Routines are an important part of everyone's day, especially children. Join us to discuss why they are important and the role that routines play in a child's development.

Bonding with Your Baby Through Reading

(parents and babies birth-12 months)
Thursday, November 21
10-11:30 am

Building a secure attachment with your newborn teaches them to trust you and communicate their emotions to you. Join us to discuss how reading with our babies fosters bonding.

Holiday Circle of Control

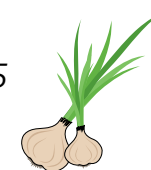
Friday, November 29
10-11:30 am

The holidays can be stressful. Join us to discuss what we can and cannot control and/or influence this holiday season and how to manage your stress.

Adult Programming

Garlic Party

Tuesday, November 5
10-11:30 am



Taste delicious garlic recipes, learn about different types of garlic, and help us plant next year's crop. You'll even get to take home some North Grove garlic. Children welcome!

Food Connects

Monday, November 18
Tuesday, November 19
2-4 pm

Join us for this two-part shop-to-table program. On day one, we will visit a small Asian grocer in Dartmouth North to select our ingredients. On day two, we will make some delicious recipes to try at the North Grove.

Walking Group

Wednesdays,
November 6, 13, 20, 27
9:30 am



Join NS Walks volunteers for a walk around the neighbourhood. To register please call 902 932-6902 or email walk@hikenovascotia.ca

Games Café

Friday, November 22
1:30-3 pm



Join us for a fun afternoon of board games and a snack in the dining room

Building Better Sleep

Friday, November 15
1:30-3:30 pm



Do you wonder how you could get a better night's sleep? Sleep is vital to our physical and mental health and overall well-being. The Community Health Team will be here to discuss why we sleep, what impacts it, and share tips on how to get a better sleep.

Craft and Chat

Thursday, November 7
10-11:30 am

Join us for craft and conversation. This month's craft is snowflake art.

Dads Group

Thursday, November 21
6-7:39 pm



New Start Counselling hosts an informal peer support group for fathers and father figures. To register, call 782-414-1013.

Focus Group for Older Adults

Wednesday, November 27
9:30-11 am

Adults aged 55+ join us for a focus group to share your thoughts on what health and wellness topics matter most to you. Your ideas will help us plan a workshop or info session that fits your needs.

November 2024

Monday

Tuesday

Wednesday

Thursday

Friday

How to Register

**FREE
Programs**

Call us at 902-464-8234 ext. 0 to get on a program's interest list.
We will notify you if there is a space for you to attend.

Drop-in meals, drop-in programs and the Good Food Market
do not require registration.

6 Primrose Street, Unit 115
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1



10-11:30 **Good Food Market**

1:30-3 **Primrose Preserves**



4

9:30-11:30 **Time for Me**

1:30-3 **Infant Massage (3)**

5:30-6:30 **Family Supper Drop-in**



5

10-11:30 **Garlic Party**

11:30-12:30 **Community Lunch Drop-in**

1:30-3 **Baby & Me**

5:30-7:30 **Prenatal (9)**



6

9-10:30 **Breakfast & Community Action Drop-in**

9:30 **Walking Group**

10-11:30 **Legal Aid Appointments**

10-11:30 **Family Playgroup**

11-12 **Food Demo**

CLOSED IN PM

5:30-7 **NSANSF Program (3)**

5:30-7 **ARTmouth North Visual Art Showcase**

7

9-10:30 **Community Action Appointments**

10-11:30 **Craft and Chat**

11:30-12:30 **Café Drop-in**



8

10-11:30 **Coffee Talk**

10-11:30 **Good Food Market**



Monday

11



Tuesday

12

9:30-10:30 Volunteer Info Session
11:30-12:30 Community Lunch Drop-in
1:30-3 Baby & Me/Well Baby
2:30-4 Volunteer Kitchen Safety Training & Review
5:30-7:30 Prenatal (10)

Wednesday

13

9-10:30 Breakfast, Community Action & Wellness Navigator Drop-in
9:30 Walking Group
10-11:30 Legal Aid Appointments
10-11:30 Family Playgroup
11-12 Food Demo
CLOSED IN PM
5:30-7 NSANSF Program (4)

Thursday

14

9-10:30 Community Action Appointments
10-11:30 Food and Families
11:30-12:30 Café Drop-in



