

# May 2015 Programs

**Monday Mornings 930am to 1030am**

**Morning Awake Yoga**

Monday morning, the birds are singing, the hectic schedule of the week hasn't started yet, have a moment of peace before the day and week attacks. Join us at Tugwood Park for an hour of yoga, facilitated by our Yoga Instructor and Healthy Living Coordinator.

**Tuesday Afternoons 3pm to 4pm**

**Yoga in the Park**

A chance for youth aged 13-18 to relax and unwind afterschool. Youth will have a chance to enjoy snacks and find new ways to de stress. This will take place every Tuesday at Tugwood Park (across the street from The Metis Nation of Ontario's office.)

**Tuesday, May 12, 5pm to 7pm**

**Mother's Day Dinner**

Give Mom the evening off!! Bring the whole family to the First Ave. School, and let us make you supper and spoil Mom for you! Please call to register, open to all families.

**Friday, May 8, 430pm to 730pm**

**Mother's Day Celebration**

Join us for Indian Tacos and celebrate Mother's Day!! Please call to register, open to all families with children under the age of 6 years old.

**Friday Afternoons May 1, 8, and 22.**

**12pm to 130pm**

**Healthy Cooking Workshops**

An interactive cooking group, learn about cooking nutritious meals, stretch your food dollars and learn new recipes. Feed your family, and make tons of new friends. There are monthly draws for prizes (slow cookers, grills, skillet). Open to everyone, childcare provided.

**Wednesday Afternoons 3pm to 430pm**

**Open Support Circle**

This is for youth aged 13 to 18. For the month of May we will be looking at social media and the effects it has.

**Tuesday Mornings May 19 and 26**

**930am to 1030pm**

**Mommy Moves**

Want to work out, but worried about childcare or what your baby/ child will do? Join us at Tugwood Park for an hour workout while your child is in our playgroup. Workout without worrying about your children, and they will have a blast singing songs and playing!! Weather permitting.

