

KSMNELDS OCTOBER 2021

# **Family Fall Fun!**

To celebrate the season, Kerr Street has organized an afternoon of free activities for families with children 10 years and younger. Things to look forward to include: pumpkin painting, cookie decorating, crafts, games & more! Snacks will be provided.

### Saturday, October 30th 1-3 PM in the KSM Gym

You must register to attend by emailing signmeup@kerrstreet.com by October 22nd

If you have any further questions, please contact Michelle at 905-845-7485 x212.

**Looking for more fun this fall?** Scan the code with your phone and enjoy completing a Fall Bucket List!



# LOOKING AHEAD... 60+ Bingo!

Kerr Street will be hosting a social event for older adults of the community. Join us for an afternoon of Bingo with great prizes to be won. Snacks will be provided.

#### Friday, November 5th 1:00-2:30 PM in the KSM Gym

#### To register, email signmeup@kerrstreet.com by October 29nd

If you have any further questions, please contact Michelle at 905-845-7485 x212.



# DON'T FORGET... Power Yoga

Feel like you could use a good stretch? Join our volunteer instructor, Trish, for weekly "Power Yoga". All skill levels welcome. Classes are FREE for KSM members or \$15 for community members. A portion of proceeds are donated back to Kerr Street Mission.

### Drop-in every Thursday 6:30-7:30 PM in the KSM Gym



## **Pumpkin Blondies**

I Heart Naptime - iheartnaptime.net

#### Ingredients:

2 1/2 cups all-purpose flour 1 Tablespoon pumpkin spice 1 1/2 teaspoons baking soda 1 teaspoon kosher salt 1 cup unsalted butter 1 3/4 cups granulated sugar



1 large egg

1 1/2 cups pumpkin puree

2 Tablespoons vanilla extract 1 to 1 1/2 cups chocolate chips



- **1.** Preheat the oven to 350°F. Set aside. In a large bowl, sift together the flour, pumpkin pie spice, baking soda and salt.
- **2.** In a separate bowl, beat the butter with an electric mixer. Add the sugar and beat until fluffy. Next mix in the egg, pumpkin puree and vanilla. Slowly add in the flour mixture and mix until combined. Fold in the chocolate chips.
- **3.** Butter a piece of parchment paper and place in a 9x13 baking dish. Then pour into the prepared baking dish.
- **4.** Bake for 35 to 40 minutes, or until a toothpick comes clean. Allow to cool for 20 minutes in pan and then remove from pan. Cut into bars and enjoy!

#### Variation:

If you prefer extra spice, add in an extra 1/2 to 1 teaspoon of ground cinnamon. You can also swap the semi-sweet chocolate for white chocolate or omit completely.



Produce or protein available weekly. Please see the front desk for more details. MONTHLY SIGN UP IS NECESSARY

Orders must be submitted by the **25th** of each month.



# **MARKET HOURS**

Monday:	1:00 pm - 2:30 pm
Tuesday:	1:00 pm - 2:30 pm 6:30 pm - 8:00 pm
Wednesday:	1:00 pm - 2:30 pm
Thursday:	10:00 am - 11:30 am 6:30 pm - 8:00 pm
Friday:	1:00 pm - 2:30 pm
Saturday:	9:00 am - 10:30 am
Sunday:	CLOSED

## **MEALS "TO-GO" HOURS**

Tuesday:	1:00 pm - 2:30 pm 6:30 pm - 8:00 pm
Thursday:	6:30 pm – 8:00 pm
Friday:	1:00 pm - 2:30 pm
Saturday:	9:00 am – 10:30 am

### SPECIAL ITEMS THIS MONTH

October 4 - 9 Cereal, Rice, Snacks October 11 - 16 Sugar, Side Packs, Peanut Butter October 18 - 23 Flour, Coffee & Tea, Condiments Pet Food (from Oakville & Milton Humane Society)

**October 25 - 30** Toiletries, Pantry, Toilet Paper

