

The HUB on ROSS

Open weekdays from 9 a.m. to 4 p.m.; Closed July 1 and 2

JULY, 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, CentreFest Art, 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: Musical Theatre, singing those songs

1 to 4 pm: Local First, with Loaves and Fishes, buy healthy treats and support local farmers

1:15 pm: Live at The Hub:

- Friske and Friends (July 9)
- Donna Durand and Chris Barnes (July 16)
- Justine Vandergrift and Friends (July 23)
- 1:30 pm, CentreFest Concert, Randi Boulton (July 30)

SUMMER OPPORTUNITIES

Outdoor Activities at Fort Normandeau

Our official partner for the summer is looking for people to hang out and help. Please contact Carrie if you would like to help Peter make accessible trails, or wear period costumes and welcome visitors, or help tend the garden. Need transportation? Contact The Hub.

EVENINGS & WEEKENDS

Closed July 1 and 2.

July 13: **Jazz Night by ACFA** at 7 p.m. Contact The Hub to see if you are eligible for a free ticket; we have 20, first come, first served.

Wednesday Night Jamming, 7 to 9:

- Swing Jazz (July 7)
- Celtic (July 14)
- July 21 (Acoustic Blues)
- Folk (July 28)

DAYTIME SPECIAL EVENTS

July 9: Art Gallery opening reception for **The Car Show**, featuring Brian Isbister, 1 to 3 p.m.

July 8: **Lunch and Learn**, noon to 1 p.m., with Cheryl of the Central Alberta Music Festival.

July 12: **A Caring Approach** workshop, 9 a.m. to 4 p.m. (Please register).

July 14: **Meaningful Moments**. An enlightening session, 1 p.m., by the Alzheimers Society.

July 21: **Parade Special**, 8 a.m. Get a chair at a prime viewing spot; avoid the rush. Pancake breakfast at Clarica (bring your own lunch).

July 31: **CentreFest** volunteer and performer headquarters (volunteers needed; call The Hub).