

Youth Program

Farm to Table

(for ages 8-12)
Mondays & Tuesdays
July 15-16, 22-23, 29-30
2-3:30 pm



Join us for this fun, 3-week program that combines basic gardening and cooking skills, while highlighting the connection between the two.

Youth Meet Up at Albro Lake

Thursday, July 25th
4-5pm
Ages 13-16



Join us at Albro Lake Beach for an afternoon of fun, games, and snacks! Please call the front desk to be placed on the interest list. Once numbers are confirmed, those registered for the program will be asked to fill out a permission form that needs to be signed by a parent/guardian.

* Those swimming will need a form and a lifeguard must be present.

Drop-in Meals

Family Supper

Mondays
July 8, 15, 22, 29
5:30-6:30 pm

Community Lunch

Tuesdays
July 2, 9, 16, 23, 30
11:30 am-12:30 pm

Drop-in Breakfast

Wednesdays
July 3, 10, 17, 24, 31
9-10:30 am

Café Drop-in

Thursdays
July 4, 11, 18, 25
11:30 am-12:30 pm

Good Food Market Drop-in

Fridays, July 5, 12, 19, 26
10-11:30 am

Our market sells produce at affordable prices, for those who cannot afford or are unable to shop elsewhere.



Food Skills Programs

Food Demo

Wednesdays, July 3, 10, 17, 24, 31
11 am-12 pm

Join us as we walk through a simple and delicious recipe, sample a taste and get the recipe to make at home.

Cooking Together

Tuesday, July 9
2-3:30 (this month only)

A fun afternoon of cooking and trying some tasty recipes. Join us this month for oven-baked samosas!

Primrose Preserves

Friday, July 26
1:30-3pm

Join us in the kitchen to learn how to turn fresh food into shelf-stable preserves that will last all year.



July 2024



Pop-Up Art/Bike Hub

Pop-Up Art/Bike Hub

Tuesdays, July 9, 16, 23, 30
11 am-1 pm



Join us for the Ecology Action Society and Wonderneath's Pop-Up Art/Bike Hub at the North Grove this summer!

This initiative combines the Pop-Up Bike Hub mini and the Art Bikers to bring **free art-making activities, bike repair, and safe cycling education.**

The Pop-up Art/Bike Hub fosters creativity, helps keep bikes in top shape, and ensures community members are riding safely.



Our programs are very popular and we want everyone to have the opportunity to attend.

If you or your children are unable to make it to a registered program please call 902 464-8234 to cancel. This will allow us to invite someone else from our waitlist to attend.

Thank you!

6 Primrose Street, Unit 115
902-464-8234 ext. 0
www.thenorthgrove.ca

Children's Programming

Family Playgroup

(children ages 1+ and caregivers)
Fridays, July 5, 12, 19, 26
10-11:30 am

A time to get together to play with your child, sing songs and enjoy a delicious snack.

Baby & Me

(children under 1 year and caregivers)
Tuesdays, July 2, 9, 16, 23, 30
1:30-3 pm



An interactive program for caregivers and their young babies. You'll have the opportunity to meet others, play, and enjoy a snack together.

Well Baby

Tuesday, July 9, 23
1:30-3 pm

A public health nurse is here bi-weekly to meet one-on-one with you, weigh your baby and answer questions.

Baby Bounce & Play

Friday, July 26
10-11:30 am

10 months to 2 years

Bring your baby for a fun-filled morning of active play. There will be a soft walled ball pit, slides and much, much more!

Adult Programs

Comfort Centre Volunteer Info Session

Tuesday, July 9
3:30-4:30 pm

The North Grove is becoming a designated Comfort Centre to provide support to the community in times of emergency.

We are looking for volunteers to help with operations. Please join us for this drop-in info session to learn more.

Farm Programs

Pruning and Harvesting

Monday, July 8
4-5:30 pm

Join Farm Steward Jean Snow as she takes us through the ins and outs of tomato and cucumber pruning and harvesting. We will also learn about harvesting herbs.

Dads Group

Thursday, July 18
6-7:30 pm



In partnership with New Start Counselling, facilitators from Nurturing Strong African Nova Scotian Families host an informal, peer support group for all fathers and father figures. To register, please call 782-414-1013.

