



**ADVANCE REGISTRATION
REQUIRED FOR ALL PROGRAMS**

Quinte West FREE Hot Meal Pick-Up

Healthy and delicious hot take-away meal! DROP BY and pick-up your meal.
Registration Not Required.

WHEN: 2nd & 4th Fridays from 2:30–3:30 pm
Feb. 12 & 26

WHERE: 70 Murphy St., Trenton

Good Food Market Bags

In Partnership with
Community Development Council of Quinte

**Monthly program offering fresh,
affordable fruits and vegetables:**

\$10 Bag of Vegetables and \$5 Bag of Fruit

Order and pay online at cdcquinte.com/shop/
or order by phone and pay with exact cash at
time of pick-up.

Quinte West Orders:

ORDER BY Wednesday, Feb. 10

PICK UP your order on Tuesday, Feb. 16
between 2:00pm-2:45pm at 23 Balsam St.,
Trenton

Belleville Orders:

ORDER BY Wednesday, Feb. 17

PICK UP your order on Tuesday, Feb. 23
between 2:00pm-3:30pm at
161 Bridge St. West, Unit One, Belleville.

**FREE & Open to Everyone
in the Community!**

Online via Zoom Meeting*

Living Well with Chronic Pain & Chronic Conditions Support Group

WHEN: Wednesday, Feb. 3 from 1:30–3:00 pm
Monthly volunteer-led program for adults and
their supports/caregivers. Learn from and
support each other, and access resources and
information.

Virtual Crafts for Adults 18+

WHEN: Wednesdays, Feb. 10 & 24, 4pm–5pm
A volunteer-led program for adults meeting
twice a month. Try a fun craft activity and make
social connections. No experience necessary.

* To participate in online programs, you will need an email
address, access to high speed internet, and a computer
with a webcam or a phone that enables face-to-face
connection.

Fun on the Phone! for Adults 50+

**Offered jointly with Quinte West Public Library
and City of Belleville Recreation, Culture and
Community Services**

Join us by telephone to connect with others and
participate in a fun activity.

WHEN: Wednesdays from 1:30–2:00 pm

Feb. 3—Chat-Relationships

Feb. 10—Games Galore-Trivia

Feb. 17—Word Fun-Words Related to February

Feb. 24—Chat-Animals

**For information or to register,
call 343-645-6429**

Note: Programs may be cancelled
with short notice due to COVID-19



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Search Belleville and Quinte West Community Health Centre

Website: www.bqwchc.com