Friday

15

10-11:30 Routines for a Reason
10-11:30 Good Food Market
1:30-3:30 Building Better Sleep

18

10-11:30 My Child is Anxious, Should I Worry? (1)
1:30-3 Infant Massage (4)
2-4 Food Connects (Part 1)
5:30-6:30 Family Supper Drop-in

19

11:30-12:30 Community Lunch Drop-in
1:30-3 Baby & Me
2-4 Food Connects (Part 2)
5-6:30 Arts Night Out



20

9-10:30 Breakfast & Community Action Drop-in
9:30 Walking Group
10-11:30 Legal Aid Appointments
10-11:30 Family Playgroup
11-12 Food Demo
CLOSED IN PM
5:30-7 NSANSF Program (5)
6-8 Film for Thought



21

9-10:30 Community Action Appointments
10-11:30 Bonding with Baby Through Reading
11:30-12:30 Café Drop-in
6-7:30 Dad's Group

22

10-11:30 Toddler Playgroup
10-11:30 Good Food Market
1:30-3 Games Cafe



25

10-11:30 My Child is Anxious, Should I Worry? (2)
1:30-3 Infant Massage (5)
5:30-6:30 Family Supper Drop-in

26

11:30-12:30 Community Lunch Drop-in
1:30-3 Baby & Me/Well Baby
2-4 Cooking Together *Holiday Edition

27

9-10:30 Breakfast & Community Action Drop-in
9:30 Walking Group
9:30-11 Focus Group
10-11:30 Legal Aid Appointments
10-11:30 Family Playgroup
11-12 Food Demo
CLOSED IN PM
5:30-7 NSANSF Program (6)

28

9-10:30 Community Action Appointments
11:30-12:30 Café Drop-in
4:15-6 North Grove Art Club



29

10-11:30 Holiday Circle of Control
10-11:30 Good Food Market
1-4 Vaccine Clinic

November 2024

Services and Appointments

Legal Aid Navigator Appointments

Wednesdays,
November 6, 13, 20, 27
10-11:30 am

Appointments are available with a Legal Aid Navigator to provide information and support for family law and child protection. Please call 902 464-8234.

Wellness Navigator Drop-in

Wednesday,
November 13
9-10:30 am

A Navigator from the Community Health Team will be here during Breakfast Drop-in to help you identify your health needs and connect to community resources.

Community Action Appointments

Thursdays,
November 7, 14, 21, 28
9-10:30 am

If you need some one-on-one help to connect with supports in the community, please call 902 464-8234 ext. 1019.

NS Brotherhood Clinic

Wednesday, November 13
2-6 pm

The NS Brotherhood Clinic is for men of African descent. To make an appointment with Dr. Ron Milne, please call 902 434 0824 or email nsbrotherhood@nshealth.ca

NS Sisterhood Clinic

Wednesday, November 27
8:30 am-4:30 pm

The NS Sisterhood Clinic is for women of African descent. To make an appointment with Dr. Leah Jones please call 902 399 5473 or email nssisterhood@nshealth.ca

Film for Thought

Wednesday, November 20
6-8 pm

Join us for this month's film and discussion, "Dementia, Dad, and Me" by Truefaux Films. The onset of his dementia brought a dramatic change to the relationship Hannah has with her father. This film follows the two of them as they find new ways to connect, and to navigate the delicate transition of their roles from father and daughter to caregiver and cared for. Please call 902 464 8234 to register.

Refreshments and snacks will be provided.



Vaccine Clinic

Friday, November 29
1-4 pm

ATTENTION PLEASE!

Come and get your flu shot on Friday, November 29, from 1-4 p.m. To register, please call 902-464-8234 ext. 0. Walk-ins are welcome, but there is limited capacity. There will also be COVID boosters available.

Please bring your health card number and ID if you have it.



New!

ARTMOUTH NORTH

Visual Art Showcase

Join us in celebrating the
wonderful artists of
Dartmouth North!

**November
06 - 2024**

The North Grove dining room 🍷 **5:30 - 7:00 PM**

Check out the work of local artists of all abilities, participate in art-focused activities, enjoy hors d'oeuvres (snacks), and more!

All are welcome! This is a free community event. Space is limited so please give us a call to join our interest list.

902 464 8234 ext. 0



THE NORTHGROVE

6 Primrose Street, Unit 140