



## The Mount Community Centre Newsletter - November 2018

1545 Monaghan Road, Peterborough - 705-875-5095 - [www.TheMountPeterborough.ca](http://www.TheMountPeterborough.ca)

We welcome you to The Mount as a visitor, a renter, a dog walker, a volunteer or a donor. We've renovated the south wing, the kitchen and much of the main floor since buying the building in August 2013.

We are now in the midst of a capital campaign to raise another \$4 million to adapt the remaining storeys into apartments, to enhance the outside area with more gardens and to sustain our grassroots organization as it grows.

### Have you tried our café yet?

The Fulcrum Café (affectionately known as the Full Crumb Café) is open from 8 am to 2 pm on weekdays, with an array of snacks and sandwiches, plus daily specials.

Here is a sample menu to whet your appetite:

#### Monday

Peameal and cheese on a kaiser - \$5

Soup: Butternut Squash

#### Tuesday

Loaded Grilled Cheese with Bacon, Tomato, Caramelized Onion - \$5

Soup: Tomato Orzo

#### Wednesday

Chicken Veggie Wrap - \$7

Soup: Butternut Squash

#### Thursday

Monte Cristo Sandwich - \$6

Soup: Tomato Orzo

#### Friday

Roast Beef and BBQ Veggies on a Kaiser - \$6

Soup: Potato Leek

Simply follow the walkway from Monaghan Road to the porch with the two posts, then go down the stairs to the right and turn right again. While the area along the way is under construction, the food is well worth the journey.

To add your name to the email list for weekly menus, send a message to [info@themountpeterborough.ca](mailto:info@themountpeterborough.ca).

### What else is cooking in our kitchen?

- The Community Training and Development Centre is teaching under-employed adults cooking and food-preparation skills in our kitchen. The food they create is served at the City-run daycare centres. The program not only opens doors for these students, it provides a consistent and lower-cost source for nutritious snacks and meals for Meals on Wheels and VON's Adult Day Program.
- The first in a series of gourmet cooking classes begins on Friday, Nov. 30 under the guidance of chef Gunther Schubert. Call 705-875-5095 to register.
- The Mount also offers on-site catering for weddings, dinners, meetings, concerts and other events. Ask for details at [info@themountpeterborough.ca](mailto:info@themountpeterborough.ca).

### Enjoy the talents of 'We The Five'

This art show runs until Dec. 21 in the Heritage Room.

Mondays through Fridays 9 am to 5 pm

By Chance - Week nights and Weekends until 8 pm

Curator Ellen Cowie has painted with oils since she was 17. Her works are also carried by Whetung Gallery and Eclipse Art Gallery in Deerhurst Resort. She has also exhibited at Select Art Galleries in Newmarket and has permanent representation at John A. Libby Fine Art Gallery, one of the oldest, fine art galleries in Toronto.

Ellen also curates the annual "Art for Autism" Festival the first weekend of June at the Mount.

If you are interested in exhibiting at the Heritage Room Gallery or would like more information, contact Ellen at (705) 930-8871 or [ellencowie@yahoo.ca](mailto:ellencowie@yahoo.ca).

Download an exhibition application from [www.themountpeterborough.ca](http://www.themountpeterborough.ca).

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## More reasons to drop in

### You Can Make It Art

Drop-in classes on Tuesdays  
from 9:30 to 11 am until Dec. 11  
\$5 per session or pay what you can.  
Supplies included.

The Heritage Room

(come in off the large porch and turn right)

For more details, email Brian Nichols at [bnichols@cogeco.ca](mailto:bnichols@cogeco.ca) or call Mary Lou at 705-740-0078.

### Contentment in Everyday Life (meditation)

By the Kawartha Shambhala Meditation Group  
Thursday evenings from 7:30 to 9 pm  
on Nov. 1, 15 and 29

No prerequisite necessary. In the Gathering Room  
(northwest corner of the building)

\$75 for the course or pay what you can

### Refuge Recovery

Buddhist meditation for those recovering  
from suffering, including from addictions.

No experience necessary  
Wednesdays, 7 to 8 pm

### Peterborough Tai Chi, Kung Fu and JiuJitsu Club

Wednesdays from September to June.  
First class is free.

Children over age 7 - Kung Fu and JiuJitsu  
- 5 to 6 pm

Tai Chi, Chi Kung and Internal Martial Arts  
- 6:30 to 7:50 pm

Adult Kung Fu and JiuJitsu - 8 to 9:30 pm

In the auditorium (enter via the small front porch with  
the mismatched railings)

More details at [magwoodma@yahoo.ca](mailto:magwoodma@yahoo.ca).

### Kawartha Stamp Club

Two Tuesdays a month

Nov. 13 and 27 (6 to 8:30 pm), Dec. 11 (11:45 am for  
a Christmas lunch), Jan. 8 and 22 (12:30 to 3 pm)

For more information, call  
705-741-1951 or 705-745-4993

or go to [www.rpsc.org/chapters/kawartha](http://www.rpsc.org/chapters/kawartha)

### Alcoholics Anonymous

Tuesdays at 8 pm - Kawartha Freethinkers Discussion  
Group (secular) in the Heritage Room

Thursdays - 7 pm - Women's 12 & 12 Discussion  
Meeting in the Heritage Room

Alcoholics only welcomed at these meetings.

## Need to rent some space?

The Mount has a range of options:

### AUSTIN DORAN HALL (Formerly the chapel)

- Holds approximately 250 seated in pews.
- Available between late May and early October
- \$50/hour plus insurance for events (minimum three hours)
- Weddings: \$400 plus insurance

### THE AUDITORIUM

- 88 seated at tables. Stage will accommodate an additional wedding party of 10 to 12
- 150 seated theatre-style, non-fixed seats (31' X 49 not including stage which is 18' X 22')
- 128 maximum if serving alcohol
- Features a large pull-down screen and a grand piano
- \$30/hour plus insurance (minimum 3 hour rental)

### THE GATHERING ROOM

- 64 seated at tables (34' x 43')
- 135 seated theatre style, non-fixed seats
- 123 maximum if serving alcohol
- Features a grand piano
- \$25/hour plus insurance (minimum 3 hour rental)

### THE HERITAGE ROOM

- 80 seated at tables (20' X 50')
- 150 seated, theatre-style, non-fixed seats
- 123 maximum if serving alcohol
- \$22/hour plus insurance (minimum 3 hour rental)

### CAMPAIGN HQ

- Will hold 20 to 30 people for a meeting (15' X 31')
- Perfect for meetings, small training sessions or consultations
- \$15/hour plus \$2.50 for insurance, per each day rented
- Minimum 3 hour rental

### THE KITCHEN - Hot and Cold Prep

- \$40/hour during peak times
- \$25/hour between 10 pm and 6 am

### THE BAKERY AND FRONT COUNTER

- \$40/hour (includes use of the dishwasher)

### THE CAFE

- Seating for twenty-one guests
- \$20/hour
- Catering to be provided by our kitchen -menus to be discussed

### Do you know someone who wants to live here?

We do not have any vacancies at this time. Watch for updates on [www.TheMountPeterborough.ca](http://www.TheMountPeterborough.ca), on Facebook and Twitter.

If you have any questions or concerns, please contact us directly: The Mount Community Centre office – 705-875-5095 or neighbourhood liaison Lois Tuffin (board member) – 705-930-2613. Call to book a tour to get to know us better.