

THE HUB

ON ROSS

Annual Report
September 2009
to October 2010





PREFACE

Promoting community inclusion is a core business of the PDD Central Region Community Board. Being included means that adults with developmental disabilities have opportunities to share activities and connections and to contribute to their community.

The Hub on Ross is operated by the PDD Central Region Community Board as one way of providing opportunities for adults with developmental disabilities to share activities and experiences with others from around the community and increase their inclusion.

This reports on the activities, experiences, and achievements of The Hub on Ross for the 12-month period September 2009 to August 2010.

We start with a story.



A HAPPENING PLACE

Art at The Hub on Ross is a hook.

It is the hook on which The Hub hangs its programs, and its hopes, the hook it uses to draw people into the building, and the hook, or common interest, that connects people one to one and sets the stage for new friendships to bloom.

“Art is a great equalizer,” says Hub Coordinator Bev Randers. “The arts are by nature inclusive and when you bring art into a venue like this that’s barrier-free and family-friendly, you make connections, you get community.”

It was an actual hook that brought artist Peter Allen into The Hub. TwylaJoy Lapointe, Bev’s working partner, called Peter and asked him to replace a broken clasp on one of his ornamental masks at The Hub. He liked what he saw during his visit and not long afterwards he set up an exhibition of his masks in The Hub’s gallery and began teaching art classes.

“The principles and the direction of The Hub line up with my own directions and attitude,” Peter explains. “It’s about inclusion. I don’t like to see people left out of things.”

Then, through Peter’s association with Fort Normandeau, volunteer placements were created this summer for two regular visitors to The Hub. “We tailored volunteer positions for each of their skills,” Peter says.

Getting Involved

The aim is to increase the number of occasions for adults with developmental disabilities to make friends and get involved in new activities outside of their normal routines.

Such a Delight

“You never know who’s going to contact you. It could be anybody – like GrammaLink or the Alberta Bulldog Rescue. Who knew there was a group dedicated to saving bulldogs? It’s such a pleasure, such a delight.”
~ Bev Randers

“Jessica helped with several arts and crafts projects like drum-making and pottery and she did some clean-up. For Jesse we had physical activities like trail-building. He was out three or four times and he’s still doing some volunteer trail-building this fall.”

By partnering with the community at large, The Hub enabled two adults with developmental disabilities to show what they can do by taking on roles as instructor and builder. For the individuals: new opportunity. For The Hub: mission accomplished. Again.

The Hub began as a satellite of Michener Services in 2005 and Michener staff ran programs in the building until September 2009. By this time, so many people from outside of Michener were coming to The Hub that PDD Central decided it should be operated as a regional facility.

The push under direct PDD tutelage has been on getting more community organizations to develop and deliver programs at 4926 Ross Street. The aim is to increase the number of occasions for adults with developmental disabilities to make friends and get involved in new activities outside of their normal routines.

Bev says she and Twyla have been overwhelmed by the response. Active partners from outside the PDD world include Central Alberta Diversity Association (CADA), Central Alberta Refugee Effort (CARE), Council of Canadians and similar groups such as GrammaLink Africa, Red Deer Native Friendship Society, Alzheimers Society and the Downtown Business Association

The Hub works closely with agencies such as CARS, Cosmos and EPSS while at least a dozen community groups have used The Hub as a place for their fundraisers or shared in the proceeds from the sale of refreshments at concerts.

“The community has clearly said we want to be a partner with you,” Bev notes.

“You never know who’s going to contact you. It could be anybody – like GrammaLink or the Alberta Bulldog Rescue. Who knew there was a group dedicated to saving bulldogs? It’s such a pleasure, such a delight.”

Validation

“She told him he was an incredible artist. I could see he felt validated as an artist. I tell you, people feel valued at The Hub.”

~ Bev Randers



Music, drumming, drama, collage: a wide range of art, individual and collective, is practiced at The Hub on Ross.

The Hub on Ross building has two main features: a gallery and a stage.

The gallery, which is listed in the city's network of galleries, displays work by artists with and without developmental disabilities. Bev says that all of them benefit from the added exposure for their work, but artists with disabilities gain something extra from having a public exhibition – validation.

“We had Erika Schulz from Gallery IS do a show here and when she was installing her art she saw the old art going out and said: ‘Whose art is this? This is really phenomenal. I love this work.’”

The artist, a young man with a developmental disability, happened to be there at the time, so Bev introduced the two people. “She told him he was an incredible artist. I could see he felt validated as an artist. I tell you, people feel valued at The Hub.”

The stage is also a showcase for artists with and without developmental disabilities. It has been graced by performers as varied as The Hub House Band, Bill Bourne, The Rights Learning and Theatre Group, and Amos Garrett. Bev receives phone calls come from promoters across Canada looking for a venue in Red Deer, even though The Hub seats 100 people at most.

Role Model

“The Hub is a role model for creating partnerships and making connections with numerous groups to foster cultural growth for years to come. Thank you for your dedication to building community.”
Red Deer Mayor
Morris Flewwelling

“We had one concert with only 30 people here and the performer loved it because of the intimacy and the warmth. It’s like the little community halls – that’s the kind of feeling The Hub is getting.”

A glance at The Hub’s monthly calendars show how busy it is. The October calendar, for example, lists 15 weekly activities from Monday through Friday and 14 special events on weekdays and weekends. Bev estimates 5,600 visitors have come to The Hub over the past year as spectators or participants.

The Hub on Ross couldn’t maintain a schedule this full without help from community partners and from individuals supported by PDD. These individuals serve as hosts, set up and take down tables, wash dishes, introduce performers and so on.

Bev also gives credit to support workers who come with the individuals and to the groundwork by Michener staff who worked at The Hub before 2009. “We were positioned for success,” she says.

The word is out, too. The environment at the Hub is widely known for being open and inviting. It has a legion of friends among its patrons, partners, volunteers and neighbours. Mayor Morris Flewwelling is among that number. In a letter of congratulations, he praises The Hub on Ross for its contributions to the city’s downtown cultural scene and captures some of its spirit when he adds: “The Hub is a happening place.”



BACKGROUND and HISTORY

The Hub in Red Deer was started in 2005 as a 'satellite facility and program' of Michener Services focused on providing opportunities for residents of Michener to experience arts and culture in downtown Red Deer.

The Hub is located in a building Michener had been using for a variety of purposes, including in the early 2000s as the Centre Shoppe, a retail outlet for sewing and woodworking products created by individuals supported by Michener Services.

Over the 2005-2009 period, The Hub was staffed by 5 employees of Michener Services and undertook a wide range of developmental actions to build relationships and opportunities with the arts and culture community.

While initially focused on providing opportunities for people living at Michener, it wasn't long before other people joined in the wide variety of activities available at the Hub.

In 2008-2009, Michener Services undertook a review of all Program Support Services (which The Hub operated under) as part of the ongoing effort to ensure services provided through Michener continue to be appropriate.

Included Now

“I came to The Hub and separated myself from others. I danced in the corner with the music. Now I am able to sit in a circle with others, get up on stage and participate in the activity.”
~ Annie

Sing, Sing, Sing

“Dan, who has a limited expressive vocabulary, has said ‘sing, sing, sing’ many times. Often it is when we are walking in The Hub vicinity. Sometimes he says it when we leave his home. Today I said ‘let’s go over to The Hub’ and he said ‘sing, sing, sing.’ Now I know he’s asking for The Hub and have brought him here more and is so happy here.”

Through this review, it became apparent that use of The Hub by individuals who lived at Michener was decreasing, in part due to their advancing age. It was also apparent, in light of other changes on the Michener site, that maintaining the level of staffing wasn’t likely to be feasible into the future.

It was also known that many individuals living outside of Michener were increasingly including The Hub in their activities. The desire to keep the Hub was expressed by all users and many people rallied to offer support to maintain operations.

In August 2009, after considering a range of options, the PDD Central Region Management Team transferred operation of The Hub from Michener Services to PDD Central Region. The number of positions assigned to The Hub was reduced from 5 to 2 and The Hub was renamed to The Hub on Ross to reflect its base in the community and its focus on building relationships and connections for individuals with developmental disabilities across Red Deer, not just at Michener.

As part of the transition from Michener to Central, a document setting out the directions, expected outcomes and key activities for The Hub on Ross was established in September 2009 (*see Appendix 1*). This document serves as the key directional document guiding Hub actions and operations.

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THE HUB ENVIRONMENT

The Hub on Ross strives to be welcoming of all people and is a place of fun, quality cultural activity and adds greatly to the choice of safe downtown initiatives.

On most days, from 60-100 people visit The Hub on Ross. The Hub has a dedicated and regular participant base, but also welcomes occasional users and one-time audiences.

Participants view The Hub as open, friendly, and a place that facilitates new friendships and connections all over Central Alberta.

Throughout the Hub's operations, individuals with developmental disabilities are valued for their leadership and contributions to the numerous activities. Many individuals have opportunities to have important roles in leading activities, hosting events, or generally contributing to the positive, accepting atmosphere.

And, through contributions from individuals and their support staff, and many community volunteers, usage, partnerships, activities and the overall community profile of the Hub on Ross have all increased significantly.

The Hub on Ross is now getting requests daily for cultural and educational collaborative opportunities. All people are encouraged to contribute to community initiatives that

have far-reaching benefits and meaningful outcomes. Recipients of PDD funding are involved in every aspect of building community through a wide range of opportunities.

In the fall of 2009, fully supported by PDD Central Region, the Central Alberta Diversity Association (CADA) signed a lease with Alberta Infrastructure to use office space on the Hub's lower level. This partnership, based on inclusion and diverse community acceptance, has assisted in further increasing capacity and increasing hours of operation.

The Hub has a public art gallery space, chair and table space for about 100 people, large accessible washrooms, a raised stage area and high quality audio and video. It is equipped with a stove and dishwasher and a variety of other equipment to support the wide range of activities and events.

The Hub on Ross operates with 2 full-time staff. A full-time wage staff person was hired from June 7 to August 31, 2010. While the usual hours of operation are 8 am to 4 pm, there has been an increasing number of occasions when activities and events occur in the evenings and on weekends. This increased usage has, in part, been a result of the many contributions of service provider support staff and volunteers.

In September 2010, The Hub on Ross entered into its second year of operations and will continue to focus on building connections and inclusion.

Listen to the Rain

I can be shy but I learned
about the rain stick and
enjoyed the sound.
Learning about the rain
stick enabled me to join
in the drum circle with my
friends. Thank you.
~ Cliff



2009-2010 DIRECTIONS

In September 2009, building on work done during the 2005-09 period, a document was developed that set out direction and expectations for the operation of the Hub on Ross for 2009-2010 and beyond.

What follows are the key 'new' directions included in that document and some commentary about results achieved in each of those key directions.

Seeking to expand partnerships with existing PDD service providers

The intent here was to ensure that the operation of The Hub on Ross was not seen as something entirely the responsibility of PDD Central Region. There are several funded service providers in Red Deer that also seek to provide individuals with developmental disabilities with opportunities to connect and contribute and it was felt that partnership with those groups would be beneficial to the entire community.

Also, with the shift in The Hub's operations from Michener to PDD Central, it was important to try to ensure that The Hub was working with other service providers in the Red Deer area who shared similar goals of supporting individuals to be connected and included.

Greatest Good

“The greatest good you can do for another is not just to share your riches but to reveal to him his own.”
~ Benjamin Disraeli

Enriched Mandate

“Members and staff of CADA have participated in many other activities at The Hub on an ad hoc basis ~ this has mutually benefitted CADA and the Hub”
~ Ex. Dir.,
CADA

Over the year, The Hub established strong working relationships with the COSMOS and CARS service providers, with both organizations providing regular activity at The Hub and occasional special events. Other service providers, including EPSS, PCLASS, and Michener Services, have also had connection and involvement with The Hub, but generally less regularly or intensively.

Overall, The Hub has made significant progress in expanding its partnerships with the PDD service providers.

Seeking to expand partnerships with a wide range of community groups

Because The Hub sees activities as a way of creating connections, and because The Hub was not intended as a ‘sheltered day program’, one of the key directions was to try to build relationships with other community groups. This could expand the range of ‘real’ involvements and connections.

While focused on linkages with arts and culture organizations, The Hub has formed a wide range of successful partnerships with other community groups.

Achievements include establishing the partnership with Central Alberta Diversity Association (CADA) who began occupancy of the Hub basement and who contribute to regular events and activities. Over the year the Hub has established event and activity partnerships with over 25 community groups outside of PDD. (see Appendix 2)

Expanding The Hub’s arts and culture focus to include natural history

The Hub’s original focus was on arts and culture, but there was a desire to expand into the natural history area. Because these three areas generally have similar and overlapping values and activities it was thought natural history would be a good fit for The Hub in opening up even more options and possibilities.

