

# December 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Staff / Programs</u></p> <p><b>ELIZABETH PETERSON</b> Aboriginal Healthy Babies Healthy Children (AHBHC) Prenatal-6yrs</p> <p><b>JOIE OUDERKIRK</b> Community Action Program for Children (CAPC) 0-6yrs</p> <p><b>JESSIE PENGELLY</b> 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>*Parent and Tot Swim 9-10 @ Artillery Park Every Day (Monday— Friday)</p>	<p>1</p> <p>After School Fun 2:30-5 @ JG Simcoe P.S * Registration Required</p>	<p>2</p> <p>Holiday Ornaments With Baby Prints 1:30-3 Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>3</p> <p>Parents, Pots &amp; Pans 10:30-1</p> <p>Second Chance Drop In 10-11 Making Parenting Connections 5-7:30</p>	<p>4</p>	<p>5</p>
	<p>7</p>	<p>8</p> <p>After School Fun 2:30-5 @ Frontenac P.S * Registration Required</p>	<p>9</p> <p>Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>10</p>	<p>11</p> <p>Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	<p>12</p>
	<p>14</p>	<p>15</p> <p>Sweets &amp; Treats 10-1</p> <p>After School Fun 2:30-5 @ JG Simcoe P.S * Registration Required</p>	<p>16</p> <p>Shimmering Waters Drum Circle &amp; Holiday Feast 5-8 @ Unitarian Centre * Registration Required</p>	<p>17</p> <p>Gift in a jar 1:30-3</p> <p>Second Chance Drop In 10-1 Making Parenting Connections 5-7:30</p>	<p>18</p> <p>Healthy Cooking Workshop 12 -2 *Monthly Prizes</p>	<p>19</p>
	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>Office Closed</p>	<p>25 Office Closed</p> <p><b>HAPPY HOLIDAYS!!</b></p>	<p>26</p>
	<p>29</p> <p>Office Closed</p>	<p>29</p> <p>Office Closed</p>	<p>30</p> <p>Office Closed</p>	<p>31</p> <p>Office Closed</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 &amp; 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>		<p>1 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Youth Cooking 3-5</p>	<p>2 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Family Fit @ JG Simcoe 6-7:30 Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>3 Open Support Circle @ QECVI 11-12 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>4</p>	<p>5</p>
	<p>7 Full Circle Fitness 1:15-2:15 @ Artillery Park Homework Club 3-4:30</p> <p>Active After School 3-4:30 @ Artillery Park</p>	<p>8 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Youth Cooking 3-5</p>	<p>9 Full Circle Fitness 1:15-2:15 @ Artillery Park Healing Blanket Workshop 1-3 *Registration Required Family Fit @ JG Simcoe 6-7:30 Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>10 Open Support Circle @ QECVI 11-12 Full Circle Fitness @ Artillery Park 1:15-2:15 Sports Night (PAL) Boys and Girls Club (West End) 6-8 * Registration Required. Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>11 Healthy Cooking Workshop 12-2</p> <p>Youth Council Meeting 3-4:30</p>	<p>12</p>
	<p>14 Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Active After School 3-4:30 @ Artillery Park</p>	<p>15 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Youth Holiday Feast 3-6</p>	<p>16 Full Circle Fitness @ Artillery Park 1:15-2:15 Family Fit @ JG Simcoe 6-7:30 Shimmering Waters Drum Circle @ Unitarian Centre 5-8 Potluck!</p>	<p>17 Open Support Circle @ QECVI 11-12 Full Circle Fitness @ Artillery Park 1:15-2:15</p> <p>Aboriginal Youth Leadership (Four Directions) 3-6</p>	<p>18 Healthy Cooking Workshop 12-2</p>	<p>19</p>
	<p>21 Bone Bead Bracelet and Rattle Workshop 10-1:30 *Registration Required Christmas Baking Workshop 1-3:30</p>	<p>22</p>	<p>23</p>	<p>24 Office Closed</p>	<p>25 Office Closed</p> <p><b>HAPPY HOLIDAYS!!</b></p>	<p>26</p>
<p>28 Office Closed</p>	<p>29 Office Closed</p>	<p>30 Office Closed</p>	<p>31 Office Closed</p>			