



October 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 Growing Together with our children, Making parenting connections 5-7:30 (Registration Required)</p>	<p>2 Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	<p>3</p>
	<p>5 Sense and Play 10-11:30</p>	<p>6 Parent and Tot Swim 9-10 @ Artillery Park</p>	<p>7</p>	<p>8 All My Sisters 1-3</p> <p>Growing Together with our children, Making parenting connections 5-7:30 (Registration Required)</p>	<p>9 Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	<p>10</p>
	<p>12 Office Closed</p>  <p>Happy Thanksgiving</p>	<p>13 Lunch Run 11-1</p> <p>Parent and Tot Swim 9-10 @ Artillery Park Moms night out BINGO 6-7:30</p>	<p>14</p> <p>Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>15 Growing Together with our children, Making parenting connections 5-7:30 (Registration Required)</p>	<p>16</p>	<p>17</p>
	<p>19</p>	<p>20</p> <p>Parent and Tot Swim 9-10 @ Artillery Park Movies with Baby 1pm @ Landmark Cinema *Registration Required After School Fun 2:30-5 @ JG Simcoe * Registration Required</p>	<p>21</p> <p>Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>22 All My Sisters 1-3</p> <p>Growing Together with our children, Making parenting connections 5-7:30 (Registration Required)</p>	<p>23 Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	<p>24</p>
	<p>26 Healthy Family Meals on a budget 11-1</p>	<p>27</p> <p>Lunch Run 11-1 Parent and Tot Swim 9-10 @ Artillery Park</p> <p>After School Fun 2:30-5 @ First Ave School * Registration Required</p>	<p>28</p> <p>"Its time for another adventure" Art Project 1-3 *Registration Required</p> <p>Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>29</p> <p>Growing Together with our children, Making parenting connections 5-7:30 (Registration Required)</p>	<p>30</p>	<p>31</p> 

October 2015



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>1 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Open Support Circle 3-4:30</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>2 Healthy Cooking Workshop 12-2</p>	<p>3</p>
<p>MICHELLE KEHOE Urban Aboriginal Healthy Living (UAHL)</p> <p>SAMANTHA ALKENBRACK Wasa-Nabin 13-18yrs</p>	<p>5 Walking Group 12-1 Full Circle Fitness 1:15-2:15 @ Artillery Park Homework Club 3-4:30 Active After School 3-4:30 @ Artillery Park</p>	<p>6 Full Circle Fitness @ Artillery Park 1:15-2:15</p>	<p>7 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit @ JG Simcoe 6-7:30</p>	<p>8 Full Circle Fitness @ Artillery Park 1:15-2:15 Open Support Circle 3-4:30</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>9 Healthy Cooking Workshop 12-2 Youth Council Meeting 3-4</p>	<p>10</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>12 Office Closed</p>  <p>Happy Thanksgiving</p>	<p>13 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Youth Cooking 3-5</p>	<p>14 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit @ JG Simcoe 6-7:30</p>	<p>15 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6</p> <p>Floor Hockey @ Boys and Girls Club (West End) 6-8 * Registration Required.</p>	<p>16</p>	<p>17 Community Wellness Starts with you! 10-4 @ Kingston Community Health Centre</p>
	<p>19 Walking Group 12-1</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Active After School 3-4:30 @ Artillery Park</p>	<p>20 Full Circle Fitness @ Artillery Park 1:15-2:15</p>	<p>21 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit @ JG Simcoe 6-7:30</p>	<p>22 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>23 Healthy Cooking Workshop 12-2 Youth Council Meeting 3-4</p>	<p>24</p>
	<p>26 Walking Group 12-1</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park Active After School 3-4:30 @ Artillery Park</p>	<p>27 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Youth Cooking 3-5</p>	<p>28 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Family Fit @ JG Simcoe 6-7:30</p>	<p>29 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6 Dodgeball @ Boys and Girls Club (West End) 6-8 * Registration Required.</p>	<p>30</p>	<p>31</p> 