



DRNPHC – Community Support Team

November & December NEWSLETTER

Gillespie Gardens

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.

*Community Support Program Activities:

Wednesdays (weekly) – 1pm – 2pm

The Community Support Team will be continuing BINGO and some Holiday Fun on December 17! These groups are designed for all tenants to enjoy. Please see the calendar for the schedule!

*Alzheimer Society Monthly Table Talks

Friday December 5th, 2025 @ 1pm – 3pm

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!

*FREE Canadian Hearing Services – No sign ups required.

Thursday December 11, 2025 @ 9am – 4pm

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

*GraceWins Peer Support: Music & Mental Health Wellness

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

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

Brock Community Health Centre (BCHC)

Yoga Classes – Wednesdays (weekly) – 1pm – 2pm

Gentle Fit Falls Prevention Exercise Class – Thursdays (weekly) – 1pm – 2pm

The Nourish and Develop Mobile Food Market – Thursdays (biweekly) – 11:30am – 12:30pm

Lunch Club – Thursdays (biweekly) 11:30-12:30 am – Enjoy a Hot Bowl of Soup for \$2 – no sign up needed **bring a bowl and spoon**

Tenant Association of Gillespie Gardens (TAGG) – 2nd Wednesday each month

Arts & Crafts Club – Tuesdays (weekly) – 10am – 1:30pm

Onsite Hair Dresser – Thursdays (weekly) – 12pm – 6pm

www.durham-housing.com
drnphc@durham-housing.com
905 – 436 – 6610



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NOV 	4 Arts & Crafts 10am-1:30pm	5 *GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm (Bingo) BCHC Yoga 1pm-2pm	6 BCHC Gentle Fit/Falls Prevention 1pm-2pm Mobile Food Market 11:30am-12:30pm & Lunch Club Hair Dresser 12pm-6pm	7
10	11 STAT HOLIDAY - CLOSED 	12 *GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm (Bingo) BCHC Yoga 1pm-2pm	13 BCHC Gentle Fit/Falls Prevention 1pm-2pm Hair Dresser 12pm-6pm	14
17	18 Arts & Crafts 10am-1:30pm	19 *GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm (Bingo) BCHC Yoga 1pm-2pm	20 BCHC Gentle Fit/Falls Prevention 1pm-2pm Nourish & Develop 11:30am-12:30pm & Lunch Club Hair Dresser 12pm-6pm	21
24	25 Arts & Crafts 10am-1:30pm	26 *GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm (Bingo) BCHC Yoga 1pm-2pm	27 BCHC Gentle Fit/Falls Prevention 1pm-2pm Hair Dresser 12pm-6pm	28

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1 DEC 	2 Arts & Crafts 10am-1:30pm	3 GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm (Bingo) BCHC Yoga 1pm-2pm	4 BCHC Gentle Fit/Falls Prevention 1pm-2pm Nourish & Develop 11:30am-12:30pm & Lunch Club Hair Dresser 12pm-6pm	5 *Alzheimer Society Workshop @ 1pm – 3pm
8	9 Arts & Crafts 10am-1:30pm	10 GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm (Bingo) BCHC Yoga 1pm-2pm	11 *Canadian Hearing Society @ 9am – 4pm BCHC Gentle Fit/Falls Prevention 1pm-2pm Hair Dresser 12pm-6pm	12
15	16 Arts & Crafts 10am-1:30pm	17 GraceWins – Music and Mental Health 10:30am – 11:30am *CSP Groups Seniors 1pm – 2pm Holiday Fun! BCHC Yoga 1pm-2pm	18 BCHC Gentle Fit/Falls Prevention 1pm-2pm Nourish & Develop 11:30am-12:30pm & Lunch Club Hair Dresser 12pm-6pm	19
22	23 Arts & Crafts 10am-1:30pm	24 DRNPHC Office hours 8:30am – 1pm	25 STAT HOLIDAY - CLOSED	26 STAT HOLIDAY - CLOSED
29	30 Arts & Crafts 10am-1:30pm	31 DRNPHC Office hours 8:30am – 1pm		