



Welcome to DRNPHC's Community Support Newsletter!

***Pet Reminders & Service Animals:**

Please ensure that your dog is properly restrained on leash and under your control at all times to ensure they are not approaching other people or animals. Please clean up after your pets in your yard and in the common areas.

Many tenants have **service animals** that have a distinguishing vest to demonstrate they are on duty. Please DO NOT interact with a working animal by petting, calling, talking, giving treats, guiding, steering or holding this animal without permission from their owner. This allows these trained animals to provide the best possible support to their persons.

The Nourish and Develop Foundation – Bi-Weekly Mobile Food Market:

The mobile food market will continue to run bi-weekly on Thursday's through the months of November and December offering affordable, fresh produce and frozen meals to tenants at Allan's Place!

Nov 13, Nov 27, Dec 11....etc.

***Alzheimer Society Monthly Table Talks**

Tuesday November 25, 2025 @ 1pm – 2pm

Tuesday December 23, 2025 @ 1pm – 2pm

The Alzheimer's Society will be continuing their monthly "Table Talks" which focus on a variety of topics. No sign up needed! Come and join in on this FREE event!

***Canadian Hearing Services**

Thursday December 18, 2025, 2025 @ 9am – 4pm

The Canadian Hearing Society will hold a presentation on understanding hearing loss, strategies and much more. This will also include discussing options for sign ups for a FREE hearing assessment. No sign ups required!

***Community Program Activities:**

Wednesdays (weekly) – 10am – 11:30am

The CSP Team will continue the weekly groups throughout the months of November & December. These groups are designed for all tenants to enjoy. Some activities include bingo, arts & crafts, boardgames & puzzles, and more! Please see the calendar for the schedule!

GraceWins Peer Support: Music & Mental Health Wellness

Thursdays (weekly) – 10:30am – 11:30am

The team from GraceWins Peer Support will continue to engage tenants at Allan's Place through music and song with stories and discussions surrounding mental health challenges. Please see the calendar for the schedule!

www.durham-housing.com

drnphc@durham-housing.com

905 – 436 – 6610



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NOV 	4	5 *CSP Groups Seniors 10am - 11:30am (Bingo)	6 *GraceWins - Music and Mental Health 10:30am - 11:30am	7
10	11 STAT HOLIDAY - CLOSED 	12 CSP Groups Seniors 10am - 11:30am (Jeopardy)	13 GraceWins - Music and Mental Health 10:30am - 11:30am Mobile Food Market 12:30-1:30pm	14
17	18	19 CSP Groups Seniors 10am - 11:30am (Bingo)	20 GraceWins - Music and Mental Health 10:30am - 11:30am	21
24	25 *Alzheimer Society Workshop @ 1pm - 2pm	26 CSP Groups Seniors 10am - 11:30am (Boardgames & Puzzles)	27 GraceWins - Music and Mental Health 10:30am - 11:30am Mobile Food Market 12:30-1:30pm	28

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8	9	10 CSP Groups Seniors 10am - 11:30am (Bingo)	11 GraceWins - Music and Mental Health 10:30am - 11:30am Mobile Food Market 12:30-1:30pm	12
15	16	17 CSP Groups Seniors 10am - 11:30am (Holiday Fun)	18 GraceWins - Music and Mental Health 10:30am - 11:30am *Canadian Hearing Society @ 9am - 4pm	19
22	23 *Alzheimer Society Workshop @ 1pm - 2pm	24 DRNPHC Office hours 8:30am - 1pm	25 STAT HOLIDAY - CLOSED	26 STAT HOLIDAY - CLOSED
29	30	31 DRNPHC Office hours 8:30am - 1pm		