Results achieved include Hub staff facilitating the establishment of a Red Deer chapter of the Alberta Parks

A Full Heart

'We cannot tell the precise moment when friendship formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindness there is at last one which makes the heart run over.'

~ Dr Samuel Johnson

Civilized

"Civilization is the process in which one gradually increases the number of people included in the term 'we' or 'us' and at the same time decreases those labeled 'you' or 'them' until that category has no one left in it."

~ Howard Winters

'Push to Open' initiative – an effort to provide people with disabilities outdoor backcountry experiences. The Hub also facilitated a natural history film series and a Red Deer History Alive project.

Increasing a 'shared responsibility' for delivery of activities at the HUB

As part of the effort to create connections for individuals, the Hub sought to create connections with groups in leading activities. Many new groups became involved and led activities and events at The Hub on Ross over the year.

Results show about 38% of the activities at The Hub are now being organized and led by PDD service providers, 24% by non-PDD community individuals and groups, and 38% by PDD and non-PDD persons working in collaboration. While Hub staff take on the co-ordination role of all activities, they facilitate less than 10% of the activities. The diverse range of groups involved provide opportunities for both their own membership and for adults with developmental disabilities.

Focusing on 'activity' as a precursor to community connections for adults with developmental disabilities, not as the main end point

This direction serves as the cornerstone of all of the work done at The Hub. While many 'day programs' in PDD, and indeed elsewhere, focus on 'activity', The Hub has tried to recognize that activity, while it can in itself be important, gains further importance to the extent that it helps people's personal development, connections, relationships and contributions.

Activity at The Hub is both important for its own sake, but serves a means to foster relationships for individuals with developmental disabilities with others in their community and encourages others to see individuals for their abilities, contributions, and potential.

Being part of a group allows a person to participate in the group's activity, but also to develop personal connections and relationships and share experiences.

There have been many examples where The Hub on Ross has served as a key catalyst for positive connections and roles for individuals.

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OUTCOMES, OUTPUTS, RESULTS

In addition to setting out the key directions, a number of expected outcomes and outputs for the operation of the Hub were also established.

The table on pages 14 to 24 highlights the various expected 'outcomes' and 'outputs' set out for The Hub on Ross for the September 2009 to October 2010 period and the results.

Expected Outcome	Results Achieved
Persons with developmental disabilities contribute to Red Deer's cultural fabric	Individuals led a variety of activities and events such as Sign Language, Drumming, Hub House Band. Two individuals displayed their artwork in the Hub's public Art Gallery and participated in the artist's reception. Individuals hosted Hub House Concerts, and many special events such as the United Way Fund Raiser, Centerfest, and Alberta Arts Days.

Expected Outcome	Results Achieved
<p>Activity at The Hub on Ross is increasingly developed and delivered by a variety of informal and formal partners.</p>	<p>PDD service providers and individuals with or without support staff offer approximately 38 percent of activities at The Hub (e.g. sign language, music, art, drumming, personal development, movement).</p> <p>Approximately 24 percent of the activities are provided by non PDD agencies and individuals (e.g. Drama, Teatime, Eye-Openers, House Concerts, and Art Shows).</p> <p>The remaining 38 percent of activities are provided collaboratively with non PDD and PDD individual's together (art, music, photography, Music Gallery, special events, education, Local First Market, Melting Pot Cooking Show).</p> <p>It is also important to note that partnerships and initiatives also occur outside the Hub such as Earthdance, City Disability Advisory Committee work, Push to Open outdoor experiences, art networking and commissions, volunteering at Fort Normandeau, Green initiatives at RDC, CIRS Community Connections Information Fair, etc.</p>

Collaboration

Approximately 24 percent of the activities are provided by non PDD agencies and individuals while another 38 percent are provided collaboratively with non PDD and PDD individual's together.

Sing Your Song

“Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.”
 ~ Henry Van Dyke

The Greatest Trust

“The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship.”
 Ralph Waldo Emerson

Expected Outcome	Results Achieved
<p>Activity at The Hub on Ross is increasingly developed and delivered by a variety of informal and formal partners</p>	<p>There has been exceptional support to The Hub from every demographic sector within Central Alberta and artists in Western Canada. See <i>Appendix 3</i> for the range of activities offered.</p> <p>Many partnerships opportunities have come to The Hub on Ross over the year, in part due to the open environment and word of mouth, as well as via The Hub on Ross website, articles in the Red Deer Scene magazine, weekly promotion via the media, community billboards, professional networks, and musical community networks. These partners become involved in a variety of ways in The Hub’s overall operations and make personal connections with individuals which they would not have had opportunity to do without the Hub on Ross. <i>Appendix 2</i> provides a comprehensive list of partners of The Hub on Ross over the past 12 months.</p>

Happy Chance	Expected Outcome	Results Achieved
<p>We came upon The Hub by accident and loved it. We did crafts, played with hula hoops and listened to Fred Penner. We will be back! Thank you.” ~ Rozalyn, Gabriell and Isabelle</p>	<p>There is evidence that persons with developmental disabilities have made, and are sustaining, connections and relationships beyond The Hub on Ross that can be linked back to initial participation in Hub activities and events.</p>	<p>The Hub has had many stories of success in this regard. Examples include:</p> <p>An individual who gained employment thanks to sales experiences she got from volunteering at The Hub’s weekly Local First Market.</p> <p>Friendships made through volunteer placements at Fort Normandeau (Jessica, Jesse), facilitated by a Hub partner.</p> <p>Deb’s committed and highly valued four years of service on the Earthdance Committee.</p> <p>Individuals included in valued cultural volunteer jobs such as hosts (Albert, Rosemary), curators (Jesse), promotions (Wes), communication liaisons (Maren), judges (Kylie, Maren), music leaders (Anthony) and music facilitators (Roland, Ryan).</p> <p>Individuals taking valued volunteer jobs cleaning (Denise), shopping (Wes and Kylie), connecting with businesses and food producers (Shayla, Bob), working the Local First Market (Donna, Howie), making and selling popcorn (Curtis), cat population control education (Kim), etc.</p>

Vocation

“Each man has his own vocation; his talent is his call. There is one direction in which all space is open to him.”
~ Ralph Waldo Emerson

Expected Outcome	Results Achieved
<p>An increased number of persons with developmental disabilities are involved in arts initiatives and leisure activities that are led by the community in sustaining a healthy vibrant downtown core.</p>	<p>Two individuals held their own art exhibit in the Hub’s public art gallery (Brian, David). This included having an artist’s reception and has resulted in sales and commissions. Many individuals participated as volunteers in Alberta Arts Days, Centerfest and a wide range of other events.</p>
<p>Persons with developmental disabilities continue to value their participation and networking with the arts community.</p>	<p>Throughout the year, individuals and their families or support staff have been encouraged to provide comments on their experiences at the Hub. A collection of these comments show that individuals very much value opportunities available at the Hub.</p>
<p>A Hub on Ross Advisory Committee is established to provide direction and contribute to the accomplishment of the desired outcomes</p>	<p>In January 2010, 47 people came to a ‘Hub Think Tank’ out of which was formed the Hub Advisory Committee. (see Appendix 4) People who attended value The Hub’s contributions and wanted to support its initiatives. The Advisory Committee requested that guidelines for connecting at The Hub be established A document <i>Want to Connect with Us?</i> Was then developed (see Appendix 5)</p>

Diversity

“Community cannot for long feed on itself; it can only flourish with the coming of others from beyond, their unknown and undiscovered brothers.”
~ Howard Thurman

Proud Partner	Expected Outcome	Results Achieved
<p>“CADA is proud to be a member of the Hub’s advisory committee, and to have helped develop the frame of reference towards an inclusive and welcoming facility where the whole community can participate in activities with persons with developmental disabilities.”</p>	<p>At least one formal partnership with a community group that contributes to The Hub’s operations and activities is established</p>	<p>The Central Alberta Diversity Association (CADA) was supported to obtain a lease with Alberta Infrastructure to occupy office space in the basement of The HUB. CADA moved in during the month of October 2009 and has been increasingly involved in providing activity, connections and other opportunities.</p>
<p>Diversity</p> <p>August 14th: El Salvador Fundraiser “A raucous event to raise funds towards relief efforts for El Salvador. Over 100 people attended. There was music, performances, Salvadorean food, etc. The Hub’s participants got an experience of immersion into Spanish-speaking culture. Performers from the PDD community contributed to the event with a rendition of the Canadian National Anthem, and an accordion solo performance.” ~ CADA</p>	<p>Activities facilitated at or through The Hub involving the community at large are held monthly</p>	<p>The environment at The Hub is noted for being welcoming and inviting. There is evidence of support for the work of The Hub from the Mayor of Red Deer (<i>see Appendix 6</i>), the Downtown Safety Taskforce, the Red Deer and District Tourism Association, which requested a presentation be made to their staff and volunteers so they could promote the Hub’s inclusive activities and philosophy, and the CentreFest Society, which asked to use The Hub as a base of operations for the 2010 festival. The Hub public art gallery is part of a gallery network and contributes to First Friday exhibits and receptions.</p>

Interconnected

“The life I touch for
 good or ill will touch
 another life, and that in
 turn another, until who
 knows where the
 trembling stops or in
 what far place my touch
 will be felt.”
 Frederick Buechner

Expected Outcome	Results Achieved
<p>At least 12 hours of activity per week are scheduled at The Hub</p>	<p>The Hub delivered over 30 hours of scheduled activities each week over the past twelve months. The Hub also remains open over the noon hour when many people gather to eat lunch and connect with others.</p> <p>Additionally, The Hub hosted over 30 special events in the evenings and weekends, many ‘run’ by community groups. This resulted in 60-100 people per day attending or participating in activities or events at The Hub</p>
<p>A plan to encourage networking, participating, and connecting with the arts community is in place</p>	<p><i>A Want to Connect With Us?</i> document was produced to respond to the strong demand from the community (see Appendix 6)</p>
<p>Artists continue to participate at and contribute to The Hub</p>	<p>The Hub has had over 20 community artists involved in a variety of activities and connections. They have led arts events, exhibited work in the art gallery, and volunteered at The Hub. Musicians have performed weekly house concerts and ‘Live at the Hub’ concerts and their volunteering has helped to create the positive atmosphere that characterizes The Hub</p>

Community Spirit

“The United Way Soup Luncheon was a great community event, a collaborative effort between a self-advocacy group, United Way and the community venue The Hub. With people from all walks of life volunteering and in attendance it showed what a vital resource The Hub is in garnering community spirit.”
 ~ Tim and Kelly
 Hub Visitors Book

Expected Outcome	Results Achieved
<p>Self-advocate groups are involved in promoting inclusive opportunities particularly related to community issues</p>	<p>Individuals have assumed leadership roles in a wide range of Hub activities, including: Sign Language (Jeremy); Dance Lessons (Mickey); Drum Circle (Logan); G 20 discussion group (Wes); Hub House Band (Anthony). In every aspect of the operation of The Hub, meaningful roles for individuals are sought and put in place.</p>
<p>There is evidence of increased number of volunteers from within and outside of the PDD community delivering activities associated with The Hub on Ross and developing opportunities for increased sense of belonging</p>	<p>Volunteers contributed about 15 hours per week to the activities and operation of The Hub. Volunteers serve on the Advisory Committee, conduct art classes and lend a hand as sound technician for house concerts. Others have provided gifts such as hand-welded art easels, a mandolin for an individual, a ‘button making’ machine that can foster further connections with the community. Working with the Michener Volunteer Coordinator, The Hub established a formal volunteer registration process.</p>

Unique Centre

“Several times I have met people at The Hub and have connected with them again outside The Hub. I have made friends here. Terry meets friends here that he meets for coffee etc. later... The Hub has proven to be an important and largely unique centre for us.”
 ~ Anonymous

Expected Outcome	Results Achieved
Individuals express feelings of confidence and success due to leadership training and facilitation training support	The Hub has many anecdotal stories and expressions of appreciation from individuals, parents, and others attesting to the benefits individuals have gained from participating in the Hub.
There is evidence that HUB on Ross activities are increasingly conceived, designed, and delivered by groups outside of PDD.	Groups outside of PDD that have been designed and delivered activities at the Hub include the City of Red Deer, Association Francaise, Central Alberta Refugee Effort (CARE), Red Deer Native Friendship Center, Central Alberta Alzheimer’s Society, Central Alberta Diversity Association, Central Alberta Music Festival Society, and the Council of Canadians.
At least 1 exhibit and special event with partnering agencies is hosted each month based on the interests of individuals	Over the year, 30 arts exhibits or other special events were held at the Hub (<i>See Appendix 3</i>). Two individuals held their own art exhibits in the Hub’s public art gallery .
Persons with developmental disabilities continue to value their participation and networking with the arts community	Many stories have been provided by participants attesting to their appreciation of the opportunities and connections available at, and through, The Hub on Ross.