Craft and Chat

Tuesday, July 2
10-11:30

In this month's Craft and Chat, we will be making fairy houses to hide around our farm. We would love for you to join us.

Walking Group

Wednesdays, July 3, 10, 17, 24, 31
9:30 am



Join NS Walks for a walking group. To register please call 902 932-6902 or email walk@hikenovascotia.

Games Café Under the Tent

Thursday, July 11
1:30-3 pm

If you enjoy playing games and socializing then this is for you. Whether it's cards you enjoy or a game of chess, there's something for everyone.

Making Flower Crowns

Thursday, July 18
10-11:30 am

childcare available

Come embrace your creativity and learn how to make flower crowns. All material will be provided, all you need to bring is a willingness to learn and have fun.



Adult Family Programming

Nurturing Strong African Nova Scotian Families (NSANSF) Reunion Picnic

(former program participants and their children)

Thursday, July 25
1-2:30 pm



Let's reunite and enjoy a picnic lunch in the discovery garden!

Family Trip to Albro Lake

Wednesday, July 24
10 am-12 pm



Join us on a Family Trip to Albro Lake for some fun in the sun! We will enjoy some tasty treats and play in the sand. Please call to register at 902 464-8234

Art Under the Tent

Mondays, July 8, 15, 22
9:30-11 am
(parents and children)



Join us under the tent to create and have fun together! Sign up for one or all three. Space is limited so please call 902-464-8234 to join our interest list.

July 8 - Clay Pot Fairy Houses

July 15 - Rainbow Marble Art

July 22 - Colored Sand Terrariums

Summertime Hacks

Thursday, July 4
10-11:30 am



A hack is defined as any procedure or action that solves a problem or simplifies a task in a persons everyday life. We want to hear about your summertime hacks and share some of our favourites with you.

Terrific Toddlers

(parents/caregivers with children 16m-3)
Thursday, July 11
10-11:30 am

If you are parenting a toddler then this workshop is for you! We will discuss tantrums, separation anxiety and everything in between.

Car Seat Safety 101

Thursday, July 25
10-11:30 am

Do you know when a child can be forward facing in a car seat? What are the guidelines around booster seats? For answers to these questions and more, join us for this basic car safety/booster seat workshop.

United for Literacy Summer Reading Tent

Fridays, July 5, 12, 19, 26
10-11:30 am

Join the folks from United for Literacy for story time and activities for children ages 5 to 10.



