

In The Know

For Ages 18 and over - Alternate plans may be made due to weather conditions or other unforeseen circumstances. All sessions are offered seasonally and include 11 weekly classes for a cost of \$400 per session.

Tuesday - Tuesday Social

Location: 191 York Blvd

July 11 – September 26

6:00 pm - 9:00 pm

Come together at the first session to explore what community activities the group would like to do over the next ten weeks.

Wednesday - Crafting

Location: 191 York Blvd

July 12 – September 20

6:00 pm - 8:00 pm

Take some time to explore your artistic talents while spending time with friends. Craft projects may be seasonal and all materials are provided. No experience necessary!

Thursday - Men's Club

Location: 191 York Blvd.

July 13 – September 21

6:00 pm - 9:00 pm

Exclusively for men, the evening's activities will be chosen by you. Come share your ideas and interests to make every Thursday night an awesome experience.

Friday - Ladies Night

Location: 191 York Blvd

July 14 – September 22

6:00 pm - 9:00 pm

Exclusively for women, the evening's activities will be chosen by you. Take advantage of everything the City of Hamilton has to offer.

Saturday - Lunch Box

Location: 191 York Blvd

July 15 – September 23

10:30 am - 1:30 pm

A social and interactive program with an educational focus on nutrition, safe kitchen practices and food handling techniques. The group will prepare a healthy lunch each week.

To book, please contact:

Kathi Soules

Manager – Community Resources

(905) 528-0281 ext. 249

ksoules@clham.com

All activities are held based on number of registrants. Fees support staffing, transportation and other costs. We are not able to provide a refund if registered individuals cannot attend any In The Know sessions.

Registration must be received by June 12, 2017 and full payments must be made by July 3, 2017.

