

# July 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>1</p> <p>Canada Day Office Closed</p>	<p>2</p>	<p>3</p> <p>Family Picnic 10:30-1 @ Lake Ontario Park Bring bathing suits to play in the splash pad</p>	<p>4</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>6</p> <p>Wear your baby! 12-3 Make your own baby wrap or carrier</p>	<p>7</p> <p>Breakfast Club 9-11 Walk &amp; Roll 11-12</p>	<p>8</p> <p>Drop-in 1-2 @ Oak St. Community Garden</p>	<p>9</p> <p>Meal Prep 9:30-11 All My Sisters 1-3</p>	<p>10</p> <p>Swimming 9-9:55 @ Artillery Park Parents Pots and Pans 5-7</p>	<p>11</p>
	<p>13</p>	<p>14</p> <p>Breakfast Club 9-11 Walk &amp; Roll 11-12</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
	<p>20</p>	<p>21</p> <p>Breakfast Club 9-11 Walk &amp; Roll 11-12</p>	<p>22</p> <p>Drop-in 10:30-12 @ Oak St. Community Garden</p>	<p>23</p> <p>Meal Prep 9:30-11 All My Sisters 1-3</p>	<p>24</p> <p>Swimming 9-9:55 @ Artillery Park</p>	<p>25</p>
	<p>27</p>	<p>28</p> <p>Breakfast Club 9-11 Walk &amp; Roll 11-12</p>	<p>29</p> <p>Harvest 10:30-12 @ Oak St. Community Garden</p>	<p>30</p> <p>Bellies and Babies 10-4 *This photoshoot has limited spaces, call to register</p>	<p>31</p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Canada Day, Office Closed	2	3	4
<p><u>Staff / Programs</u></p> <p><b>JYTTE COOPER</b> Akwe:go 7-12yrs</p> <p>(Please call for more information on the Akwe:go programs and activities)</p> <p><b>MICHELLE KEHOE</b> Urban Aboriginal Healthy Living (UAHL)</p> <p><b>SAMANTHA ALKENBRACK</b> Wasa-Nabin 13-18yrs</p> <p><b>CLARICE GERVAIS</b> Aboriginal Community Mental Health (ACMH)</p> <p><b>BRITTANY MARACLE</b> Life Long Care (LLC)</p> <p>*All of our programs are FREE and unless otherwise stated are held at:</p> <p><b>MNO Kingston</b> 629 Division Street Kingston ON K7K 4B7</p> <p><b>Bus Route 2 &amp; 18</b></p> <p>For more details please contact the program coordinators at 613.549.1674</p>	<p>6 Morning Awake Yoga 9:30-10:30</p> <p>Walking Group 12-1</p>	<p>7 Youth Soccer 10-11:30 @ Megaffin Park</p> <p>Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p>	<p>8 Family Fit Baseball 4:30-6 @ JG Simcoe</p>	<p>9 Mommy Moves 9:30-10:30</p> <p>Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p>	<p>10 Healthy Cooking Workshop 12-2</p>	<p>11</p>
	<p>13</p>	<p>14 Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p>	<p>15 Open Support Circle 11-1</p>	<p>16 Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3 Guys Group 11-2</p>	<p>17 Healthy Cooking Workshop 12-2</p>	<p>18</p>
	<p>20 Morning Awake Yoga 9:30-10:30</p> <p>Walking Group 12-1</p>	<p>21 Youth Soccer 10-11:30 @ Megaffin Park</p> <p>Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p>	<p>22 Cook it up! Youth Kitchen 10-12</p> <p>Open Support Circle 11-1</p> <p>Full Circle Fitness 1:15-2:15 @ Battery Park</p> <p>Family Fit Baseball 4:30-6 @ JG Simcoe</p>	<p>23 Mommy Moves 9:30-10:30</p> <p>Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p>	<p>24 Healthy Cooking Workshop 12-2</p>	<p>25</p>
	<p>27 Morning Awake Yoga 9:30-10:30</p> <p>Walking Group 12-1</p>	<p>28 Youth Soccer 10-11:30 @ Megaffin Park</p> <p>Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p>	<p>29 Cook it up! Youth Kitchen 10-12</p> <p>Youth Cooking 11-2</p> <p>Full Circle Fitness 1:15-2:15 @ Battery Park</p> <p>Family Fit Baseball 4:30-6 @ JG Simcoe</p>	<p>30 Mommy Moves 9:30-10:30</p> <p>Youth Leadership Program @ Four Directions Aboriginal Student Centre 12-3</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p>	<p>31 Healthy Cooking Workshop 12-2</p>	