Linked	Expected Outcome	Results Achieved
<p>“If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.” ~ Aboriginal activists Queensland</p>	<p>Upcoming events and activities are advertised through media outlets, the City of Red Deer events page, Hub on Ross website, the PDD Central Website and other places</p>	<p>Monthly calendars of activities and events were created and distributed and posted on the Hub on Ross website. (see Appendix 7). Posters for all Hub House Concerts and Art Exhibits were created and distributed (by individuals) around Red Deer (see Appendix 8). Events were publicized through the City of Red Deer events page, Red Deer Advocate, Shaw Cable Community Events Page, and other places.</p>
	<p>Stories from people about how the arts have helped them belong and enhance their quality of life are collected</p>	<p>The Hub has collected over 25 stories and comments from individuals and families related to the role the Hub has played in contributing to individual's lives.</p>
	<p>People are assisted to connect to leisure activities and community initiatives outside of The Hub on Ross</p>	<p>Individuals were assisted to participate in Alberta Arts Days, Earthdance, Safe Communities campaigns and many more. Two individuals interested in science fiction art met at the Hub. Now they maintain their relationship from their homes and meet in the community for coffee and further networking.</p>

Shine a Light

“We cannot hold a torch to light another’s path without brightening our own.”
~ Ben Sweetland

Expected Outcome	Results Achieved
<p>There is direction established for The Hub on Ross related to Hub operations and activities for the summer 2010 period</p>	<p>The Hub on Ross operated throughout the Summer of 2010 in part through the hiring of a summer wage employee (in previous years, The Hub was closed from June 1 through August 31). Several additional and new activities, events, and initiatives (e.g. Local First Market, Red Deer History Alive Project) were facilitated by the summer staff person.</p>
<p>Provide leadership opportunities for people to share their talents and willingness to connect with other people</p>	<p>The Hub provided many opportunities for people to share their talents: the “Caring Approach Workshop” educational initiative delivered by the Alzheimer’s Society (<i>see Appendix 9</i>); the Tuesday evenings Alzheimer Support Group open seminars; the CARS Cougars Self Advocates led the way for learning new cooking skills with the Melting Pot Cooking Show (<i>see Appendix 10</i>). At every event, individuals were included in a variety of leadership roles including as emcee and host.</p>

I Belong

“I like the Hub. I love to come here and play the drums. I like to be in a group and be part of the community.”
~ Shannon



FINANCIAL REPORT

The Hub on Ross operated during the September 2009 to October 2010 period with 2 full-time staff positions and one 3-month (summer) wage position.

The Hub also had a budget of \$1,000 per month for supplies, artists honoraria, and for a variety of other operational needs.

The Hub on Ross also received support from Alberta Infrastructure related to the operational and maintenance costs of the building.



CONCLUSION

Over the past year, through contributions of the many individuals, staff and volunteers, The Hub on Ross has provided many individuals with very positive experiences as participants in a wide range of activities and events. Perhaps more importantly, many positive relationships have been developed with many groups and individuals from within the arts, culture, and natural history communities in Red Deer and beyond.

It has also served to build positive connections and relationships with many community groups – some with very little prior connection with PDD – and provided the PDD Central Region with very positive public and community engagement and relations.

The Hub on Ross is a visible and active advocate with and for persons with developmental disabilities and its reputation as an all-inclusive, comprehensive, family-friendly, barrier-free cultural venue in Red Deer is outstanding .

Going forward into 2011 and beyond The Hub on Ross will continue its focus on welcoming everyone from the community to participate and connect. Anyone interested in participating in the activities, events, and opportunities for connection at The Hub on Ross is invited to visit.

More information about the Hub on Ross is available at



APPENDICES

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- 5 'Want to Connect with Us' Guidelines
- 6 Mayor's Letter
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The HUB ON ROSS

Directions for 2009-2010

November 2009

Introduction

This document provides some background information about the HUB ON ROSS and directions for going forward.

Background

The HUB ON ROSS is a Visual and Performing Arts Centre in downtown Red Deer operated mostly Monday – Friday.

It began operations in 2005, funded by Michener Services, and was intended to:

- provide a location for a variety of activities, networking and community building through shared enjoyment and responsibility for activities.
- provide opportunities for individuals to come together through shared interests in the visual and performing arts
- be a central location with no physical barriers and specialized equipment for persons (ie wheelchair accessible stage, lift and change table). Provide a safe inviting space for people to network
- serve a group of individuals with developmental disabilities who have high and complex needs and provide some contributions to a meaningful day
- provide individuals with an opportunity to develop and display their talents, abilities, and gifts.

2005-2009

Over the 2005-2009 period, the HUB ON ROSS continued its operations as part of Michener Services and provided a wide range of activities and experiences for adults with developmental disabilities. During that period a number of trends became apparent:

Hub staff provided transportation as mandated for Michener residents to be able to participate. Over 100 Michener residents received service from Hub staff each week. 80% of these residents were non-verbal with complex health needs, approximately 40% were people with mobility issues (use wheelchairs, walkers, etc).

Many individuals from Red Deer became regular and satisfied “consumers”

- There was considerable involvement of non-PDD related groups in the various activities and events offered at the HUB.

- The HUB ON ROSS provided considerable activity, with the focus being on quality experiences. Everything that occurred had a goal for inclusion, however connections were not tracked. Relationships occurred naturally which continue today.

Also during that period, a number of other factors emerged that impacted the HUB. These included:

- Michener Services commenced a review of its recreation programs as part of the Next Decade process intended to help shape Michener's future services
- Recognition that continuation of funding for the HUB ON ROSS from Michener would no longer be feasible as Hub participation was from the entire Central PDD community and would become a strain on Michener staffing and funding.
- The PDD program commenced a process of reviewing its overall Mission and Core Businesses which gave rise to questions about whether PDD's operation of the HUB ON ROSS would align with whatever revisions might occur within the PDD program

After Michener put forward elements of their Next Decade plan that included new directions for the overall organization including program and recreational services, Michener determined that they could not continue the operations at the HUB.

After considerable discussion and analysis within PDD Central and Michener, including with community members, PDD Central determined that the HUB ON ROSS would, for at least the September 2009 to Summer 2010 period, continue to operate, but under a new approach, mandate, and staffing resources.

New Directions for the HUB ON ROSS

In September 2009, responsibility for the operation of the HUB ON ROSS was transferred to Central PDD. As part of that transfer, there were several new directions established that were intended to provide some guidance to the HUB ON ROSS staff in its functioning.

Key directions included:

- Seeking to expand partnerships with existing PDD service providers
- Seeking to expand partnerships with a wide range of community groups
- Expanding the HUB's arts and culture focus to include natural history and Earthdance initiatives (people, planet, peace)

- Focusing on ‘activity’ as a precursor to community connections for adults with developmental disabilities, not as the main end point.

Additional elements guiding the HUB’s operations included:

- continue to contribute to the cultural vibrancy in historic downtown Red Deer, making it a fun and safe place for all citizens of Central Alberta
- create an environment for continued relationship building between artists from all walks of life
- provide new opportunities for people who have yet to explore their cultural passions
- provide leadership opportunities for people to share their talents and willingness to connect with other people
- provide a place for people to connect with friends while promoting inclusive interaction and knowledge of community issues

It was also determined that the HUB ON ROSS would operate in conjunction with an Advisory Committee comprised of community members and key stakeholders. The Advisory Committee should be comprised of stakeholders who hold a vision for a safe culturally viable establishment. Stakeholders should come from a wide range of community groups on a volunteer basis.

In order to assist the operation of the HUB ON ROSS a document describing the HUB’s purpose, expected outputs and outcomes was developed to assist in future assessment of its performance and future.

The HUB ON ROSS directional specifics for 2009-10 are included in the pages following.

The HUB ON ROSS

Purpose

The HUB ON ROSS is intended to provide a focus and venue for arts, culture, and natural history related activities that involve adults with developmental disabilities, community groups and members, and that foster positive connections, relationships and inclusion.

Principles

The HUB ON ROSS operates in alignment with several key principles:

1. the HUB ON ROSS should seek to enhance the capacities of persons with developmental disabilities in being in, and connecting with, their community
2. activities should be organized to enhance the community's involvement with adults with developmental activities
3. activities and events should seek to enhance everyone's quality of life
4. operations and activities should contribute to and enhance downtown Red Deer.
5. activities and events should be open to all and be aimed at building community
6. activities and events should be developed and led by a wide range of community groups, not just PDD.
7. activities and events should provide opportunities to develop leaders and share resources

Overall Outcomes

1. Persons with developmental disabilities contribute to Red Deer's cultural fabric
2. Activity at the HUB ON ROSS is increasingly developed and delivered by a variety of informal and formal partners.
3. There is evidence that persons with developmental disabilities have made, and are sustaining, connections and relationships, beyond the HUB ON ROSS that can be linked back to initial participation in HUB activities and events.
4. An increased number of persons with developmental disabilities are involved in arts initiatives and leisure activities that are led by the community in sustaining a healthy vibrant downtown core.
5. Persons with developmental disabilities continue to value their participation and networking with the arts community.

Specific HUB ON ROSS Outputs (September 2009-June 2010)

1. a HUB ON ROSS Advisory Committee is established to help provide direction and contribute to the accomplishment of the desired overall outcomes
2. at least one formal partnership with a community group that contributes to the HUB's operations and activities is established
3. monthly activities facilitated at, or through, the HUB and that involve the community are planned and scheduled
4. at least 12 hours of activity per week are scheduled at the HUB
5. a plan to encourage networking, participating, and connecting with the arts communities is in place
6. artists continue to participate at and contribute to the HUB
7. self advocates groups are involved in promoting inclusive opportunities particularly related to community issues
8. individuals express feelings of confidence and success due to leadership training and facilitation training support
9. there is evidence of increased number of volunteers from within and outside of the PDD community delivering activities associated with the HUB ON ROSS and in developing opportunities for increased sense of belonging.
10. There is evidence that HUB ON ROSS activities are increasingly conceived, designed and delivered by groups outside of PDD.
11. at least 1 exhibit and special event with partnering agencies are hosted each month based on the interests of individuals.
12. upcoming events and activities are advertised and publicized through media outlets including City of Red Deer events page, HUB ON ROSS website, the PDD Central Website, and other places.
13. an informational brochure for the HUB ON ROSS is created and available
14. stories from people how the arts has helped them belong and enhance their quality of life are collected
15. people are assisted to connect to leisure activities and community initiatives outside of the HUB such as Green Deer, Red Deer College Theatre productions, Greenhouse Buddies, CentreFest, Festival of Trees, DBA initiatives.
16. There is a direction established for the HUB on ROSS related to HUB operations and activities for the summer 2010 period (June – September)

Hub on Ross Community Groups and Partners

Regular Activity Leadership

Central Alberta Diversity Association – daily
Central Alberta Residential Society – daily
Central Alberta Refugee Effort – weekly
COSMOS – weekly
CARS - weekly
Red Deer Arts Council - weekly
Red Deer Native Friendship Society – bi-monthly
Catholic Social Services – special projects such as Push to Open, City Dance Classes

Occasional Activity Leadership and General Networking and Partnering

Red Deer County
City of Red Deer Social Planning
City of Red Deer Culture Dept.
Central Alberta Aids Network
Brain Injured Society of Alberta
Central Alberta Brain Injured Society
Central Alberta Music Festival Society
Earthdance Committee
Kerry Wood Nature Centre
Red Deer Public Library
Blockbuster Video
West Park Foods, Independent Film Makers
Alzheimers Society
Individual artists and musicians,
Waskasoo Bluegrass Society
T&R Gardens, Souto Farms
Christian Youth Theatre
Community Information and Referral Society
Council of Canadians
L/Association Canadienne-Francaise de l'Alberta
Downtown Business Association
CentreFest Society
Alberta Parks and Recreation
Alberta Arts Days
The Independent Living Resource Centre of Calgary
Red Deer Museum and Art Gallery (MAG)
SPCA
Volunteers from all walks of life
Practicum students

Agencies benefitting from partnerships

A Gathering Place, Canadian Mental Health
Grammalink Africa
Whisker Rescue Foundation
Alberta Bulldog Rescue
Push to Open, Red Deer Chapter
Canadian Himilayan Orphanage Project
Tree House Youth Theatre Board Games, formerly known as artsparks
United Way
Celtic Club of Red Deer
Red Deer Salvadorian Community
Loaves and Fishes

The Hub on Ross Activities and Events

October 2009

Live at the Hub	Steve Fisher and Bob Evans Brett and Bruce Neil McNairnay Rob Mciver Mike and Lann Waskasoo Bluegrass Society
Special Events	Grammalink - Africa Lunch Melting Pot Cultural Kitchen

