

# May 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Staff / Programs</u></p> <p>ELIZABETH PETERSON Aboriginal Healthy Babies Healthy Children (AHBHC) Prenatal-6yrs</p> <p>JOIE OUDERKIRK Community Action Program for Children (CAPC) 0-6yrs</p> <p>JESSIE PENGELLY Canada Prenatal Nutrition Program (CPNP) Prenatal-6mo.</p> <p>*All of our programs are FREE and unless otherwise stated are held at:</p> <p>MNO Kingston 629 Division Street Kingston ON K7K 4B7</p> <p>Bus Route 2 &amp; 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>					<p>1</p> <p>Fit 4 Two 10-11 @ Memorial Centre</p> <p>Healthy Cooking Workshop 12-2</p>	2
	<p>4</p> <p>Meal Prep Mondays 10-12</p>	<p>5</p> <p>Breakfast Club 9-11</p> <p>Play Lodge 9-12</p> <p>Vision Board 1:30-3:30</p>	<p>6</p> <p>Drop-in 9-12</p> <p>Wellness Workshop 2-4</p>	7	<p>8</p> <p>Strollercise 10-11</p> <p>Healthy Cooking Workshop 12-2</p> <p>Mothers Day Celebration (Indian Tacos for dinner!) 4:30-7:30 *call to register</p>	9
	<p>11</p> <p>Meal Prep Mondays 10-12</p>	<p>12</p> <p>Breakfast Club 9-11</p> <p>Play Lodge 9-12</p> <p>Vision Board 1:30-3:30</p> <p>Mother's Day Dinner 5-7 @ First Ave Public School * call to register</p>	<p>13</p> <p>Drop-in 9-12</p> <p>Story Time 10-12</p>	<p>14</p> <p>Playgroup 9-12</p> <p>Stitch, Knit Crochet 1-4</p>	<p>15</p> <p>Fit 4 Two 10-11 @ Memorial Centre</p>	16
	<p>18</p> <p>Victoria Day</p>	<p>19</p> <p>Play Lodge 9-12</p> <p>Mommy Moves 9:30-10:30</p> <p>Vision Board 1:30-3:30</p>	20	21	<p>22</p> <p>Healthy Cooking Workshop 12-2</p>	23
	<p>25</p> <p>Clothing Exchange 9-12</p>	<p>26</p> <p>Play Lodge 9-12</p> <p>Mommy Moves 9:30-10:30</p> <p>Flower Moon Dinner 5-7</p>	<p>27</p> <p>Story Time 10-12</p>	28	29	30

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Staff / Programs</u></p> <p>JYTTE COOPER Akwe:go 7-12yrs</p>					<p>1 Healthy Cooking Workshop 12-1:30</p> <p>Youth Council 3-4</p>	<p>2</p>
<p>(Please call for more information on the Akwe:go programs and activities)</p> <p>MICHELLE KEHOE Urban Aboriginal Healthy Living (UAHL)</p>	<p>4 Morning Awake Yoga 9:30-10:30 in Tugwood Park</p> <p>Walking Group 12-1</p>	<p>5 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. Public School</p> <p>Yoga in the Park 3-4</p>	<p>6 Open Support Circle 3-4:30 @ J.G. Simcoe</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>7 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Homework Club 2:30-4:30 @ First Ave. Public School</p>	<p>8 Healthy Cooking 12-1:30</p>	<p>9</p>
<p>SAMANTHA ALKENBRACK Wasa-Nabin 13-18yrs</p> <p>CLARICE GERVAIS Aboriginal Community Mental Health (ACMH)</p> <p>BRITTANY MARACLE Life Long Care (LLC)</p>	<p>11 Morning Awake Yoga 9:30-10:30 in Tugwood Park</p> <p>Walking Group 12-1</p>	<p>12 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. Public School</p> <p>Yoga in the Park 3-4</p>	<p>13 Open Support Circle 3-4:30 @ J.G. Simcoe</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>14 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Homework Club 2:30-4:30 @ First Ave. Public School</p> <p>Book Club 3-4</p>	<p>15 Healthy Cakes &amp; Bakes 12-1:30</p> <p>Cook it Up! Youth Kitchen 2:30-4:30</p>	<p>16</p>
<p>*All of our programs are FREE and unless otherwise stated are held at:</p> <p>MNO Kingston 629 Division Street Kingston ON K7K 4B7</p>	<p>18 Victoria Day</p>	<p>19 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. Public School</p> <p>Yoga in the Park 3-4</p>	<p>20 Open Support Circle 3-4:30 @ J.G. Simcoe</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>21 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Homework Club 2:30-4:30 @ First Ave. Public School</p> <p>Book Club 3-4</p>	<p>22 Healthy Cooking 12-1:30</p> <p>P.A. Day Program 9-4 @ First Ave. Public School</p> <p>P.A. Day Event call for details</p>	<p>23</p>
<p>Bus Route 2 &amp; 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>	<p>25 Morning Awake Yoga 9:30-10:30 in Tugwood Park</p> <p>Walking Group 12-1</p> <p>Youth Vision Circle 3-4:30</p> <p>Homework Club 3-4:30</p>	<p>26 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. Public School</p> <p>Yoga in the Park 3-4</p>	<p>27 Youth Cooking 3-4:30</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>28 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Homework Club 2:30-4:30 @ First Ave. Public School</p> <p>Book Club 3-4</p>	<p>29 Family Meal and Games Night 5-8:30 @ First Ave. P.S.</p>	<p>30</p>