July 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1



2

10-11:30 CAO Appointments

10-11:30 Craft & Chat

11:30-12:30 Community Lunch Drop-in



1:30-3 Baby & Me

3

9-10:30 Breakfast & Community Action Drop-in

9:30 Walk Group

10-11:30 Legal Aid Appointments

11-12 Food Demo

CLOSED IN PM

4

10-11:30 Summertime Hacks

11:30-12:30 Café Drop-in

11:30-12:30 Music on the Farm featuring The Bombadils



5

10-11:30 Good Food Market

10-11:30 Summer Reading Tent

10-11:30 Family Playgroup

10-11:30 Postnatal Reunion for Fall 2023 Prenatal

CLOSED at 3 PM

8

9-11:30 Sunshine Gang

9:30-11 Art Under the Tent



4-5:30 Pruning and Harvesting

5:30-6:30 Family Supper Drop-in

9

9-11:30 Sunshine Gang

11-1 Pop up Art/Bike Hub

11:30-12:30 Community Lunch Drop-in

1:30-3 Baby & Me/Well Baby

2-4 Cooking Together

3:30-4:30 Volunteer Info Session for the North Grove Comfort Centre

10

9-10:30 Breakfast & Community Action Drop-in, Wellness Navigator Drop-in

9-11:30 Sunshine Gang

9:30 Walk Group

10-11:30 Legal Aid Appointment

11-12 Food Demo

CLOSED IN PM



11

10-11:30 Terrific Toddlers

11:30-12:30 Café Drop-in

1:30-3 Games Café under the Tent



12

10-11:30 Good Food Market

10-11:30 Summer Reading tent

10-11:30 Family Playgroup

CLOSED at 3 PM



Monday

15



9-11:30 *Sunshine Gang*

9:30-11 *Art Under the Tent*

2-3:30 *Farm to Table (1)*

5:30-6:30 *Family Supper Drop-in*

Tuesday

16

9-11:30 *Sunshine Gang*

11-1 *Pop-Up Art/Bike Hub*

11:30-12:30 *Community Lunch Drop-in*

1:30-3 *Baby & Me*

2-3:30 *Farm to Table*

17

9-10:30 *Breakfast & Community Action Drop-in*

9-11:30 *Sunshine Gang*

9:30 *Walk Group*

10-11:30 *Legal Aid Appointments*

11-12 *Food Demo*

CLOSED IN PM

Thursday

18

10-11:30 *Making Flower Crowns*

11:30-12:30 *Café Drop-in*

11:30-12:30 *Music on the Farm featuring Global Centric*

6-7:30 *Dads Group*



Friday

19

10-11:30 *Good Food Market*

10-11:30 *Summer Reading Tent*

10-11:30 *Family Playgroup*

CLOSED at 3 PM

22

9-11:30 *Sunshine Gang*

9:30-11 *Art Under the Tent*

2-3:30 *Farm to Table(2)*

5:30-6:30 *Family Supper Drop-in*

23

9-11:30 *Sunshine Gang*

11-1 *Pop Up Art/Bike Hub*

11:30-12:30 *Community Lunch Drop-in*

1:30-3 *Baby & Me/Well Baby*

2-3:30 *Farm to Table*

24

9-10:30 *Breakfast & Community Action Drop-in*

9-11:30 *Sunshine Gang*

9:30 *Walk Group*

10-12 *Family Trip To Albro Lake*

10-11:30 *Legal Aid Appointments*

11-12 *Food Demo*



CLOSED IN PM

25

10-11:30 *Car Seat Safety 101*

11:30-12:30 *Café Drop-in*

1-2:30 *NSANSF Reunion Picnic*

4-5 *Youth Meet Up*

26

10-11:30 *Good Food Market*

10-11:30 *Summer Reading Tent*

10-11:30 *Baby Bounce and Play*

1:30-3 *Primrose Preserves*



CLOSED at 3 PM

29

9-11:30 *Sunshine Gang*

2-3:30 *Farm to Table(3)*

5:30-6:30 *Family Supper Drop-in*



30

9-11:30 *Sunshine Gang*

11-1 *Pop-Up Art/Bike Hub*

11:30-12:30 *Community Lunch Drop-in*

1:30-3 *Baby & Me*

2-3:30 *Farm to Table*

31

9-10:30 *Breakfast & Community Action Drop-in*

9-11:30 *Sunshine Gang*

9:30 *Walk Group*

10-11:30 *Legal Aid Appointments*

11-12 *Food Demo*

All Programs (except the Market) are FREE

How to Register

Call us at 902 464-8234 ext. 0 to get on a program's interest list.
We will notify you if there is a space for you to attend.

Drop-in meals, drop-in programs and the Good Food Market do not require registration.

July 2024

Services and Appointments



Legal Aid Navigator Appointments

*Wednesdays,
July 3, 10, 17, 24, 31
10-11:30 am*

Appointments are available with a Legal Aid Navigator to provide information and support for family law and child protection. Please call 902-464-8234.

Wellness Navigator Drop-in

*Wednesday, July 12
9-10:30 am*

A Navigator from the Community Health Team will be here during Breakfast Drop-in to help you identify your health needs and connect to community resources.

Community Action Office (CAO) Drop-in and One on One Appointments

*Wednesdays, 9-10:30 am or call
July 3, 10, 17, 24, 31*

Jess and Kelly are available to meet one-on-one to support community members with information on resources, form filling and navigating services like Income Assistance and more. For further information or assistance please call Kelly, Community Navigator at 902-464-8234 ext. 1019.

NS Brotherhood Clinic

*Wednesday, July 10
2-6 pm*

The NS Brotherhood Clinic is for men of African descent. To make an appointment with Dr. Ron Milne, please call 902-434-0824 or email nsbrotherhood@nshealth.ca

NS Sisterhood Clinic

*Wednesday, July 24
8:30 am-4:30 pm*

The NS Sisterhood Clinic is for women of African descent. To make an appointment with Dr. Leah Jones please call 902-399-5473 or email nssisterhood@nshealth.ca