November 2009

First Friday	Lisa Heinrichs
Art Gallery	MAG Artsparks
Live at the Hub	Lisa Heinrichs
Learning	Peer and Sexuality Support (CARS) Safe Harbour Respect for All workshop (CARE) Nuclear Energy Information Session
Special Events	United Way Soup Luncheon Mosaic Market Artwork for Beauty and the Beast—displayed at Red Deer College

December 2009

First Friday	Paul Rumbolt Concert - Gathering Place fundraiser
Live at the Hub	Lisa Heinrichs Justine Vandergrift Donna Durand
Learning	Safe Harbour Respect for All workshop (CARE)
Special Events	A Christmas Carol – Christian Youth Theatre J.U.S.T Presentation – COSMOS Artsparks on the Boards Melting Put Cultural Kitchen – CARS COUGARS

January 2010

Live at the Hub	Cathy Vetter Bruce Jacobson Duane Hay Waskasoo Bluegrass Society
Learning	Safe Harbour Respect for All workshop (CARE) Inclusion Workshop Alzheimer Learning series Hub Think Tank
Special Events	artsparks on the Boards Melting Put Cultural Kitchen – CARS COUGARS

February 2010

First Friday	Hub House Concert – Paul Rumbolt
Art Gallery	Photos by Alan Ankilde
Live at the Hub	Randi Bouton Donna Durand Lisa Heinrichs Cathy Vetter
Learning	Using the Action Bus and Public Transit – City of Red Deer PDD Family Information Meeting – PDD Central Board PDD Central Board Info for CARS Cougars Alzheimer Learning Series

March 2010

First Friday	Hub House Concert – Tir Na N’og
Art Gallery	Duck Duck Goose - Wilson Harrowby
Live at the Hub	Tom Lindl Ernie Cebuliak Neil McNairmay Waskasoo Bluegrass Society
Learning	Pets and Your Responsibility – SPCA CARS First Aid workshop CARS Peer Support workshop Alzheimers Learning Series Safe Harbour Business Luncheon Rights Learning and Theatre High School Presentstion
Special Events	Artsparks Jam Night Melting Put Cultural Kitchen – CARS COUGARS International Day to End Racial Discrimination Drumocracy

April 2010

First Friday	Hub House Concert – Raghu Lokanathan
Art Gallery	What’s New Pussycat - Dee Oleksow
Live at the Hub	Don Swift Lisa Heinrichs Rob McIver Cathy Vetter
Learning	Neighborhood Information Session – City of Red Deer Volunteer Workshop – Volunteer Red Deer (CIRS) Family Managed Supports Meeting – PDD
Special Events	Drumocracy Melting Put Cultural Kitchen – CARS COUGARS Earth Day

May 2010

First Friday	Hub House Concert – One for the Girls
Art Gallery	A Face Only a Mother Could Love - Peter Allen
Live at the Hub	Lisa Heinrichs Donna Durand Neil McNairnay Waskasoo Bluegrass Society
Learning	Tuesday Night Learning Series – Alzheimer’s Society Green Jobs – Council of Canadians Registered Disability Savings Plan Information Session
Special Events	Central Alberta Music Festival auditions Melting Pot Cultural Kitchen – CARS Cougars Jams Night for Board Games (artsparks theatre)

June 2010

First Friday	Hub House Concert – Amos Garret
Art Gallery	A River Runs through it – Erica and Rikki Gallery IS
Live at the Hub	Josh Schmelke Donna Durand Ranid Boulton Buffalo Revival
Learning	Transition to Alternative Care – Alzheimer Society End of Life – Alzheimer Society Proper Wheelchair attachment information session for Drivers – City of Red Deer Family Managed Supports meeting Living Books – Red Deer Public Library
Special Events	CADA/ACFA Hub House Concert – Randall Spears CADA AGM Right Learning and Theatre Group

July 2010

First Friday	Hub House Concert – Jazz Night - ACFA
Art Gallery	The Car Show – Brian Isbister
Live at the Hub	Friske and Friends Conna Durand and Chris Barnes Justine Vandergrift Randi Boulton
Learning	A Caring approach workshop – Alzheimers Society Meaningful Moments – Alzheimers’ Society Lunch and Learn – Central Alberta Music Festival
Special Events	Local First Market Centre Fest Volunteer Headquarters Wednesday Might Jamming Bill Bourne in Concert

August 2010

First Friday	Hub House Concert – Tir Na N’og
Art Gallery	Interpretations of Nature - Kerry Wood Nature Center
Live at the Hub	C - Note Ross Stafford Duane Hay Justine Vandergrift
Learning	Red Deer Native Friendship Society – Mahihiwan A Caring Approach – Alzheimer’s Society
Special Events	Local First Market Push to Open – Everyone Belongs Outside Wednesday night jamming El Salvador Family Event Downtown Stories Come Alive – Downtown Business Association CADA Celebrates Diversity and You!

September 2010

First Friday	Hub House Concert – Richard Harrow
Art Gallery	Momentum - Joan Bailey
Live at the Hub	Randi Boulton Tom Lindl Richard Harrow Rob McIver
Learning	Eye Openers – CADA Family Managed Supports Meeting CARS Speaker Series
Special Events	Alberta Arts Days Puffed Wheat Square Bake off Heritage Harvest Tea Party Mapping Your Journey Art Project Heritage Stories through Song – Downtown Business Association Local First Market Community Engagement Community Project Kick Off – CADA Wednesday night Music Gallery Fair Play

Weekly Hub Regular Activities

Fall 2009

Sign Language
Drumming
Carlee's Creations
Melting Pot Cultural Kitchen
Live at the Hub
Art
Karlin's Karaoke
Rights Learning and Theatre
Mickey's Dance Sessions
Talking Photography
Cougars Meetings

Winter/Spring 2010

Let's Sing
Let's Act
Board Games
Sign Language
Drumming
Carlee's Creations
Melting Pot Cultural Kitchen
Reel Movies, Reel Stories
Hub House Band
Live at the Hub
Art
Mickey's Dance Sessions
Noon-time Jazz and Hip Hop Classes
Cougars Meetings

Summer 2010

CADA Eye Opener Discussions
Ryan and Roland Rockin Rhythms
CARE Reel People, Reel Places
Red Deer History Alive
Art with Peter and Wilson
Cosmos Dance
Sign Language
Drumming
Wednesday Night Jamming
Theatre Games
Local First Market
Live at the Hub

Fall 2010

CADA Eye Opener Discussions
Ryan and Roland Rockin Rhythms
Sign Language
Cosmos Dancing
CARE Tea and Sharing
Right on Drama Fun
Cougars Meetings
Cougars Special Speakers Series
Cosmos Personal Development Workshops
Visual Creations
Creating with Carlee
Melting Pot Cultural Kitchen
Music Gallery
Anthony and the Hub House Band
Friendship Drum Circle
Pasta Players
Mahiihkan Friendship Learning Circle
Local First Market
Live at the Hub

Advisory Committee Terms of Reference (May 10, 2010)



The Hub on Ross Advisory Committee is an open (ad hoc) committee. The purpose of the committee is to provide advice to the staff at the Hub and support the success with the Hub being an excellent and sustainable example of INCLUSION (a place for all) in Red Deer.



The committee is made of up interested community members and representatives of key stakeholder groups in Red Deer. Anyone is welcome to join the committee and offer their advice and support to the Hub on Ross! People with a passion for building and supporting an inclusive community are encouraged to join the committee at any time. Of particular interest are representatives from:

- The City of Red Deer*
- CADA*
- The PDD community*
- CARE*
- Downtown Business Association*
- Red Deer Arts Council*
- Friends of the Hub*
- Artists*
- The Alzheimer's Society*

The staff of the Hub are responsible for and will use the advice offered by the committee as they see fit (the committee is their sounding board, opportunity for reflecting, etc.).

The staff of the Hub support the committee (*recruiting members, calling meetings, coordinating communications, etc.*)

The committee reports to the staff of the Hub who benefit from ideas generated from shared discussions at committee meetings.

Notes of meetings are recorded by staff for their consideration in programming decisions at the Hub.

The staff of the Hub will monitor the effectiveness of this committee in supporting their work and adding value to the sustainability of the Hub.

Meetings: The committee meets monthly based on notice from staff from the Hub.

Objectives: *Work with and provide advice to the staff of the Hub to:*

Define the Values and Guiding Principles of the Hub.

Clarify the role of the advisory committee through developing our Terms of Reference.

Learn more about Inclusion – become champions for inclusion.

Promote inclusion within the community, seeking opportunities for the PDD community outside of the Hub – mindful of opportunities for diverse people to play diverse roles.

Seek and encourage users of the space and to provide programming and opportunities
(*help to stimulate user people*)

Explore options for strengthening the sustainability of the Hub. Seek and encourage potential supporters and partners to share the space and pool resources for mutual benefit.

Identify guidelines (examples of best practices) for effective and meaningful inclusion.

Build learning opportunities that share practical and safe ways to enable and ensure successful inclusive activities (build community capacity for being inclusive).

Collect success stories – stories of inclusion and impact in the broader community (beyond the walls of the Hub).

Our Vision: The Hub is an excellent and sustainable example of inclusive and diverse community in action, modeling how it can be done and done well.

Our Mission: To advise and support the Hub to be a successful place of inclusion and a place that builds our community's capacity for being inclusive.

Our Values and Guiding Principles:

Inclusive Community: Activities must be open to everyone. For individual and community use of the Hub, specific guidelines and support will be given to you to aid you in a mutually beneficial experience.

Visual and Performing Arts: Please keep in mind that we are a visual and performing arts community centre, funded by the Central Alberta Persons with Developmental Disability Board.

Leadership and Professionalism: Users will work with Hub staff to create a plan for optimal community involvement and participation. Hub staff have final decision making capability surrounding use of facilities and involvement in order to ensure alignment with our philosophy.

Accountability: Users are expected to commit to the terms and conditions of use. Users are encouraged to take pride in the space and to leave the Hub better than you found it.

Respect: Participants are required to be personally responsible for having fun and being respectful.

Effective Outcomes and Celebrating Successes: Stories of success and meaningful outcomes are the building blocks for our current funding and would be greatly appreciated as a contribution after you have connected with us at the Hub.



Want to Connect with Us?

- for a special event or fundraiser;
- for a class - dance, art, etc.
- to host a Hub House Concert
- as an art exhibitor in the public art gallery
- as a meeting place for your community event, information session
- as a volunteer or friend; as a leader, host of an event
- as a participant
- Live at the Hub – coffee house atmosphere on a Friday afternoon 1-3pm to help with the Local First, Loaves and Fishes, homespun initiative

Great! Here's how it works:

1. Activities must be open to everyone.
2. You will work with Hub staff to create a plan for optimal community involvement and participation.
3. For individual and community use of our facility, specific guidelines will be given to you to help ensure a mutually beneficial experience.
4. We strongly encourage personal and organizational accountability during shared involvement and participation at the Hub
5. Stories of success are the building blocks for our current funding and would be greatly appreciated as a contribution after you have connected with us at the Hub.
6. As a participant you will be required to be personally responsible for having fun and being respectful.
7. Please keep in mind that we are a visual and performing arts community centre, funded by the Persons with Developmental Disabilities Central Region Community Board.
8. Hub staff members reserve the right to approve only those proposals that align with our philosophy.

Art Gallery Exhibitor – How to showcase your art in downtown Red Deer

- ⇒ Go to website www.hubpdd.com and go to art. Refer to artist contract.
- ⇒ Send a photograph of the artwork you want to exhibit bev.randers@gov.ab.ca two months prior to your show. Please note that the Hub is a family friendly, inclusive facility that exhibits art suitable for family viewing.
- ⇒ Art to be ready for “opening” at mutually agreed date, ideally the first Friday of each month unless it falls on a Stat holiday.
- ⇒ An artist reception will be held just prior to a concert for approximately 2 hours from 5 to 7 pm.
- ⇒ Please be prepared to leave your art up for the entire month.
- ⇒ Please be prepared to work with our volunteer curator and artist host “Jesse.”
- ⇒ Please send an artist statement/biography or bring one already framed to accompany your work.
- ⇒ Advertising for the art show – we will provide a poster that combines your art opening reception with the Hub house concert. The Hub networks with the other art galleries in the city. When possible the Hub will attempt to hold an art reception the first Friday of every month. Hub staff will contact media with information for the “art show of the month.”
- ⇒ Reception – please be considerate of food and drink safety and costs. Host of music concert will sell refreshments for fundraising efforts.
- ⇒ Negotiation and Communication -Anything is negotiable and possible. Heavy large art easels are available for your use. Wall art is hung with a chain installation system (to minimize wall damage).
- ⇒ Artist are responsible for printing labels with title of art, medium, and cost (if wishing to sell).
- ⇒ Artist to provide guest book if wanted.

