


September 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 & 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>		<p>1 Breakfast Club 9—11</p> <p>Parent and Tot Swim 9-10 @ Artillery Park</p>	<p>2 Community Garden 10:30-12 @ Oak St. Garden</p> <p>Story Time 12:30-2</p>	3	4	5
	<p>7 Labour Day : OFFICE CLOSED</p> 	<p>8 Parent and Tot Swim 9-10 @ Artillery Park</p> <p>After School Fun 2:30-4:30 * Registration Required</p>	<p>9 Community Garden 10:30-12 @ Oak St. Garden</p>	<p>10 Meal Prep. 9:30-11</p> <p>All My Sisters 1-3 After School Fun 2:30-4:30 * Registration Required</p>	<p>11 Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	12
	<p>14 Kids Craft Fun 9:30-11:30</p>	<p>15 Breakfast Club 9—11</p> <p>Parent and Tot Swim 9-10 @ Artillery Park</p> <p>After School Fun 2:30-4:30 * Registration Required</p>	<p>16 Community Garden 10:30-12 @ Oak St. Garden</p> <p>Story Time 12:30-2</p>	<p>17 After School Fun 2:30-4:30 * Registration Required</p>	<p>18 Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	19
	<p>21 Musical Fun 9:30—11:30</p>	<p>22 Breakfast Club 9—11</p> <p>Parent and Tot Swim 9-10 @ Artillery Park</p> <p>After School Fun 2:30-4:30 * Registration Required</p>	<p>23 Community Garden 10:30-12 @ Oak St. Garden</p> <p>Circle Supporting Mental Health & Family Stressors 10-12</p>	<p>24 Meal Prep. 9:30-11</p> <p>All My Sisters 1-3 After School Fun 2:30-4:30 * Registration Required</p>	<p>25 Healthy Cooking Workshop 12 -2 *Monthly Prizes Apple Harvest & Fall Community Kitchen *Call for Details & to register</p>	26
	<p>28 Playdough Fun 9:30 -11:30</p> <p>Postnatal Care Workshop 1-3:30</p>	<p>29 Breakfast Club 9—11</p> <p>Parent and Tot Swim 9-10 @ Artillery Park</p> <p>After School Fun 2:30-4:30 * Registration Required</p>	<p>30 Community Garden 10:30-12 @ Oak St. Garden</p> <p>Story Time 12:30-2</p>			

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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>(Please call for more information on the Akwe:go programs and activities)</p> <p>MICHELLE KEHOE Urban Aboriginal Healthy Living (UAHL)</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>*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 & 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>		<p>1 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Active After School 3:00-4:30 @ Artillery Park</p> <p>Youth Council Meeting 3:30-4:30</p>	<p>2 Guest Speaker: Kerri Tadeu 11-1</p> <p>Full Circle Fitness @ Artillery Park 1:15-2:15</p>	<p>3 Mommy Moves 9:30-10:30 @ Tugwood Park Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Pathways to Education Orientation Day @ KCHC 3-5pm</p>	4	5	
	<p>7 Labour Day : OFFICE CLOSED</p> 	<p>8 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Active After School 3:00-4:30 @ Artillery Park</p>	<p>9 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit Baseball @ JG Simcoe 6-7:30</p>	<p>10 Mommy Moves 9:30-10:30 @ Tugwood Park Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Open Support Circle 3-4:30</p>	<p>11 Healthy Cooking Workshop 12-2</p>	12	
	<p>14 Morning Awake Yoga 9:30-10:30 @ Tugwood Park</p> <p>Walking Group 12-2</p> <p>Cook it Up: Youth Kitchen 3:30-5:30 Homework Club 3-4:30</p>	<p>15 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Active After School 3:00-4:30 @ Artillery Park</p> <p>Youth Cooking 3-4:30</p>	<p>16 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit Baseball @ JG Simcoe 6-7:30</p>	<p>17 Mommy Moves 9:30-10:30 @ Tugwood Park Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Open Support Circle 3-4:30 Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>18 Healthy Cooking Workshop 12-2</p>	19	
	<p>21</p>	<p>22 Healing Blanket Workshop 1- 3 *Registration Required</p> <p>Youth Cooking 3-4:30</p>	23	24	<p>25 Movies with Meaning 12-3</p>	26	
	<p>28 Morning Awake Yoga 9:30-10:30 @ Tugwood Park</p> <p>Walking Group 12-2</p> <p>Cook it Up: Youth Kitchen 3:30-5:30</p>	<p>29 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Active After School 3:00-4:30 @ Artillery Park Youth Cooking 3-4:30</p>	<p>30 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit Baseball @ JG Simcoe 6-7:30</p>				