

# The Hamilton DREAM CENTER

## Seniors Social

In February, The Dream Center hit the ground running with our inaugural Seniors Social. That first event had about 15 people come to the Dream Center, have lunch, play bingo and have an awesome time!

March and April saw the numbers **double!** It is great! We have started with rousing games of Family Feud and then lunch and Bingo as well as card and board games.

As popularity grows, we hope to make this a weekly event with board games, card games, pot luck lunches and even a BBQ.

This is such a great way to plug in to our seniors and to be a place where often the most vulnerable in our community can come and spend time together and have fun!



The Dream Center has some wonderful partnerships and this is one of them. Soles4Souls came to us and wanted to help. Quality and well-fitting shoes can often be out of reach for those living below the poverty level.

On Wednesday, April 24, at least 50 people were properly measured and fitted with BRAND NEW shoes from the amazing team at **Soles4Souls & BioPed.**

There was a great buzz in the room as people were fit for a new pair of shoes.

This is another way The Dream Center is working to expand services in order to meet the many needs in our community.



## Reading Glasses



What a great initiative!

A reading glasses clinic day happened at the Dream Center.

Close to 20 people over the age of 12 were fitted with a pair of reading glasses, FREE! If you don't have coverage for glasses you know how expensive and often out of reach a pair of glasses can be!

You can help! Make a tax receipt eligible donation towards this initiative and we will be able to purchase more glasses and get more people seeing better!

We are looking for an optometrist to partner with us to continue this initiative.



**Did you know** that the average menstruating female needs 240 tampons per year? At the Dream Center we see people each day needing menstruation products.

Thank you to The **Federation of Medical Women of Canada (FMWC) Hamilton Chapter** for hosting 'The Menstrual Cycle', a cycling fundraiser. This group donated \$1797.90 to the purchase of pads and tampons for the Food Pantry at the Hamilton Dream Center. Thank you to the 2nd year McMaster students for your enthusiasm as you cycled for such a worthwhile cause. We look forward to being part of 'The Menstrual Cycle' again next year!!

## HAMILTON COMMUNITY FOUNDATION

Generosity is a beautiful thing. The Dream Center is always humbled by the generosity of those who give of themselves financially and physically, so that the Dream Center can continue to offer programs and services to the most vulnerable in our city.

Through foundations like the Hamilton Community Foundation, we receive donations from generous families and individuals in our community who see the value of assisting those in need in Hamilton.

We would like to extend a special thank you to:

**Karen & Peter Turkstra  
Family Foundation Fund**

through the **Hamilton Community Foundation** for their recent donation!

## COMMUNITY GARDEN

Last summer saw the installation of a community garden. It was a great success and we are excited to see it grow again this summer!

Tomatoes, cucumbers, peppers, oh my! Do you have a green thumb? Do you like to putter in the good soil? Let us know and we can put you to work!

Make our community garden your labour of love and help us provide fresh produce to the people who use our food pantry!

We are also taking donations of vegetable plants!

Call our office at 905-527-8605 to see how you can help!

# VOLUNTEER SPOTLIGHT



On Saturday, May 11, 2019, the Hamilton Dream Center hosted Hamilton's **Very First Butter Tart Festival**.

The turnout was amazing. **970** people came through the doors to eat, shop and learn a bit about what the Dream Center does!

It was **AWESOME!**

Thank you to **Diana Weeks, Chris Parkinson** and **Steeltown Chowdown** for being great judges and taking one for the team, enjoying sooooo many butter tarts!

Thank you to our vendors and to our Amateur Bakers! You made what is truly a Canadian thing something special and we cannot wait to do this again next year!

Meet Doreen, our clothing warehouse manager.

Doreen retired in September after running a daycare out of her home for 22 years. Right away she started regularly volunteering.

Doreen enjoys many aspects of the Dream Center. Whether she is talking to the clients as she helps them pick out the food and clothing they need, working with other volunteers, or using her organizational skills as the clothing donations come in, she enjoys it all.

Doreen's neighbours are getting onboard as well. They send her to the Dream Center with clothing and food donations on a regular basis. Doreen is an inspiration, and challenges retired individuals to give back by using their talents and abilities.

The Hamilton Dream Center is volunteer driven and appreciates the time people are able to contribute. Thank you Doreen!