Organize Your Own House Concert – Hub holds up to 100 people

- ⇒ Musician plays for the Sale at the Door, no financial loss or gain for Hub on Ross. Hub agency partners may take lead role for concert, not responsible for financial losses.
- ⇒ Concerts typically run from 7-9 pm for family friendly promotion in downtown Red Deer.
- ⇒ If opening act is desirable, the host musician decides payment.
- ⇒ Sound equipment is provided – 4 mikes, 2 DI boxes, drum kit available
- ⇒ Sound technician possibilities – bring your own, use Hub volunteer if available, pay approximately \$50.00 if need to hire and we will find the technician
- ⇒ Sound check one hour prior to concert start time (6pm).
- ⇒ Ticket price suggestions - \$15.00 per person, \$30.00 for family. Hub gets the right to adjust ticket prices for people who receive PDD funding. Hub volunteers host the evening, take ticket sales at door, and can sell CD's for musicians as well.
- ⇒ Refreshment providing partner – musicians choice to benefit local cause (Hub staff can also choose based on need, theme, etc) Note – alcohol not allowed
- ⇒ Posters – Musician do their own marketing.
- ⇒ Musician designs posters and sends to copies now for printing copy@copiesnow.ab.ca after proofreading by Bev. Bev/Twyla will pick up and pay for, get reimbursed from concert ticket sales. 25 posters and 50 tickets get printed for approximately \$55. Hub volunteer places posters around town. Concert poster put on Hub website. Information needed on poster: The Hub on Ross, 4936 Ross Street, 403-340-4869. Tickets purchased at the Hub on Ross, date and time.
- ⇒ PSA's – Musician (or Renay) responsible for contacting all local media – list as follows:
 - *One month prior for newsletter – reddeerscene@yahoo.ca
 - *3 weeks prior
 - Editorial@reddeeradvocate.com
 - mweber@reddeer.greatwest.ca
 - shawtvcentralalberta@shaw.ca
 - promotions@1067thedrive.fm
 - Gloria@sunny94.comCKUA and anyone else you wish to contact
- ⇒ In the event of stormy weather, musicians notify Hub they cannot come. Hub will cancel event and notify pre-sales ticket holders for full refund of \$\$\$
- ⇒ Out-of-town musicians – billeting might be possible, to reduce costs. Snacks can be provided upon request
- ⇒ More information can be obtained by contacting Bev.Randers@gov.ab.ca and TwylaJoy.Lapointe@gov.ab.ca

- ⇒ **Special Event for Fundraiser – How to Go About this Connection**
- ⇒ Think how you can connect people for inclusion, leadership, volunteering, etc
- ⇒ Come with your preferred date and alternative choice as Hub gets booked quickly. Evening activities to end by 9 pm. Alcohol is prohibited, safe food handling course advised if event involves food. Please bring your own plastic gloves and hair nets.
- ⇒ Designate a Hub Facility Key Holder who will be responsible for the “safe use of the building”. Ensure time is taken for the Hub building orientation.
- ⇒ Use the Hub logo on all your promotion, be prepared to tell everyone about the Hub and to fill out an evaluation form for future planning and community connections.
- ⇒ Consider the make up of your committee to include someone from our PDD community
- ⇒ Hub facility is a “green venue” meaning we minimize garbage and prefer not to use disposables. Garbage and recycling to be packed out please
- ⇒ Our philosophy is to leave the Hub better than how you found it. How can this work for your organization?
- ⇒ Analyze your needs for food and beverages. We have the these items available for your use:
- 100 cup, 50 cup, 30 cup and 12 cup coffee/hot water makers. Please note that electrical appliances need to be spread out so we don’t trip the breakers – 2 breaker boxes located in basement (your key will open door) and 1 breaker box in fridge room
 - 100 plates, an assortment of utensils, some round table cloths that you can launder if you use
 - mugs and cups
 - fridge for limited use occurring around your event
- ⇒ Please bring all your own condiments and consider donating leftover condiments (cream, sugar, coffee, tea) to the Hub. Also food leftovers can be donated to A Gathering Place – please make your own arrangements to do so

**Offer a dance class, art class – How to Go About Offering a Cultural class,
Poetry Reading, Book Reading**

- ⇒ What gift are you wanting to share? How can it be delivered? Can your session include someone with a disability as a leader, volunteer, host?
- ⇒ Have you ever facilitated a group or individual before? What are your needs as a facilitator?
- ⇒ What are your expected outcomes from offering this session at the Hub on Ross?
- ⇒ What are your preferred days, times, frequency of your offering?
- ⇒ Can you provide a reference of someone who has experienced your session?
- ⇒ Please keep in mind that our facility is a family friendly all inclusive, all encompassing, sensitive to all (beliefs, values) venue.
- ⇒ Classes that are offered at the Hub on Ross should be open to everyone. If fees are needed to cover the cost of supplies, the facilitator is responsible for collecting the needed fee and setting up the registration process. Due to our “welcoming all inclusive philosophy” please be prepared to welcome everyone and encourage any drop in “traffic” to stay and watch and possibly join in if they want to in the future.
- ⇒ Will you be needing help with respect to plain language, sign language, audiovisual assistance?
- ⇒ Please handle all the publicity for your event, use our Hub Logo on your printed material and posters, contact all the media, and absorb whatever costs are associated with the above promotion.
- ⇒ Please allow time for a thorough orientation for your facilitation needs (bring your own laptop ensuring it is compatible with our system)
- ⇒ If refreshments are part of your offerings, please feel free to use our cups, kettle, utensils, coffee makers and be mindful of unpredictability of numbers.

Hold an Information Session, Meeting
How to maximize on our “inclusivity” model

- ⇒ What help do you need to hold a meeting? What help do you need to promote your open meeting or session?
- ⇒ Can you meet with an individual who might be interested in helping you host the meeting?
- ⇒ Please use our Hub Logo on all of your promotional material.
- ⇒ Please be prepared to tell everyone about the Hub and the goals of building community, connections and relationships.
- ⇒ Please be prepared to fill out an evaluation form at the end with the following information:
 - 1 why did you choose the Hub for your gathering?
 - 2 what did you learn about the Hub?
 - 3 did you or any of your participants have ideas for future community building efforts?
 - 4 how many people attended your function?
 - 5 would you like to be more involved with the Hub – formally or informally?

Bringing culture to downtown Red Deer

- ⇒ The Hub is a family friendly venue for connecting people. Who are you able to bring in to enjoy your music and meet some of our folks?
- ⇒ What kind of help would you like to promote your Friday time”?
- ⇒ Are you okay with coming to the Hub at 12:45 for a sound check?
- ⇒ Do you need help unloading your equipment?
- ⇒ What are your equipment needs? We have mikes, mike stands, a guitar holder, stool, drum kit, sound system available for your use
- ⇒ Playing time is from approximately 1:15-3:00pm with a 15 minute break for mingling around 2:00pm – are you okay with this?
- ⇒ Would you be interested in attending other musical activities at the Hub on Ross – Wednesday night jam sessions, supporting other musicians and meeting other people on Friday afternoons?
- ⇒ Do you have a mechanism to help promote “Live at the Hub”?

Be a friend, volunteer – How to make a difference in someone’s life

- ⇒ Do you like meeting new people and spending time enjoying the visual and performing arts?
- ⇒ Are you able to help someone with their transportation needs to come to the Hub (take a city bus, drive your own car, arrange to take a taxi with others?)
- ⇒ Will you be able to spend some time absorbing the spirit of the Hub by just dropping in and hanging out (a gentle introduction by observation)
- ⇒ Can you go through an official orientation process that will be specific to your “volunteer” preferences?
- ⇒ Please be as specific as possible regarding your personal goals for volunteering

Local First, Loaves and Fishes, Homespun, Natural Initiatives

- ⇒ The Hub on Ross hopes to connect people to contribute to the culture and well-being of Central Alberta
- ⇒ Our goal is to connect people who like healthy food and want to help people
- ⇒ We want to promote the goal of “Local First” and contribute to the livelihood of local producers and consumers of food
- ⇒ We want to give people opportunities to connect. People who might not normally have the same opportunities to be involved in the local food movement
- ⇒ Individuals with a disability will be supported by staff to help sell local food/produce
- ⇒ Food will be sold on Friday afternoons from 12-3pm
- ⇒ The Hub will be providing a free table and assistance from our Hub Participants. In lieu of the table rent, we are asking that an honorarium for your assistant be provided – producer decides what is fair and appropriate
- ⇒ The producer should please provide information about their products, preferred prices and promote their business as much as possible
- ⇒ The producer is also welcome to sell their produce at the Hub with the assistance of a Hub volunteer/participant
- ⇒ Any leftover produce can be donated to Loaves and Fishes



October 14, 2010

Congratulations on your successful year! The Hub on Ross is a happening place with many unique programs occurring on a regular basis.

The City of Red Deer is delighted with all the Hub's activities that contribute to a safe, friendly, active downtown. The Hub's leadership and offerings to culture in Red Deer is consistent with our vision for an inclusive, welcoming community.

The Hub is a role model for creating partnerships and making connections with numerous groups to foster cultural growth for years to come. Thank you for your dedication to building community.

Sincerely yours,

A handwritten signature in black ink that reads 'Morris Flewwelling'.

Morris Flewwelling
Mayor

The HUB

Where people connect

FALL into making connections! It's as simple as walking through the doors of The Hub at 4936 Ross Street in Red Deer, where there are lots of people to meet and worthy causes to support. Call Bev at 403-340-4869 or check out www.hubpdd.com

October, 2009

Mondays
1:15 to 2:15 pm: Sign Language with Jeremy

Tuesdays
9:30 to 10:30 am: Carlon's Karaoke
11 am to Noon: Kitchen sing-a-long with E@A
2 to 3 pm: Community Drum Circle


Wednesdays
Oct. 14 & 21: Carlee's Creations, 3:30 to 5:30 pm
To register: email angiej@carsrd.org

Thursdays
9:30 to 10:30 am: Carlon's Karaoke
11 am to Noon: Kitchen sing-a-long with E@A
Oct. 22 & 29: Melting Pot Cultural Kitchen, 4 to 6 pm

Fridays
10 a.m. to Noon: Rights Learning and Theatre
1 to 3 pm: Live at The Hub

Coming Soon
Oct. 28: Steve Fisher and Bob Evans, Live at The Hub, 6 to 8 pm
Nov. 2, 16 & 23: Peer and Sexuality Support, 3:30 to 5 pm (Contact patti@carsrd.org)
Nov. 6: First Friday Art Exhibit Opening Reception, Noon to 4 pm
Nov. 7: Gamma-Link Africa, Noon to 4 pm
Nov. 20: United Way Soup Luncheon, 11 am to 1 pm

Live at the Hub
Oct. 2: Brett & Bruce
Oct. 9: Neil McNaimy
Oct. 16: Rob McIver
Oct. 23: Mike & Lann
Oct. 30: Waskasoo Bluegrass Society



The HUB on ROSS

Join us for arts, culture and entertainment. Open weekdays 9 am to 4 pm

November, 2009

Mondays
1:15 to 2:15 pm: Sign Language with Jeremy

Tuesdays
9:30 to noon: Community Profiles
2 to 3 pm: Community Drum Circle

Wednesdays
9:30 to noon: Art
1 to 3 pm: Creating artwork for the RDC production of *Beauty and the Beast*
Nov. 4 & 18: Carlee's Creations from 3 to 5 pm; to register, email angiej@carsrd.org


Thursdays
9:30 to 10:30 am: Karlin's Karaoke
10:45 to 11:45 am: Vocal Jam with the Hub House Band
Nov. 12 & 26: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email angiej@carsrd.org

Fridays
10 am to noon: Rights Learning & Theatre Group; to register, email TwylaJoy.Lapointe@gov.ab.ca
1 to 3 pm: Live at The Hub; have a great time with great music.

EVENINGS & WEEKENDS
Nov. 6: First Friday. Join us from 4 to 8 pm for a reception to open the *artsparks* at MAG exhibit. Music by Lisa Heinrichs.
Nov. 7: *Mosaic Market*, a "social justice fair with a multicultural flair," from 1 to 4 pm, with displays, entertainment, homemade crafts and authentic African food.
Nov. 14: The Council of Canadians hosts an afternoon of information about *nuclear energy*, 1 to 4 pm.

DAYTIME SPECIAL EVENTS
Nov. 3: *FREE Safe Harbour-Respect for All* workshop from 11:30 am to 2 pm. Bring a bag lunch. Email care2@telusplanet.net
Nov. 25: *United Way Benefit Soup Luncheon*, 11 am to 1 pm. A hearty soup lunch for just \$5.
Nov. 30: *Collective tree decorating*. Drop in and help decorate our Christmas trees.

