

The HUB on ROSS

Open weekdays from 9 a.m. to 4 p.m.; closed Monday, August 2

August, 2010



Mondays

9:30 am: Eye Opener Chats. Led by Central Alberta Diversity Association. Coffee is on!
11 am: Ryan & Roland Rockin' Rhythms
1 pm: CADA Celebrates Diversity and You; assistants Kylie & Jeremy will teach signs related to the day's topic

Tuesdays

9:30 am: Cosmos Community Dance sessions; everyone welcome
1 pm: CARE, reel people, reel places

Wednesdays

11 am: Downtown Stories with Steph and Justine
1 pm: Cosmos Brush Strokes, Artists' Collective, Earthdance Art with Peter Allan
4 pm: Downtown Stories Come Alive with Song, sponsored by the Downtown Business Association

Thursdays

9:30 am: Hub House Band
1 to 2 pm: Community Drum Circle
2 to 3 pm: Drumming at Fort Normandeau (please contact The Hub for a complete schedule of Fort Normandeau opportunities)

Fridays

10 am: Historical stories in song
Noon to 3 pm: Friday Market at The Hub, a fundraiser for Loaves and Fishes; buy local, support local farmers
1:15 pm: Live at The Hub:

- C-Note (August 6)
- Ross Stafford (August 13)
- Duane Hay (August 20)
- Justine Vandergrift (August 27)

SUMMER OPPORTUNITIES

Push to Open: Everyone Belongs Outside. Rafting opportunities are available through Kerry Wood Nature Centre. Contact The Hub if you need financial assistance. Contact Sherry if you would like to join the Push to Open Red Deer Chapter, 403-347-8844

EVENINGS & WEEKENDS

August 6: The opening reception for the **Interpretations of Nature Art Show** will be held from 5 to 7 p.m., featuring a collection of works by Waskasoo employees. Justine Ann and friends will be on stage playing original music.

Wednesday Night Jamming: Join the jam sessions from 7 to 9 p.m.:

Swing (Aug. 4)
Celtic (Aug. 11)
Acoustic Blues (Aug. 18)
Folk (Aug. 25)

August 14: **El Salvador** fundraising family event, 2-8 p.m.

August 19 & 26: **The Red Deer Native Friendship Society** hosts Mahihiwan for all from 6 to 8 p.m. Come together to share culture and build community with our hosts.

DAYTIME SPECIAL EVENTS

August 30: **A Caring Approach Community Workshop**, 9 a.m. to 4 p.m., brought to you by the Alzheimer Society. Please register by contacting The Hub.