



NEWSLETTER

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OUR PLACE COMMUNITY OF HOPE

1183 Davenport Road | 416-598-2919

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HAPPY BIRTHDAY

Our Place Birthdays

Teresa C. - January 9th
Gordon S. - January 17th
Norman B. - January 23rd
Mair D. - January 30th
Raymond D. - January 30th



Famous Birthdays

Mary J. Blige – January 11th
Dolly Parton – January 19th
Alicia Keys – January 25th
Elijah Wood – January 28th
Oprah Winfrey – January 29th
Christian Bale – January 30th
Justin Timberlake – January 31st



Special Events in January

January 1st – CLOSED

Our Place will be closed Monday January 1st for the New Year Holiday. Regular programming will resume on Tuesday January 2nd.

NEW PROGRAMS! – Mondays and Fridays

Come join us for yoga and stretching on Mondays after meals have been served! All yoga will be beginner level and will include alternative stretches to ensure everyone feels comfortable. On Fridays we will be hosting both Current Affairs and Book Club! Sign up with us for book club, which will cover different short stories each week. If you have any questions about this group, ask Zuhair!

Friday Night Dance –

Join us on Friday January 26th at 3:30pm for the first dance of 2024! DJ Dan will be playing some fun tunes, and we hope to see your best dance moves. 😊

Online Programs

Writing Group with Peter (a professional journalist!) is a time to connect with others, build friendships and get creative together. Everyone is welcome to join in and no experience is necessary!

Link to join Writing Group via Zoom: <https://us06web.zoom.us/j/93536287038>

Join by phone, dial: 647-374-4685. When prompted, enter in the Meeting ID: 935 3628 7038

Community Programs & Supports

Please ask one of the Our Place Staff if you need access to a phone or computer

Addiction Support Groups: If you are on a journey with addictions and are seeking support from the community, feel free to contact any of these communal resources.

Narcotics Anonymous Toronto – call 1-888- 811-3887	KeepSIX Consumption and Treatment Services (CTS) – 955 Queen Street East – 416-461-1925 ext 2264	Evangel Hall Mission – 552 Adelaide Street West – 416- 504-8056
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Community Fridges Toronto is a mutual aid organization made up of community members and volunteers working to provide food for those in need. They have several fridges and pantries across the city (locations listed below) and they operate on a “take

what you need, leave what you don't" basis. Feel free to visit any fridge to pick up or drop off food.

214 Wright Street	782 Adelaide Street West	250 Westlake Avenue	499 Parliament Street
1132 College Street	870 Dundas Street West	348 Pape Avenue (Pantry)	

Bloor West Food Bank 2305 Bloor St. West at the St. Pius X Catholic Church: They provide Prepacked bags for those who have made an appointment to visit. To make an appointment, email at appointments.foodbank@gmail.com. The food bank is open every Friday from 12:30pm to 3:00pm.

Feed it Forward Grocery Store 2770 Dundas Street West, Unit A: They're open every day of the week; Monday to Sunday 11:00am to 6:00pm. The grocery store has items from vegetables, fruits, hot and ready to serve food, canned foods and cupboard items. The pay what you can system works with points (each \$0.50 cents is equivalent to 1 point). Different items cost different amount of points/dollars (ex. Bread \$1 or 2 points, Salad \$1 or 2 points, Peppers \$0.50 or 1 point). They accept cash payments happily. J

Davenport-Perth Neighbourhood Community Health Centre 1900 Davenport Rd: Provides free harm reduction kits and other support. Contact (416) 656-8025 for more information. They offer short term, one-on-one crisis support and information on OW, ODSP, shelter and housing, and health-related supports. Contact their CSCI worker to book an appointment → Ingrid Moreno (416) 656-8025 ext. 401.

Shelter Beds and Respite Centres: If you need a place to stay you can access 24-hour respite sites and shelters by calling at (416) 338-4766 or toll-free at 1-877-338-3398.

Gerstein Crisis Centre: Provides 24/7 telephone support, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. They also have an in-person mobile crisis team. Call (416) 929-5200 to access support.

Warming Centres: Warming Centres around the city are open when an extreme cold weather alert is announced (temperatures of -15° C or colder, or a wind chill of -20° C or colder). Warming Centres provide resting spaces, snacks, access to washroom facilities, and referrals to emergency shelters.

