

October 2026

KERR STREET market - FOOD BANK HOURS

OPEN MARKET TIMES

M	1:00 - 2:15 pm	5:45- 6:30 pm *Meal attendees only
T	1:00 - 2:15 pm 6:00 - 7:15 pm	
W	1:00 - 2:15 pm	5:45- 6:30 pm *Meal attendees only
TH	6:00-7:15 pm	9:45 - 11:30 am *Program families only
F	1:00 - 2:15 pm	 KSM MARKET
S	10:00 - 11:15 am	Choose one time to shop per week and bring your card each time please.

 **FREE COMMUNITY MEALS** 
*Please Note: Meals are limited to the first 50 people who arrive.

Mondays 5:45 - 7:45pm

For KSM registered families with children 18 years & under. Registration required.

Tuesdays 11:45 - 12:15pm Open to all.

Wednesday 5:45 - 7:45pm

KSM Families only. Registration required.

Fridays 11:45 - 12:15pm Open to all.

Saturdays 8:45 - 9:45am

Registration required.



Kerr Street Mission
Oakville's Mission of Hope



Food Bank

Community Meals

Breathing & Movement

Kickboxing
Open to all



Halton Programs

English as Second
Language Classes



Young at Heart
Seniors 55+

choose
FRESH

OCT 5 - OCT 10 : **PROTEIN WEEK**
OCT 13 - OCT 17: **PRODUCE WEEK**
OCT 19 - OCT 24 : **PROTEIN WEEK**
OCT 26 -OCT 31: **PRODUCE WEEK**

SUNDAY (CLOSED)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kerr Village Church Service In-Person @10am				1  	2   	3  
				 		
4	5 	6  	7 	8  	9   	10  
Kerr Village Church Service In-Person @10am	 	  	 	 		
11	12 KSM CLOSED <i>Thanksgiving</i>	13  	14 	15  	16   	17  
Kerr Village Church Service In-Person @10am		  	 	 		
18	19 	20  	21 	22  	23   	24  
Kerr Village Church Service In-Person @10am	 	  	 	 		 LAST DAY FOR choose FRESH MONTHLY SIGN UP
25	26 	27  	28 	29  	30   	31  
Kerr Village Church Service In-Person @10am	 	  	 	 		



WEEKLY KSM PROGRAMS



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



PRE-BEGINNERS: 5:00-6:00 PM (TUESDAYS)
MONDAYS AND WEDNESDAYS
BEGINNERS: 4:00 -5:30 PM
INTERMEDIATE: 6:15-7:45 PM
KICKBOXING



THURSDAYS 7:00 -8:00 PM



BREATHING AND MOVEMENT
FRIDAYS 11.10AM



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



OCTOBER 24 10:00 - 12:00 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 will be available for your questions and needs.

ODSP: Mondays + Wednesdays: 1 - 2:30 pm

SUPPORT HOUSE : Tuesdays: 11:30 - 2:00 pm

SERVICE CANADA : Mon October 5: 1 - 2:30 pm

GOODWILL EMPLOYMENT: Tuesdays: 1-2:30 pm



Starting November, we will distribute Basa (a white fish) instead of salmon because of supply issues. We appreciate your understanding and will share any future updates. All other Choose Fresh meat options will remain the same.

If you have any questions, please speak to a staff member. You can also change your meat selection by visiting the front desk or email laura.woon@kerrstreet.com



Registration for fall programs is now open!
Please email Maddie@kerrstreet.com for Kids Club and Kyle@kerrstreet.com for all youth and LIT questions and registration.

GIVE THANKS THIS MONTH



Scan the QR code and spread care and show your gratitude for someone this month.



News
OCTOBER 2026

CHRISTMAS WONDERS IS COMING!



Christmas Wonders Registration

Now Open!

To qualify for the Christmas Wonders program you must be a **REGISTERED** and **UPDATED FULL MEMBER** of KSM. **** Please bring your membership card to the Gym to register and pyjama sizes for children Grades 8 and younger****

- **Tuesday**
October 13, 6:00-7:00 pm
- **Thursdays**
October 15, 22 & 29, 1:00-2:00 pm
- **Saturdays**
October 17, 24 & 31, 9:00-10:45 am
- **Mondays**
October 19 & 26, 9:00-11:00 am