

August 2015



	Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>JYTTE COOPER Akwe:go 7-12 YRS (Please call for more info on the Akwe:go programs)</p> <p>MICHELLE KEHOE Urban Aboriginal Healthy Living</p> <p>SAMANTHA ALKENBRACK Wasa-Nabin 13-18 YRS</p> <p>CLARICE GERVAIS Aboriginal Community Mental Health</p> <p>BRITTANY MARACLE Life Long Care</p> <p>All of our programs are FREE and unless otherwise stated are held at:</p> <p>MNO Kingston 629 Division Street Kingston ON</p> <p>Bus Route 2 & 18</p> <p>For more details please contact the program coordinators at: 613.549.1674</p>						1/2
	3	4 Youth Soccer 10-1130 at Megaffin Park Full Circle Fitness at Artillery Park 115-215 Aboriginal Youth Leadership Program 1130-230 Meal Sharing 1130-1 Cultural Sharing 1-3	5 Open Support Circle 11-1 Full Circle Fitness at Battery Park 115-215 Family Fit Baseball at JG Simcoe 430-6 Cook it up! Youth Kitchen 10-12	6 Full Circle Fitness at Artillery Park 115-215 Aboriginal Youth Leadership Program at Four Directions Aboriginal Student Centre 10-1 Meal Sharing 1130-1 Cultural Sharing 1-3	7 Health Cooking Workshop 12-2	8/9 Sunday, August 9 Bus Trip to Tyendinaga Pow Wow Bus leaves at 9am, returns to MNO at 430pm
	10 Morning Awake Yoga 930-1030 Walking Group 12-1	11 Youth Soccer 10-1130 at Megaffin Park Full Circle Fitness at Artillery Park 115-215 Meal Sharing 1130-1 Cultural Sharing 1-3	12 Open Support Circle 11-1 Full Circle Fitness at Battery Park 115-215 Family Fit Baseball at JG Simcoe 430-6 Cook it up! Youth Kitchen 10-12	13 Youth Cooking 11-2 Full Circle Fitness at Artillery Park 115-215 Aboriginal Youth Leadership Program at Four Directions Aboriginal Student Centre 10-1 Meal Sharing 1130-1 Cultural Sharing 1-3	14 Job Readiness 10-12 Movies with Meaning 12-3 Health Cooking Workshop 12-2	15/16
	17 Morning Awake Yoga 930-1030 Walking Group 12-1	18 Youth Soccer 10-1130 at Megaffin Park Full Circle Fitness at Artillery Park 115-215 Aboriginal Youth Leadership Program 1130-230	19	20 Aboriginal Youth Leadership Program at Four Directions Aboriginal Student Centre 10-1	21	22/23
24/31	25 Aboriginal Youth Leadership Program 1130-230 Meal Sharing 1130-1 Cultural Sharing 1-3	26	27 Aboriginal Youth Leadership Program at Four Directions Aboriginal Student Centre 10-1 Meal Sharing 1130-1 Cultural Sharing 1-3 Family Meal and Kids Presentation 5-830	28	29/30	

Office closed from August 19 till 24

August 2015



	Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>ELIZABETH PETERSON Aboriginal Healthy Babies Healthy Children Prenatal to 6 YRS</p> <p>JOIE OUDERKIRK Community Action Program for Children 0 to 6 YRS</p> <p>JESSIE PENGELLY Canada Prenatal Nutrition Program Prenatal to 6 MTHS</p> <p>All of our programs are FREE and unless otherwise stated are held at:</p> <p>MNO Kingston 629 Division Street Kingston ON</p> <p>Bus Route 2 & 18</p> <p>For more details please contact the program coordinators at: 613.549.1674</p>						1/2
	3	4 Parent & Tot Swimming at Artillery Park 9-10	5 Tie Dye Fun 10-12	6 Mommy Moves 930-1030	7 Healthy Cooking Workshop 12-2	8/9 Sunday, August 9 Bus Trip to Tyendinaga Pow Wow Bus leaves at 9am, returns to MNO at 430pm
	10 Parent & Tot Swimming at Artillery Park 9-10 Lunch Box 12-2	11 Parent & Tot Swimming at Artillery Park 9-10 Breakfast Club 9-11 Walk and Roll 11-12	12 Kids Crafts 10-12 Harvest at Oak Street Community Garden 1030-12	13 Mommy Moves 930-1030 Parents Pots and Pans 1030-1 Story Time 1-230	14 Swimming at Artillery Park 9-955 Healthy Cooking Workshop 12-2	15/16
	17 Parent & Tot Swimming at Artillery Park 9-10	18 Parent & Tot Swimming at Artillery Park 9-10 Breakfast Club 9-11 Walk and Roll 11-12	19	Office closed from August 19 till 24		22/23
	24	25 Breakfast Club 9-11 Walk and Roll 11-12	26 Harvest at Oak Street Community Garden 1030-12	27	28	29/30
	31 Parent & Tot Swimming at Artillery Park 9-10 Lunch Box 12-2					