Metro Hall 55 John St, Toronto Capacity: 45	Mitchell Field Community Centre 89 Church Ave, Toronto Capacity: 50	Scarborough Civic Centre 150 Borough Dr, Scarborough Capacity: 17
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Tamil Heritage Month



January is Tamil Heritage Month. This is a time to honour and appreciate Tamil culture, traditions, and contributions. During this month, we hope to increase awareness and appreciation for all the achievements and contributions of the Tamil community. Did you know Toronto has the largest population of Tamil people outside of Southeast Asia, with a population of approximately 200,000? Tamil Canadians are a diverse and committed community, rooted in ancient cultural heritages.

We celebrate Tamil heritage in January because this month marks the celebration of Thai Pongal, a harvest festival to thank the Sun, Mother Nature, and the various farm animals that help to contribute to a bountiful harvest. Pongal is also the name of the dish made and eaten during this festival. It is a mixture of boiled sweet rice. Overflowing rice symbolizes abundance and prosperity. This celebration allows us to learn from one another, encourage understanding, and build stronger connections between different cultures. It's a time to celebrate, embrace, and appreciate the beauty of Tamil heritage and its positive influence on our multicultural society.

This is the 15th Annual Tamil Heritage Month, and this year, we will be exploring the history of food and the Tamil community starting from production, to trade and distribution. The theme will focus on different elements of Tamil cuisine such as food preparation, presentation, and the hospitality industry. Throughout this month, members of the Tamil community will come together to celebrate the many great contributions that they have made and continue to make, and it serves as an opportunity for everyone to acknowledge and honour their tremendous achievements.



World Day for African and Afro descendant Culture



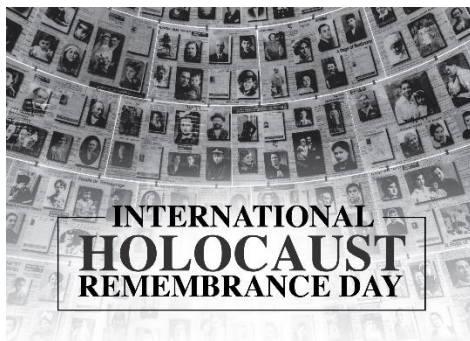
Adopted in 2019 at the UNESCO General Conference, the World Day for African and Afro descendant Culture celebrates the vibrancy and richness of the many cultures around the African continent, as well as larger African Diasporas around the world. This day serves to

highlight how the preservation of African culture and heritage is crucial for sustainable

development, mutual respect, dialogue and peace. The date of January 24th was not chosen at random, as it aligns well with the adoption of the Charter for African Cultural Renaissance in 2006 by the Heads of State and Government of the African Union. This day highlights the importance of African diasporas as well, with many attributing the manifestation of African cultures as being carried on by members of differing diasporas, both ancient and modern. Together, we should all celebrate the shared history of African cultures and the vibrancy of African diasporas around the world.

We encourage everyone to participate in different activities such as debates, conferences, workshops, cultural events and presentations or even artistic exhibitions. Visit the AGO and their exhibitions showcasing arts of Global Africa & The Diaspora, which includes The Montgomery Collection of Caribbean Photographs, a collection containing over 3500 historical photographs from various Caribbean islands. You can also head over to the ROM, which is showcasing an exhibit called Galleries of Africa: Nubia. In this exhibit, you will find artistic achievements of the period and archaeological discoveries which uncover the lost civilization of ancient Nubia. Finally, we also have the Aga Khan Museum which is showcasing an exhibit feature works of art that highlight time across Medieval Saharan Africa. Go through 250 works of art, featuring pieces from archaeology all the way to fine art.

International Holocaust Remembrance Day



The International Holocaust Remembrance Day is usually celebrated on January 27th of every year and is the memorable day that memorialize the victims of the holocaust. January 27 is the chosen day as it is the day that when the Auschwitz concentration camp was liberated by the Red Army in 1945. International Holocaust Day was first celebrated in 2005 by the United Nations. Between 1941-1945, millions of

Jewish men, women and children were killed by Nazi Germany and its collaborators during the second World War. The purpose of this day is to commemorate the victims of the Nazi regime, and to promote Holocaust education throughout the world.

International Holocaust Remembrance Day, not only remind us of the casualties but also the ruthless history many faced and how far we have come but how much work is still, yet to be done. In addition to honoring the memory of the Holocaust victims, UNESCO underlines its unshakable commitment to combating racism, antisemitism, and other forms of intolerance that could result in acts of group violence.