4936 Ross Street 403-340-4869 www.hubpdd.com



The HUB on ROSS

Connect, contribute and celebrate. Open weekdays 9 am to 4 pm December 1-21. Closed December 3 in the afternoon and all day December 22 through January 3. Join us January 4.

December, 2009

Mondays
9:30 to 10:30 am: Stories and Skits with Jeff
1:15 to 2:15 pm: Sign Language with Jeremy

Tuesdays
9:30 to 11:30 am: Mickey's Dance Sessions
2 to 3 pm: Logan's Beat, Community Drum Circle

Wednesdays
10 to 11 am: LA Photography. Join Laurie and Alan for photo workshops.
1 to 3 pm: Cosmos Art Creations
Dec. 2 & 16: Carlee's Creations from 3 to 5 pm; to register, email angiej@carsrd.org

Thursdays
9:30 to 10:30 am: CAR5 Karaoke
10:45 to 11:45 am: Vocal Jam with the Hub House Band
12:30 to 1 pm: Matt & Murray Movie Pics Discussion
1:15 to 2:45 pm: Two Christmas Classics, Dec. 10 & 17
2:45 to 4 pm: VCSS Movie Critics and Tea
Dec. 3 & 17: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email angiej@carsrd.org

Fridays
Dec. 4 & 11: Rights Learning & Theatre Group Rehearsal from 10 to 11:30 am
1:15 to 3 pm: Live at The Hub; Lisa Heinrichs (Dec. 4), Donna Durand (Dec. 11), Justine Vandergrift (Dec. 18)

EVENINGS & WEEKENDS
Dec. 10: *A Christmas Carol* performed by the Christian Youth Theatre, 7 to 8 pm. Tickets \$5. Proceeds to the United Way.
Dec. 18: *Benefit Concert*, live music, 6 to 9 pm. Cost \$30. Proceeds to A Gathering Place. Refreshments by donation to the Himalayan Orphanage Project.
Dec. 19: *J.U.S.T. for Fun at Christmas*, 1 to 4 pm, presented by Cosmos Community Support Services Ltd.
Dec. 2 & 9: *Artsparks on the Boards*, 6 to 8 pm.

DAYTIME SPECIAL EVENTS
Dec. 1: *Safe Harbor Respect for All* workshop from 11:30 am to 2 p.m. Bring a bag lunch. Email care@telusplanet.net.
Dec. 3: *International Day of Persons with Disabilities* from 11 am to 5 pm at Parkland Mall. Hub closed in the afternoon.
Dec. 10: *Photo Shoots with Santa*. Get your picture taken with the jolly one, 10 to 11 am.

4936 Ross Street 403-340-4869 www.hubpdd.com



The HUB on ROSS

Join us January 6 for a Hub stakeholders' meeting. Phone 403-340-4869 for more information and to register. Open for business after the holidays on January 7.

January, 2010

Mondays
9:30 to 10:30 am: Stories and Skits with Jeff
10:45 to 11:30 am: How to Write a Story and Keep a Journal
1:15 to 2:15 pm: Sign Language with Jeremy
Jan. 11 & 25: Let's Act, from 4 to 6 p.m.

Tuesdays
9:30 to 11:30 am: Mickey's Dance Sessions
12:15 to 12:45 pm: Downtown Dance Break, beginner jazz and hip hop
1:30 to 2:30 pm: Logan's Beat, Community Drum Circle

Wednesdays
10 to 11 am: LA Photography. Join Laurie and Alan for photo workshops.
11 am to noon: Ryan and Roland Rockin Rhythms
1 to 3 pm: Cosmos Art Creations
Jan. 13 & 27: Carlee's Creations from 3 to 5 pm; to register, email angiej@carsrd.org
Jan. 13 & 27: Let's Sing Songsparks, 4 to 6 pm

Thursdays
9:30 to 10:30 am: CAR5 Karaoke
10:45 to 11:45 am: Vocal Jam with the Hub House Band
12:30 to 1 pm: Matt & Murray Movie Pics Discussion
1:15 to 2:45 pm: Films with Flair
2:45 to 4 pm: VCSS Movie Critics Discussion and Tea
Jan. 14 & 28: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email angiej@carsrd.org


Fridays
10 to 11:30 am: Rights Learning & Theatre rehearsal
1 to 3 pm: Stanley presents Live at The Hub.

CONNECTION SPECIAL
Enter to win a diamond ring. Draw will be made in time for Valentines Day. Contest rules: Visit the Hub and tell us your story of who you've met here and how it has made you happy.

EVENINGS & WEEKENDS
January 20 & 27: *artsparks* on the Boards, from 6 to 8 pm.
January 25: *Inclusion Workshop*, 6 to 9 pm, email kelly-s@shaw.ca to register.

DAYTIME SPECIAL EVENTS
January 5: *Safe Harbour Respect for All*, 11:30 am to 2 pm. Bring a bag lunch. To learn more, email care@telusplanet.net.
January 8: *Elvis Fan Club Kick-off*, hosted from 1 to 3 pm on Elvis' birthday by Rebecca.
Thursday Movies from 1 to 3 pm.
• Man Who Chooses the Bush (Jan. 7)
• E for Everyone with filmmaker Daniel Kooman (Jan. 14)
• The Impossible Takes a Little Longer (Jan. 21)
• Ten Candles (Jan. 28)
Live at The Hub Fridays from 1 to 3 p.m.
• Cathy Vetter (Jan. 15)
• Aaron Diatel Family (Jan. 22)
• Waskasoo Bluegrass Society (Jan. 29)

4936 Ross Street 403-340-4869 www.hubpdd.com



The HUB on ROSS

Open weekdays 9 am to 4 pm, except Family Day on Monday, February 15

February, 2010

Mondays

9:30 to 10:30 am: Stories and Skits with Jeff
10:45 to 11:30 am: Write a Story
1:15 to 2:15 pm: Sign Language with Jeremy
Feb. 8 & 22: Let's Act, from 4 to 6 p.m.

Tuesdays

9:30 to 11:30 am: Mickey's Dance Sessions
12:15 to 12:45 pm: Downtown Dance Break, beginner jazz and hip hop
1:30 to 2:30 pm: Logan's Beat, Community Drum Circle

Wednesdays

10 to 11 am: LA Photography. Join Laurie and Alan for photo workshops.
11 am to noon: Ryan and Roland Rockin' Rhythms
1 to 3 pm: Cosmos Art Creations
Feb. 10 & 24: Carlee's Creations from 3 to 5 pm; to register, email creatingwithcarlee@hotmail.com
Feb. 10 & 24: Let's Sing, 4 to 6 pm

Thursdays

9:30 to 10:30 am: CARS Karaoke
10:45 to 11:45 am: Vocal Jam with the Hub House Band
1 to 3:15 pm: Reel People, Reel Stories. A movie, followed by tea and discussion. Hosted by VCSS Movie Critics
Feb. 11 & 25: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email the.melting.pot@hotmail.com

Fridays

10 to 11:30 am: Rights Learning & Theatre rehearsal
1 to 3 pm: Stanley presents Live at The Hub.

CONNECTION SPECIAL

Enter to win a diamond ring. Draw will be made in time for Valentines Day. Contest rules: Visit and tell us who you have met.

EVENINGS & WEEKENDS

February 5: *Art gallery opening*, 6 to 8 p.m. See the work of photographer Alan Anklide and support local charities by purchasing unique cards and framed photos. This is also the night for the *Hub House Concert*, 7 to 9 p.m., with recording artists Paul Rumbolt, Bob Jahrig and Ross Stafford.
February 22: *PDD Family Information Meeting* to be held at 7 p.m.

DAYTIME SPECIAL EVENTS

February 22: *How to Use the Action Bus and Public Transit*, 2:30 p.m., presented by Hub volunteer Wes and facilitated by Howard from the City of Red Deer.

Reel People, Reel Stories, Thursday Movies from 1 to 3 pm.

- Red Deer River Journey (Feb. 4) - meet the filmmaker
 - A Love Story, made by *artsparks* in Red Deer (Feb. 11)
 - 50 First Dates (Feb. 18)
 - Buffalo Grass to Dinosaur Bones (Feb. 25)
- Live at The Hub Fridays from 1 to 3 p.m.*
- Randi Boulton (Feb. 5)
 - Donna Durand (Feb. 12)
 - Lisa Heinrichs (Feb. 19)
 - Cathy Vetter (Feb. 26)

4936 Ross Street 403-340-4869  www.hubpdd.com

The HUB on ROSS

Open weekdays 9 am to 4 pm. Make a connection: join us for art and culture

March, 2010

Mondays

9:30 to 10:30 am: Stories and Skits with Jeff
11 am to noon: Ryan & Roland Rockin' Rhythms
1:15 to 2:15 pm: Sign Language with Jeremy
March 1: CARS First Aid, 5 to 7 pm; email debbie@carsd.org
March 1 & 15: CARS Peer Support, 3 to 4:30 pm
March 8 & 22: Let's Act, from 4 to 6 p.m.

Tuesdays

9:30 to 11:30 am: Mickey's Dance Sessions
12:15 to 12:45 pm: Downtown Dance Break, beginner jazz and hip hop
1:30 to 2:30 pm: Logan's Beat, Community Drum Circle

Wednesdays

10 to 11 am: Talking Photography, hosted by Laurie
1 to 3 pm: Arts Galore
March 10 & 24: Carlee's Creations from 3 to 5 pm; to register, email creatingwithcarlee@hotmail.com
March 10 & 24: Let's Sing, 4 to 6 pm

Thursdays

9:30 to 10:30 am: CARS Karaoke
10:45 to 11:45 am: Vocal Jam with the Hub House Band
1 to 3:15 pm: Reel People, Reel Stories. A movie, followed by tea and discussion.
March 11 & 25: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email the.melting.pot@hotmail.com

Fridays

10 to 11:30 am: Rights Learning & Theatre rehearsal
1 to 3 pm: Stanley presents Live at The Hub.

EVENINGS & WEEKENDS

March 5: Meet artist *Wilson Harrowty* from 5 to 7 p.m. at the official opening of his exhibition, *Duck Duck Goose*.

March 2: This is also the night for the *Hub Celtic House Concert*, 7 to 9 p.m., featuring Neil McNair and Tir Na N'og from Calgary. Tickets \$15 per person or \$30 per family.

March 12: *Jam Night* for artsparks at 7 p.m. Cost is \$5.

March 19: *Drumcracy*, hosted by Jenna and Jeremy, at 7 p.m. Donations welcome.

March 21: UN sanctioned International Day to End Racial Discrimination.

DAYTIME SPECIAL EVENTS

March 8: *Elvis fan club members and friends*, come dance from 2:30 to 4 p.m.

March 31: *Pets and Your Responsibility*, presented at 12:30 p.m. by the SPCA.

Reel People, Reel Stories, Thursday Movies from 1 to 3 pm.

- Flight of the Snows (March 4)
 - A Powerful Noise (March 11)
 - The Dog Walker (March 18)
 - Darius Goes West (March 25)
- Live at The Hub Fridays from 1 to 3 p.m.*
- Tom Lind (March 5)
 - Ernie Cebulak (March 19)
 - Neil McNair (March 26)
 - The Waskasoo Bluegrass Society (March 26)

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The HUB on ROSS

Connect with our charity of the month, Whisker Rescue, "enriching lives one cat at a time"

April, 2010

Mondays

9:30 to 10:30 am: Stories and Skits with Jeff
11 am to noon: Ryan & Roland Rockin' Rhythms
Noon to 1 pm: Planning for First Nations connections
1:15 to 2:15 pm: Sign Language with Jeremy
April 12 & 26: Let's Act, from 4 to 6 p.m.

Tuesdays

9:30 to 11:30 am: Mickey's Dance Sessions
12:15 to 12:45 pm: Lunch Hour Downtown Dance Break; hip-hop and jazz dance lessons presented by the City of Red Deer. Starts April 13.
1:30 to 2:30 pm: Logan's Beat, Community Drum Circle

Wednesdays

9:30 am: Talking Photography with Laurie and David
10:30 am: Drawing with Wilson
1 to 3 pm: Arts Galore
April 7 & 21: Let's Sing, 4 to 6 pm
April 21 & 28: Making Masks from 1 to 3 pm with local artist Peter Allen
April 28: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email the.melting.pot@hotmail.com

Thursdays

9:30 to 10:30 am: CARS Karaoke
10:45 to 11:45 am: Vocal Jam with our house band
1 to 3:15 pm: Reel People, Reel Stories. A movie, followed by tea and discussion

Fridays

10 to 11:30 am: Rights Learning & Theatre rehearsal (April 23 and April 30 only this month)
1 to 3 pm: Stanley presents Live at The Hub.

