





JUNE 2015



Community Action
Program for Children

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>Parent & Tot Swim @ Artillery Park Aquatic Centre 9am - 10am</p> <p>Clothing Exchange Bring in used kids clothes and swap for other sizes May 25th 9am - 12pm</p>	<p>Play Lodge Free Play for Children 0 - 6 yrs 9am - 12pm</p> <p>Mommy Moves Workout at Tugwood Park. Childcare provided. Weather permitting 930am - 1030am</p>	<p>Story Time  Reading favorite children's books, and crafts. Children 0 - 6 yrs June 10th & 24th 10am - 12pm</p> <p>Gratitude Garden Stones Make new stepping stones for your summer garden. Registration required. June 3rd  1pm - 3pm</p> <p>Beautiful Beading Children and Adults bead meaningful jewelry together! June 17th  10am - 12pm</p>	<p>Little Cubs Playgroup Interactive playgroup for Children 0 - 6 yrs 9am - 12pm</p> <p>Mommy Moves Workout @ Tugwood Park. Childcare provided. Weather permitting 930am - 1030am</p>	<p>Healthy Cooking Workshop Community kitchen open to everyone. Childcare provided. Monthly prizes to be won! June 12th & 26th 12pm - 2pm</p> <p>Strawberry Moon Dinner A feast welcoming everyone. June 5th  5pm - 7pm</p> <p>Father's Day Dinner Treat the dads in your life with their favorites for dinner. June 19th 5pm - 7pm</p>	<p>MNO Family Fun Day Family friendly activities, entertainment and lunch! June 13th  10am - 1pm</p>

Programs and services are open and available to all Aboriginal and wholistic minded people of the Kingston and surrounding area, with children 0 to 6 years of age.

Cultural 
Learning Activities
Physical
Cooking!
Playgroups
Fun Activities

Métis Nation
of Ontario 

All programs are at the MNO office, unless otherwise stated.

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