Fresh from the Our Place Kitchen



Barbecue Pork and Penne

Ingredients

- 1 package penne pasta
- 1 cup chopped sweet red pepper
- 3/4 cup chopped onion
- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 16 ounces barbecued shredded pork
- 1 can diced tomatoes
- 1/2 cup beef broth
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1/4 teaspoon salt
- 1-1/4 cups shredded cheddar cheese
- 1/4 cup chopped green onions



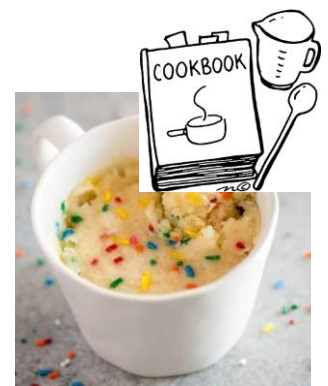
Directions

1. Cook pasta according to package directions. Meanwhile, in a large skillet, sauté red pepper and onion in butter and oil until tender. Add garlic; sauté 1 minute longer. Stir in the pork, tomatoes, broth, cumin, pepper and salt, heat through.
2. Drain pasta. Add pasta and cheese to pork mixture; stir until blended. Sprinkle with green onions.

Microwave Vanilla Mug Cake

Ingredients

- 4 tablespoons (1 ¼ oz/35 g) all-purpose flour
- 2 tablespoons granulated sugar
- ½ teaspoon baking powder
- 4 tablespoons (2 fl oz/60 ml) milk (or dairy-free milk)
- 1 ½ tablespoons vegetable oil (sunflower or coconut oil)
- ¼ teaspoon vanilla extract
- 1 tablespoon Funfetti sprinkles



Directions

1. In a microwavable mug, whisk together the flour, sugar, and baking powder.
2. Add in the milk, oil, and vanilla and mix until just combined. Stir in the sprinkles.
3. Microwave for roughly 45 seconds - 1 minute, or until firm to the touch (timing is based on my microwave which is 1200 Watts so your timing may vary).
4. Serve warm with frosting, ice cream or cream. Enjoy!

Fruit Punch Recipe

Ingredients

- 4 cups cranberry juice
- 1½ cups pineapple juice pineapple coconut, if you can find it
- 1½ cups orange juice
- 1/4 cup lime juice
- 3 cups Ginger ale chilled
- Sliced fruit for serving



Directions

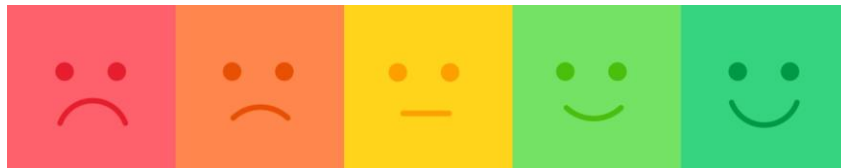
1. Stir together the cranberry juice, pineapple juice, orange juice, and lime juice in a large pitcher. Chill until you are ready to serve, at least 4 hours if not overnight.
2. Add sliced fruit and ginger ale just before serving.



Mental Health Tip of the Month

Become More Aware of your Emotions with Mood Tracking

Everyone experiences strong emotions. However, if you find yourself frequently lashing out at people when you're angry or sad, you may struggle to react to emotions in a healthy manner. Being more aware of your emotions can help you practice healthier emotion regulation. One thing that can help you become better attuned to your emotions is mood tracking. One of the main goals of mood tracking is to help you identify the things that are negatively affecting your mood. If you know what event, person, or situation caused the anger, you can create plans for how to better cope with that situation in the future.



Mood Tracker Apps

- If you have a cell phone, there are several free apps that can help you keep track of your daily routine digitally.

Daily Journals

- Mood journaling is another option if you prefer to spend less time on your phone. You can start with a blank sheet of paper and log your mood the way you prefer.
- Here are a few questions you can ask yourself to guide your journal entry:
 - What kind of emotion are you feeling?
 - Did you notice a shift in your emotions?
 - What do you think caused the emotion?
 - What was happening around you when you felt the emotion?
 - What were you thinking when you felt the emotion?
 - How did you respond to the emotion?
 - Was this response appropriate for the situation?





Winter Word Search



S K I I N G S N O W B O O H T
S F I R E P L A C E I N G E O
L I E A R M U F F S C N Y T S
E W S B C O L T R A E S T A C
D I M L R O W S N O U G H E A
D N U I A U L O W P S H T O R
I T F Z E S A D E H A T A O F
N R B Z B A E R O W P L Y I I
G C O A T O T L Y D M W L C R
I T O R H A F R O T A S U I E
P O T D E C E M B E R I L C L
L A S N C R O V I N C L O L R
O A D H J K T C E S H O V E L
W J A N U A R Y O E S A H S T
M I T T E N S W E A T E R E L

