



# WE LOVE OUR SENIORS

Are you 55 or older?

Join us at Young at Heart for social events, information sessions and field trips.

Questions? Please contact Konni at [youngatheart@kerrstreet.com](mailto:youngatheart@kerrstreet.com) and see the notice boards for all upcoming special events happening for our KSM seniors community.

## NEW PROGRAM INFO

Please join us on Thursday February 6th at 1pm in the KSM gym to discuss introductory materials to mental health, such as the differences between mental health and mental illness, the gravity of mental health stigma, and how we can improve our mental health. We will also be discussing meditation strategies, and will be going through a body scan and a mindful meditation activity together. Hope to see you there! Please contact [Julie@kerrstreet.com](mailto:Julie@kerrstreet.com) with any questions.



Learn More



## ONLINE ORDERING



LAUNCHING SOON!

We are excited for the up-coming launch of our new online ordering platform for the KSM Market:



KSM Market Express is designed to make your market experience easier and more convenient. Shop the KSM food bank online, place your order and collect in person during specific pick up times.

Please note:

This is an optional additional food bank service. Our in-person market hours will remain unchanged.



## CALLING ALL VOLUNTEERS!

Are you interested in volunteering at KSM? Scan the code to see our current openings and how you can get involved.



Kerr Street Mission  
Oakville's Mission of Hope

# KSMnews

FEBRUARY 2025

## A note of thanks!



## Colleen is retiring from tax!

We are so thankful to Colleen for the number of years she has volunteered numerous hours of her time and services to our KSM clients during tax season. We wish her well in her retirement years.

How we're helping you prepare for Tax Season 2025:

## 2025 KSM TAX CLINICS

Where? In-person at KSM /virtual appointments  
When? Tuesdays and Thursday evenings + Saturday appointments throughout March and April.

Tax clinics will be available for KSM members who are NOT self-employed or have employment expenses. More information will be available on the website and calendar from March 1st.



**Kerr Street Mission**  
Oakville's Mission of Hope

# FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>3</b> <b>Mother Matters</b> 9.30 - 11am 	<b>4</b> 	<b>5</b> 	<b>6</b> <b>Mental Health Workshop</b> 1pm - 2pm <b>KSM COAT DRIVE DURING MARKET HOURS</b> 	<b>7</b> <b>KSM COAT DRIVE DURING MARKET HOURS</b> 	<b>8</b> <b>KSM COAT DRIVE DURING MARKET HOURS</b> 
<b>9</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>10</b> <b>Mother Matters</b> 9.30 - 11am <b>KSM COAT DRIVE DURING MARKET HOURS</b> 	<b>11</b> <b>KSM COAT DRIVE DURING MARKET HOURS</b> 	<b>12</b> <b>KSM COAT DRIVE DURING MARKET HOURS</b> 	<b>13</b> <b>KSM COAT DRIVE DURING MARKET HOURS</b> 	<b>14</b> <b>PA DAY CHILD &amp; YOUTH PROGRAM</b> <small>(REGISTRATION REQUIRED, NO REGULAR PROGRAMING)</small> 	<b>15</b> 
<b>16</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>17</b> <b>KSM CLOSED FOR FAMILY DAY</b>	<b>18</b> 	<b>19</b> 	<b>20</b> 	<b>21</b> 	<b>22</b> 
<b>23</b> Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>24</b> <b>Mother Matters</b> 9.30 - 11am 	<b>25</b> <b>LAST DAY FOR chooseFRESH sign up</b> 	<b>26</b> 	<b>27</b> 	<b>28</b> 	
Kerr Village Church Service <b>In-Person @10am or Online*</b>	<b>MARKET</b> CHOOSE ONE TIME TO SHOP PER WEEK <b>KSM CAFÉ</b> ENTER BEFORE 12:15 TO GET A SEAT	<b>YOUNG AT HEART:</b> 9:30 - 11:00 AM <b>ESL PROGRAM:</b> 4:00 - 5:30 PM <b>BEGINNERS</b> 6:15 - 7:45 PM <b>INTERMEDIATE</b>	<b>HALTON REGION KIDS N' ME</b> DROP-IN: 9:30 - 11:00 AM <b>HALTON REGION PRENATAL</b> DROP-IN: 11:00 AM - 1:00 PM	<b>FEMALE SHOWERS:</b> 1:00 - 2:00 PM <b>MALE SHOWERS:</b> 1:00 - 2:00 PM	<b>KICKBOXING</b> 7:00 - 8:00 PM <b>MOTHER MATTERS</b> COMMUNITY PROGRAM	<b>PA DAY CHILD &amp; YOUTH PROGRAM</b> <small>(REGISTRATION REQUIRED, NO REGULAR PROGRAMING)</small>

## MARKET HOURS

\* Please bring your market card.

	OPEN MARKET TIMES*	PROGRAM SPECIFIC MARKET TIMES
<b>Monday</b>	1:00 - 2:30 pm	5:30 - 6:30 pm <i>KSM family meal attendees only</i>
<b>Tuesday</b>	1:00 - 2:30 pm 6:00 - 7:30 pm	
<b>Wednesday</b>	1:00 - 2:30 pm	
<b>Thursday</b>	6:00 - 7:30 pm	9:45 - 11:45 am <i>Prenatal &amp; Kids'n Me programs only</i>
<b>Friday</b>	1:00 - 2:30 pm	
<b>Saturday</b>	10:00 - 11:30 am	
<b>Sunday</b>	CLOSED	

## CHOOSE FRESH THIS MONTH

- February 3 - 8: **PRODUCE WEEK**
- February 10 - 15: **PROTEIN WEEK**
- February 17 - 22: **PRODUCE WEEK**
- February 24 - 28: **PROTEIN WEEK**

## KSM CAFÉ (MEALS)

<b>Monday</b>	5:45 - 7:45 pm <i>For KSM registered families with children 18 years &amp; under. Registration required - see front desk.</i>
<b>Tuesday</b>	11:45 am - 12:15 pm <i>Open meal time</i>
<b>Wednesday</b>	5:45 - 7:45 pm <i>Adults ONLY. No registration required.</i>
<b>Friday</b>	11:45 am - 12:15 pm <i>Open meal time</i>
<b>Saturday</b>	8:45 - 9:45 am <i>No registration required.</i>

\*Meals are limited to the first 42 people who arrive.