EVENINGS & WEEKENDS

April 8: The City of Red Deer will hold a *Neighborhood Information Session* 9:30 to 7 p.m. Input for downtown rail yards.
April 14: Meet artist *Dee Oleskov* from 5 to 7 p.m. at the official opening of her exhibition, *What's New Pussycat*.

April 14: *The Hub House Concert*, 7 to 9 p.m., featuring *Raghu Lokanathan* with Jesse D and Jacqui B. Tickets \$15 per person or \$15 per family.

April 16: *Drumcracy* at 7 p.m. Hosted by Jenna and Jeremy; donations welcome.

April 26: *Family Managed Supports* meeting at 7 p.m.

DAYTIME SPECIAL EVENTS

April 19: *Elvis fan club members and friends* unite for an Elvis movie at 2:30 p.m.

April 26: *Volunteer Workshop* from 10 to 11 a.m. Tips on how and where to volunteer. Presented by Volunteer Red Deer, a division of CIRS and CSS.

Reel People, Reel Stories, Thursday Movies from 1 to 3 pm.

- The Rockies (meet the photographers, Bryan and Hazel Shantz, April 13)
 - Marley and Me (April 8)
 - Brandamad'd Take II (April 15)
 - This is It - Michael Jackson (April 23)
 - The Blind Side (April 29)
- Live at The Hub Fridays from 1 to 3 p.m.*
- Don Swift (April 9)
 - Lisa Heinrichs (April 16)
 - Rob McIver (April 23)
 - Cathy Vetter (April 30)

4936 Ross Street Open 9 to 4 pm Weekdays  403-340-4869 www.hubpdd.com

The HUB on ROSS

Making connections through art and performance. Open weekdays except Monday, May 24

May, 2010

Mondays

9:30 to 10:30 am: Stories and Skits with Jeff
11 am to noon: Ryan & Roland Rockin' Rhythms
Noon to 1 pm: Planning for First Nations connections
1:15 to 2:15 pm: Sign Language with Jeremy
May 10 & 31: Let's Act, from 4 to 6 p.m.

Tuesdays

9:30 to 11:30 am: Mickey's Dance Sessions
12:15 to 12:45 pm: Lunch Hour Downtown Dance Break; hip-hop and jazz dance lessons presented by the City of Red Deer.
1:30 to 2:30 pm: Logan's Beat, Community Drum Circle

Wednesdays

1 to 3 pm: Learn to Draw with Wilson
May 5 & 19: Let's Sing, 4 to 6 pm
May 26: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email the.melting.pot@hotmail.com

Thursdays

9:30 to 10:30 am: CARS Karaoke
10:45 to 11:45 am: Vocal Jam with our house band
1 to 3:15 pm: Reel People, Reel Stories. A movie, followed by tea and discussion

Fridays

10 to 11:30 am: Rights Learning & Theatre rehearsal
1 to 3 pm: Stanley presents Live at The Hub:

- Lisa Heinrichs (May 7)
- Donna Durand (May 14)
- Neil McNair (May 21)
- Waskasoo Bluegrass Society (May 28)

EVENINGS & WEEKENDS

Tuesdays: *Tuesday Night Learning Series*, 7 to 8:30 p.m., sponsored by the Alzheimers Society. For information, call 403-346-3540.

May 6 and 7: *Central Alberta Music Festival* auditions. Come see the talent from 6-9 p.m. both nights.

May 8: Meet mask artist *Peter Allen*, exhibitor of *A Face Only a Mother Could Love*, from 4 to 6 p.m.

May 8: *One for the Girls* concert from 7 to 9 p.m. Tickets \$15. Treat your Mom to healthy snacks as well as great music.

May 14: *Jam Night*, 6 p.m., for board games.

May 20: *Green Jobs*, a presentation and dialogue brought to us by the Council of Canadians at 7 p.m.

DAYTIME SPECIAL EVENTS

May 5: *Craft Sale* from 12:30 to 2 p.m. Proceeds to the Cosmos scrapbooking group.

May 12: *Primary Care Network* information session at 10 a.m. Learn about and be part of your own health care.

May 17: *International Book Fair*, 10 a.m. to 6 p.m. Sponsored by CARE.

Reel People, Reel Stories, Thursday Movies from 1 to 3 pm.

- The Other Sister (May 6)
- Beauty Around the World (May 13)
- Wipe Out (May 20)
- Hachi (May 27)

4936 Ross Street Open 9 to 4 pm Weekdays  403-340-4869 www.hubpdd.com

The HUB on ROSS

Making connections through art and performance. Open weekdays from 9 a.m. to 4 p.m.

June, 2010



Mondays

9:30 to 11 am: Eye Openers - Together We Talk. Led by Central Alberta Diversity Association. Coffee is on!
11 am to noon: Ryan & Roland Rockin' Rhythms
1:15 to 2:15 pm: Sign Language with Jeremy
June 7 & 21: Let's Act, from 4 to 6 p.m.

Tuesdays

9:30 to 11 am: Cosmos Community Support Services dance sessions, open to all
1:30 to 3:30 pm: Community Drum Circle

Wednesdays

1 to 3 pm: Learn to Draw with Wilson
June 2 & 16: Let's Sing, 4 to 6 pm
June 23: Melting Pot Cultural Kitchen, from 4 to 6 pm; to register, email the.melting.pot@hotmail.com

Thursdays

9:30 to noon: Anthony leads a vocal jam with the Hub House Band.
1 to 3 pm: Thursday Afternoon Movies — True Stories

Fridays

10 to 11:30 am: Rights Learning & Theatre rehearsal (no rehearsal June 25)
1 to 3 pm: Stanley presents Live at The Hub:
• Josh Schmelke (June 4)
• Donna Durand and Friends (June 11)
• Randi Boulton (June 18)
• Buffalo Revival (June 25)

4936 Ross Street Open 9 to 4 pm Weekdays 403-340-4869 www.hubpdd.com

EVENINGS & WEEKENDS

Tuesdays: 7 to 8:30 p.m., the Alzheimer Society presents *Transition to Alternative Care* (June 1) and *End of Life* (June 8). For information, call 403-346-2540.

Wednesdays: 7 to 9 p.m., *Open Jam Session: Swing and Jazz* (June 2), *Celtic* (June 9), *Acoustic Blues* (June 16), *Folk* (June 23) and *Surprise* (June 30).

June 11: Opening reception for *A River Runs Through It*, artwork by Erika and Rikki of Gallery 15, 5 to 7 p.m.

June 11: Hub House Concerts presents *Amos Garrett*, opening with *Claude Godin*, 7 to 9 p.m. Tickets on sale at The Hub, \$20 per person or \$40 for families.

June 19: CADA/ACFA Hub House Concert presents *Randall Spears*, 4 to 6 p.m. Tickets at The Hub, \$55 per person or \$30 for families.

June 24: City Advisory Committee hosts *Proper Wheelchair Attachment Information Session for Drivers*, 7 to 8 p.m. Admission is free.

June 28: Family Managed Supports meeting, 7 p.m. Open to all.

DAYTIME SPECIAL EVENTS

June 3: Red Deer Public Library invites you to a free information session at 12:30 p.m. about a new collection, *Living Books*. Find out how you can take part as a 'book' or a 'reader.'

June 18: The Rights Learning Theatre Group premieres its new play, *The G-Act*, at 10 a.m.

June 22: The Central Alberta Diversity Association will hold its AGM from 5 to 7. Call 403-340-2343 for more information.

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 Babister, 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 Alzheimer's 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).

4936 Ross Street Open 9 to 4 pm Weekdays 403-340-4869 www.hubpdd.com

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. Rattling 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 Waslasoo 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 Mahliwan 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.

4936 Ross Street Open 9 to 4 pm Weekdays 403-340-4869 www.hubpdd.com

The HUB on ROSS

Open weekdays from 9 a.m. to 4 p.m.; closed Monday, Sept. 6

September, 2010



Mondays

9:30 am: Eye Openers hosted by Central Alberta Diversity Association
11 am: Rockin' Rhythms with Ryan & Roland
1:15 pm: Introduction to Sign Language, with Jeremy & Kylie

Tuesdays

9:30 am: Cosmos presents *Creative Movement*
1 pm: *The Art of Tea and Being Green*, with Dee, Wilson
Sept. 21 at 4 pm: CARS invites you to a Special Speaker Series
Sept. 28 at 4 pm: CARS meeting (call 403-342-4559, ext 236 before Sept. 21 to confirm attendance)

Wednesdays

Sept. 8 & 29 from 9:30 to 11:30 am: Interactive workshops focused on personal development, brought to you by Cosmos
1 pm: Touch drawing and peace artwork with friends of Earthdance, Cosmos Brush Strokes
Sept. 15 at 4:30 pm: Melting Pot Cultural Cooking; to register, call 403-342-4559, ext 236

Thursdays

9:30 am: Anthony and the Hub House Band
1:15 pm: Friendship Drum Circle
Sept. 28 & 30 from 5 to 8 pm: Red Deer Native Friendship Society presents Mahliwan Friendship Learning Circle; to register, call 403-340-9020
Sept. 30 from 6 to 8 pm: Fair Play Theatre Troupe — former attendees who may want to continue, please call 403-340-4869

Fridays

Noon to 3 pm: Local First Market
1 to 3 pm: Live at The Hub, Live Music:
• Randi Boulton (Sept. 3)
• Tom Lind (Sept. 10)
• Richard Harrow (Sept. 17)
• Rob McIver (Sept. 24)
Free tickets: for Sun Eggs Theatre and Dance, Sept. 17, shows at 10:30 am and 2 pm, at the Memorial Centre. Call The Hub if you would like a spot (wheelchair seating also available)

ALBERTA ARTS DAY, SEPT. 17

Journeys at The Hub on Ross, Alberta Arts Day
Noon to 1 p.m. — Puffed Wheat Square Bake-Off Challenge, hosted by WestPark Foods. Phone The Hub to enter
1 to 9 p.m. — Mapping Your Journey with Peter, Wilson and CARE, a collaborative art project
1 to 3 p.m. — Richard Harrow performs (writer of *One Tin Soldier*)
4 to 6 p.m. — Opening reception for Joan Bailey art exhibit called *Momentum*
6 to 7 p.m. — Heritage Stories through Song, hosted by the DBA, Heritage and Archives
7 to 9 p.m. — Richard Harrow Hub House Concert

EVENINGS & WEEKENDS

Sept. 17: Richard Harrow House Concert, 7 to 9 p.m., \$15 per person, \$30 per family. Tickets available at the door.

Sept. 13 & 20: Community drum circles facilitated by Sky and friends, 6:30 to 8 p.m.

Wednesday Night Music Gallery, 7 to 9 p.m.
Swing Jazz (Sept. 1)
Celtic (Sept. 8)
Acoustic Blues (Sept. 15)
Folk (Sept. 22)
Singer/Songwriter (Sept. 29)

Sept. 27: Family Managed Support Meeting @ 7pm

DAYTIME SPECIAL EVENTS

Sept. 3: Heritage Harvest Tea Party 1 to 3 p.m., hosted by Rhonda and Janet

Sept. 9: Drum circle facilitators share tips and tools, 1 to 3 p.m.

Sept. 27: Community Engagement Community Project Kick-Off. Open house from 9:30 to noon; lunch hour 1:30 to 3 p.m. and 5 to 7 p.m. Hosted by Central Alberta Diversity Association; for information, call 403-340-2343.

4936 Ross Street Open 9 to 4 pm Weekdays 403-340-4869 www.hubpdd.com



Erika Schulz
 'In our modern times when science and technology demystifies the world I feel storytelling is more important than ever. In a way I strive to bring some mystery back into everyday life.'

A RIVER RUNS THROUGH IT



Exhibition of works by Erika Schulz and Rikki Renard
 June 1 through June 30
 Opening/Artist Reception
 Friday, June 11, from 5 to 7 p.m.
 The Hub on Ross
 4936 Ross Street
 403-340-4869

Rikki Renard
 'My artwork is derived by my fascination with the visual world. I see an object and I enhance, beautify or embellish it through my interpretation.'


Alberta Arts Days DBA

Discover Experience Celebrate
 IN CELEBRATION OF NATIONAL CULTURE DAYS

JOURNEYS


You are invited to be part of a project co-sponsored by The Hub on Ross and Central Alberta Refugee Effort on September 17 as part of Alberta Arts Days. Drop in at The Hub (4936 Ross Street) anytime from noon to 9 p.m. and show us where you've been and where you're going in a collaborative art project called Mapping Your Journey with Peter, Wilson and CARE. Other events at The Hub on the same day include:

- 12 to 1 p.m.**
 The Puffed Wheat Square Bake-off Challenge hosted by Westpark Foods. Entries welcome. Call 403-340-4869 for details.
- 1 to 3 p.m.**
 Richard Harrow Live at the Hub.
- 4 to 6 p.m.**
 Opening Reception for Joan Bailey's art exhibit entitled Momentum. Joan's work will be on display at The Hub Art Gallery until September 30.
- 6 to 7 p.m.**
 Heritage Stories Through Song, hosted by the DBA, Heritage and Archives. A compilation of history, art, trivia, music, recipes and stories.
- 7 to 9 p.m.**
 Richard Harrow Hub House Concert. Songwriter of the famous *One Tin Soldier*, record producer, performer and recording engineer. Tickets \$15 each or \$30 for families.



