



WEEKLY KSM PROGRAMS

Family Services & External Partnerships



HALTON REGION KIDS 'N ME
THURSDAYS 9:30 – 11:00 AM
HALTON PARENTING SUPPORT
THURSDAYS 11:30 – 1:30 PM



PRE-BEGINNERS: 5–6PM (TUESDAYS)
MONDAYS AND WEDNESDAYS
BEGINNERS: 4–5:30 PM
INTERMEDIATE: 6:15–7:45 PM



KICKBOXING IS BACK!
WEDNESDAYS 7 - 8 PM



TUESDAY MORNINGS
9:30 – 11:00 AM IN THE GYM



SEPTEMBER 19 10 – 12 PM
KIDS AND DADS IN THE GYM



NURSE PRACTITIONER
ON SITE THURSDAYS 5:00–8:00 PM



YOUNG AT HEART (55+)
TUESDAYS & FRIDAYS
9:30 – 11:00 AM

HALTON SERVICES VISITS

KSM Family Services welcomes the following Halton region resources this month and be will available for your questions and needs.

ODSP: Mondays + Wednesdays : 1 – 2:30 pm
SUPPORT HOUSE : Tuesdays:11:30 – 2:00 pm
SERVICE CANADA : Tues Sept 15th: 1 – 2:30 pm
GOODWILL EMPLOYMENT: Tuesdays 1–2:30 pm

ANNUAL MEMBER UPDATES

Update drop-ins are taking place during market times. Please make sure you have done your annual update by the end of September to remain a member and qualify for Christmas Wonders.



You will need to have your card with you for every Market visit and program in 2026.

PLEASE REMEMBER: Bring your re-usable bags with you to shop the Market and please return them if you are signed up for Market Express.

Are you 55 or older?

Join us at Young at Heart for social events, information sessions and field trips. We look forward to welcoming you every Tuesday and Friday morning 9:30 – 11am

SPREAD CARE THIS MONTH AT KSM



Scan the QR code and spread care and show your thanks this summer.



news

SEPTEMBER 2026

PROGRAMS ARE BACK IN SESSION



Kerr Street Mission is a safe and fun place for kids and youth of the KSM community.

Please email Maddie@kerrstreet.com for Kids Club and Kyle@kerrstreet.com for all youth and LIT questions and registration.

SKIP THE MARKET LINE UP:



SEPTEMBER 2026



MARKET FOOD BANK
CHOOSE ONE TIME
TO SHOP PER WEEK



KSM CAFÉ
ENTER BEFORE 12:15
FREE COMMUNITY MEALS



YOUNG AT HEART:
9:30 - 11:00 AM



KICKBOXING IS BACK!
WEDNESDAYS 7 - 8 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Kerr Village Church Service In-Person @10am	31 	1 KSM market EXPRESS	2 KSM market EXPRESS	3 KSM market EXPRESS	4 	5
6 Kerr Village Church Service In-Person @10am	7 KSM CLOSED LABOUR DAY	8 KSM market EXPRESS	9 KSM market EXPRESS	10 KSM market EXPRESS	11 	12
13 Kerr Village Church Service In-Person @10am	14 	15 KSM market EXPRESS	16 KSM market EXPRESS	17 KSM market EXPRESS	18 	19 FATHER MATTERS
20 Kerr Village Church Service In-Person @10am	21 	22 KSM market EXPRESS	23 KSM market EXPRESS	24 KSM market EXPRESS	25 LAST DAY FOR choose FRESH sign up 	26
27 Kerr Village Church Service In-Person @10am	28 	29 KSM market EXPRESS	30 KSM market EXPRESS	1 KSM market EXPRESS	2 	3

MARKET HOURS

* Please bring your market card.

OPEN MARKET TIMES*

Mon 1:00–2:15 pm

5:45– 6:30 pm

* For Meal attendees only

Tue 1:00–2:15 pm
6:00–7:15 pm

Wed 1:00–2:15 pm

5:45 – 6.30 pm

* For Meal attendees only

Thur 6:00–7:15 pm

10:00 – 11:30 am

* For program families only

Fri 1:00–2:15 pm

Sat 10:00–11:15 am

CHOOSE FRESH

AUG 31 – SEPT 5: **PRODUCE WEEK**
SEPT 7 – SEPT 12 : **PROTEIN WEEK**
SEPT 14 – SEPT 19 : **PRODUCE WEEK**
SEPT 21 – SEPT 26 : **PROTEIN WEEK**

KSM CAFÉ (COMMUNITY MEALS)

Monday 5:45 – 7:45 pm
For KSM registered families with children 18 years & under. Registration required.

Tuesday 11:45 – 12:15 pm
Open meal time.

Wednesday 5:45 – 7:45 pm
KSM Families only. Registration required.

Friday 11:45 – 12:15 pm
Open meal time.

Saturday 8:45 – 9:45 am
Registration required.

*Meals are limited to the first 45 people who arrive.