BLIZZARD
BOOTS
COAT
COCOA
COLD
DECEMBER
EARMUFFS
FEBRUARY

FIREPLACE
FROSTY
HAT
ICE
ICICLES
JANUARY
MARCH
MITTENS

PLOW
SCARF
SHOVEL
SKIING
SLEDDING
SNOW
SWEATER
WINTER

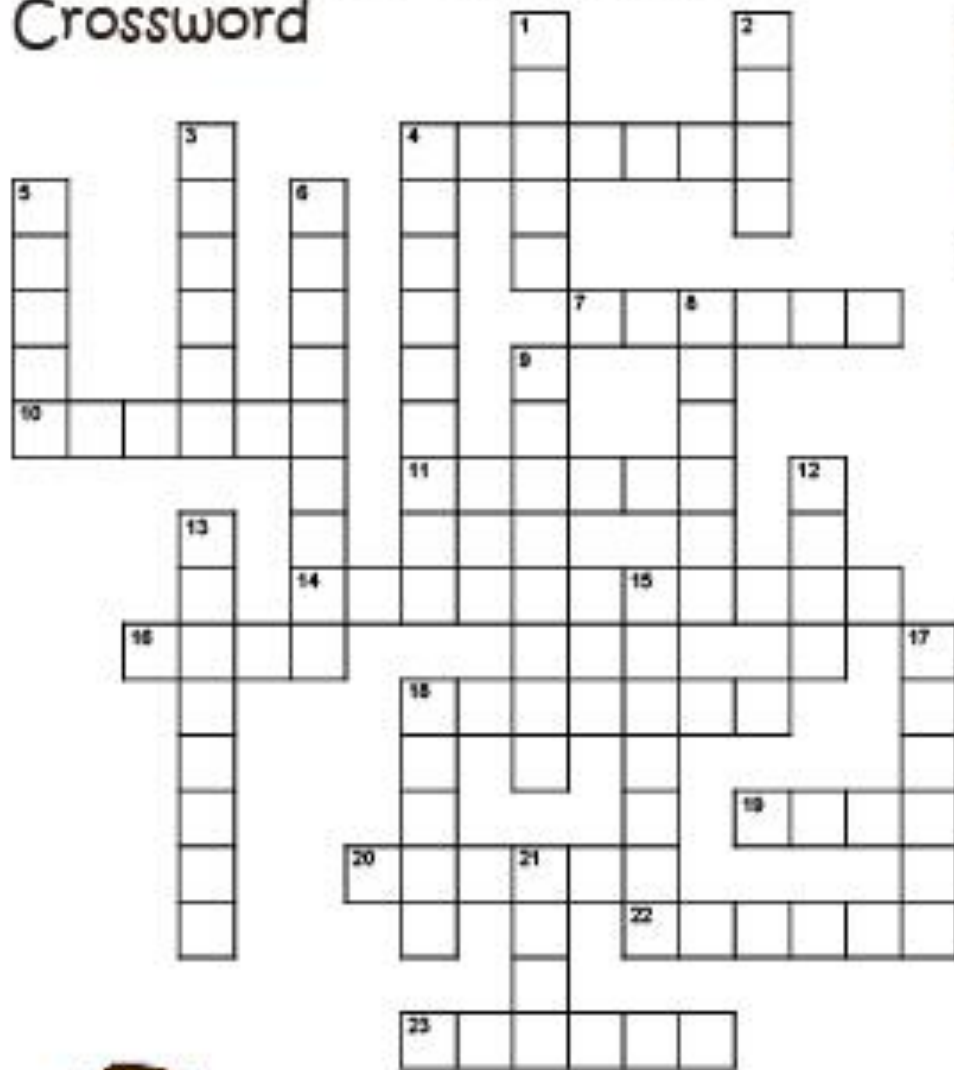




Name: _____ Date: _____

WINTER WORDS

Crossword



DOWN

1. Shoes for snowy days.
2. When the air moves.
3. A short coat.
4. Ice crystal.
5. Month that winter ends in.
6. What bears do in the winter.
8. Frozen trickle of water.
9. Month that winter starts in.
12. It goes downhill fast.



ACROSS

4. He might have a carrot for a nose.
7. Rather cold.
10. Used to warm a room.
11. Area around the North Pole.
14. Tells you how cold it is outside.
16. Might keep you warm in the winter.
18. Knitted top.
19. A sudden blast of wind.
20. Turned into ice.
22. Shake from the cold.
23. Winter hand warmers.

13. Snowstorm with winds.
15. Gloves without fingers.
17. The opposite of summer.
18. Keeps you neck warm.
21. The Celsius temperature at which water freezes.