The Hub on Ross presents the

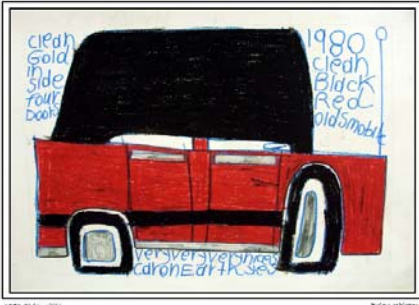
Amos Garrett Jazz Trio



Friday, June 11
 Starting at 7 p.m.
 4936 Ross Street
 Tickets \$20 per person
 Special rate of \$40 for families (children 12 and under)

Amos Garrett is a two-time Juno Award winner who keeps busy with three bands: his acoustic act, a blues band and a jazz trio. Garrett has shared the stage with performers such as Stevie Wonder, Emmylou Harris and Bonnie Raitt and has recorded with Anne Murray, Ian and Sylvia Tyson and Maria Muldaur. He is justly famous for the guitar solo of Muldaur's 1974 hit, *Midnight at the Oasis*.

Tickets at The Hub on Ross, 4936 Ross Street, 403-340-4869



BRIAN'S CAR SHOW
 July 8-31 at The Hub Art Gallery, 4936 Ross Street
 Artist reception: 1 to 3 p.m. - July 9



The Hub on Ross presents **2** events in one night

Duck Duck Goose The opening reception for the *Duck Duck Goose Art Exhibit* will be held at the Hub Public Art Gallery, 4936 Ross Street, from 5 to 7 p.m. Friday, March 5. Here's your chance to meet the artist, Wilson Harrowby.

Neil McNairmay and Calgary-based group **Hub House Concert** Tir Na N'og perform Celtic music from 7 to 9 p.m. March 5 on the Hub stage. Tickets are \$15 each or \$30 for a family. Available at 53rd Street Music or the Hub at 4936 Ross Street.

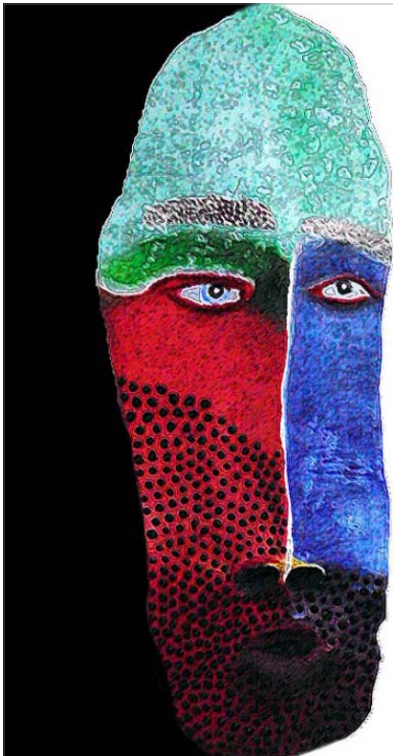
Call 403-340-4869 for more information



Interpretations of Nature Art Show

August 6-31
The Hub on Ross Art Gallery
4936 Ross Street
Red Deer
403-340-4869

A collaborative art show and sale by Waskasoo employees
Opening reception August 6 from 5 to 7 p.m.
A First Friday event
Meet the artists, sample light refreshments and listen to original music by Justine Ann and friends



Faces Only a Mother Could Love

The Hub on Ross Art Gallery presents:
Faces Only a Mother Could Love
Masks by Peter Allen
On display all of May

Artist reception
Saturday, May 8
from 4-6 p.m.

Open 9-4 weekdays
4936 Ross Street
Downtown Red Deer



Richard Harrow at The Hub on Ross

Richard Harrow is a singer-songwriter, musician, audio engineer and record producer. In the 70s he performed with The Original Caste (best known for their hit song *One Tin Soldier*). Through the 80s he recorded artists at his Living Room Studio, engineering a Juno Award-winning album for Bourne and MacLeod and four albums for Ian Tyson. He is now president of HB Media Inc. and co-hosts Soundwaves Folk Club in Calgary. Richard brings to Red Deer a one-man, multi-media show spiced with his off-kilter sense of humour.

Friday, September 17th
@ The Hub, 4936 Ross Street
7:00 p.m. to 9:00 p.m.
Tickets: \$15 per person
\$30 per family
Available at the Hub
For more information, please
call (403) 340-4869



C.A.R.E. **VOLUNTEER FRIENDS PROGRAM**


Invites you to a fantastic presentation about Latin America. Come and enjoy part of its culture, typical dances, ethnic refreshments, friends and much more !!.

Tuesday, October 19th. 7 pm. At the HUB



Tuesday, October 19th. 7 pm.
At the HUB 4936 Ross Street

A Social Justice Fair with a Multicultural Flair!



Mosaic Market

**Saturday, November 6
12:30 to 4:30 p.m.**
at HUB, Ross Street & Gaetz Ave.
(next to City Roast and across from Royal Bank)
Red Deer


**LOCALLY/GLOBALLY
MADE ARTS & CRAFTS**

CULTURE * CONVERSATION
DISPLAYS * PRESENTATIONS

**CO-HOSTED BY THE HUB ON ROSS,
GRAMMALINK AFRICA & TOOLS FOR
SCHOOLS AFRICA FOUNDATION**

*WORKING TOGETHER
TOWARD A BETTER WORLD*

ADMISSION BY DONATION AT THE DOOR



i love bulldogs!



**Alberta Bulldog Rescue's
HOWL-O-WEEN
Costume Party**
Saturday October 30 1-3pm
all leashed, well-behaved, vaccinated dogs
(in costume) welcome!
At The Hub
4936 50th Street, Red Deer, Alberta

Prizes for best pet in costume
Surprises
Games and more

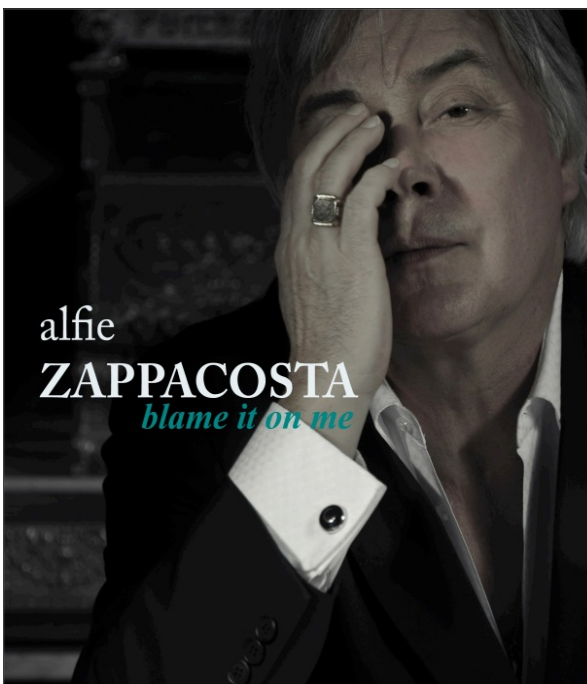
Donations to Alberta Bulldog Rescue
gratefully accepted

for more information email us: albertabulldogrescue@gmail.com

presented in partnership with





<http://albertabulldogrescue.blogspot.com/>
Alberta Bulldog Rescue proudly serves in the provinces of British Columbia, Alberta and Saskatchewan
We are a non-profit Organization dedicated to rescue, rehab and re-home for English and French Bulldogs in need
Charitable Organization Number 329060





alfie
ZAPPACOSTA
blame it on me

OCTOBER 16, 2010 @ 7 PM
the HUB on ROSS
get your tickets at The Hub, 4936 Ross St., Red Deer / 403-340-4869

 **GrammaLink-Africa Presents**

CHILI FOR A CAUSE

\$15.00 for Lunch & a Handmade Pottery Bowl
11:30 – 1:00 p.m.
Friday, October 15, 2010 - "Bosses Day"
At The Hub on Ross St.
Next to City Roast Coffee

Chili
-vegetarian available
Homemade Buns
African Sheet Cake
Coffee or Tea

Tickets at the Door
(cash only)

All proceeds will be donated to the Stephen Lewis Foundation to help turn the tide of HIV/AIDS in Africa.

3 Generations Concert:

A Circle of Singers and Songwriters

To be held at:
The Hub on Ross
4936—50 Avenue
Red Deer, AB



Karissa Vanderbeek



Donna Durand



Maurice Hall

Friday, October 15

Doors open at 6:30 pm
Concert begins at 7:00 pm

Tickets \$20.00




For tickets and more info, please contact Darlene
Suite 101, 4805 - 48 Avenue
Red Deer, AB
403.346.2540
dgrasdal@alzheimer.ab.ca

Alzheimer Society
ALBERTA AND NORTHWEST TERRITORIES

RICOH



Come celebrate the release of the new album
Immaculate Night
and new artwork by

CARRIE DAY

at

THE HUB

with special guest Ross Stafford

Friday, October 1st, 2010


Gallery reception 4-6 pm Concert at 7-9 pm



\$10.00 adults \$20.00 family

Tickets available at the door

All proceeds from refreshments will go to "Loaves and Fishes"

4936 Ross Street
Red Deer, AB
403-340-4869






Special Speakers Series

Presents...

Dance Basics

Learn about then dance some hip-hop, jazz, tap and more! Get out of your seat, have fun and dance. Meet new friends or come with old friends, either way you are sure to have a great time in this fun workshop!

October 19th at 4:30pm to 6pm

At the Hub on Ross **4936 Ross Street**

There is no cost to come and everyone is welcome!

For more information contact Angie at 342-4550 ext. 226

Location Sponsor



PUBLIC SPEAKING WORKSHOP

Presented by: Tom Barthel,
Public Speaker and Counsellor with Street Smart Counselling

Join us for this information packed workshop that will cover:

- the top three best things to do to relax before a speech
- how to give a speech people care about
- tools and resources to bring to a presentation
- one secret ingredient to speeches that even some experienced speakers don't know about

Workshop Date, Time and Location:
November 16th 4-6:30 at the Hub on Ross (4936 Ross Street)

For more information please call Angie at 403-342-4550 extension 226.

A free community workshop presented by Tom Barthel of Street Smart Counselling



and hosted by CARS Cougars for Self Advocacy



Location Sponsor:



Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

A Caring Approach to Alzheimer's disease Workshop

9:30 A.M. to 3:30 P.M.

Overview: Community (family and friends) 1 day workshop

Goals: 1) caregivers will gain better understanding of themselves
2) participants will better understand Alzheimer's and related dementia

Objectives:

- Learn about AD and related dementia
 - Learn communication strategies
 - Learn about sharing the care- who will help?
- Identify caregiver stressors, support mechanisms, etc.

Outcomes: Participant will have more confidence as a caregiver as well as increased awareness about disease and supports available.

Evaluation: Verbal and written at end of session

This workshop is designed for community members. Should professionals care to attend, they are encouraged to "think" from the perspective of family and friends rather than as staff as facility is a continuum of community. This workshop is not to be considered staff training rather reinforcement and encouragement to take the right approach. Feedback from a wide cross section is indicating the course is timely and helpful. Thank you for helping to get the word out- There is Help. There is Hope.

It is better to be kind than right. Feelings matter most.

Sept, Oct, and Nov
2010

The Melting Pot



Cultural Kitchen Experience

COMMUNITY PARTNER
Become a community partner today by contacting us!

The Melting Pot is an interactive live cooking show with guest chefs from different cultures each session. Experience the sights, sounds, tastes and smells of other cultures from around the world as well as receive tips and tricks for cooking the dish in your own kitchen. Learn, be diverse and feast all at the same time! All participants will receive a printed recipe of the cultural dish that was prepared and sampled.

Upcoming Dates:

Wed	Sept 15	4:30-6:30 pm	\$10.00/person
Wed	Oct 20	4:30-6:30 pm	\$10.00/person
Wed	Nov 17	4:30-6:30 pm	\$10.00/person

OR ALL 3 for \$25.00/person

The HUB on Ross 4936 – 50th Street
All Ages – Maximum 15 people per session.

Pre-registration and pre-payment is required.
Call Debbie at 403-342-4550 extension 236 or email
the.melting.pot@hotmail.com.





 **Persons** *with*
Developmental Disabilities
Central Region Community Board