



Sudbury
705-222-1826

December/décembre 2017

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					1	2
3	4	5 Playgroup <i>Adamsdale Public School</i> 9:30 am to 11:30 am	6 Activate Grades 5-8 <i>McLeod Public School</i> 6:00 pm to 8:00 pm	7 Playgroup <i>McLeod Public School</i> 9:30 am to 11:30 am Getting Healthy with OCOF (You must be pre-registered for childcare) <i>Minnow Lake Place (MLP)</i> 12:30 pm to 2:30 pm Activate Grades 5-8 <i>Adamsdale Public School</i> 6:00 pm to 8:00 pm	8	9
10	11 Ages and Stages (Must be pre-registered by Thursday 2:00) <i>McLeod Public School</i> 10:30 am to 12:00 pm	12 Playgroup <i>Adamsdale Public School</i> 9:30 am to 11:30 am	13 Steps & Stages (Group 1) (Must be pre-registered by Tuesday 2:00) <i>Minnow Lake Place (MLP)</i> 10:30 am to 12:00 pm Dad's Night (Must be pre-registered by Friday 12:00) <i>Adamsdale Public School</i> 5:30 pm to 7:00 pm Activate Grades 5-8 <i>McLeod Public School</i> 6:00 pm to 8:00 pm	14 Playgroup <i>McLeod Public School</i> 9:30 am to 11:30 am Steps & Stages (Group 2) (Must be pre-registered by Tuesday 2:00) <i>Minnow Lake Place (MLP)</i> 10:30 am to 12:00 pm Getting Healthy with OCOF (You must be pre-registered for childcare) <i>Minnow Lake Place (MLP)</i> 12:30 pm to 2:30 pm Activate Grades 5-8 <i>Adamsdale Public School</i> 6:00 pm to 8:00 pm	15 Steps & Stages (Group 3) (Must be pre-registered by Tuesday 2:00) <i>Minnow Lake Place (MLP)</i> 10:30 am to 12:00 pm	16
17	18 Ages and Stages (Must be pre-registered by Thursday 2:00) <i>McLeod Public School</i> 10:30 am to 12:00 pm	19 Playgroup <i>Adamsdale Public School</i> 9:30 am to 11:30 am	20 Christmas Breakfast (This is our yearly party for the children who have not started school.) <i>Minnow Lake Place (MLP)</i> 11:00 am to 1:00 pm Activate Grades 5-8 <i>McLeod Public School</i> 6:00 pm to 8:00 pm	21 Playgroup <i>McLeod Public School</i> 9:30 am to 11:30 am Getting Healthy with OCOF (You must be pre-registered for childcare) <i>Minnow Lake Place (MLP)</i> 12:30 pm to 2:30 pm Activate Grades 5-8 <i>Adamsdale Public School</i> 6:00 pm to 8:00 pm	22	23
24	25 Centre Closed / Le centre est fermé	26 Centre Closed / Le centre est fermé	27 Centre Closed / Le centre est fermé	28 Centre Closed / Le centre est fermé	29 Centre Closed / Le centre est fermé	30
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Transportation & Child Care May Be Available

Additional Program Information

Steps & Stages

This program is offered to families with children between the ages of 0 and 3. Informal discussion groups cover topics relevant to this age group, including care and development.

Collective Kitchen

This program offers parents and caregivers the opportunity to get together to enhance their skills in planning and cooking nutritious meals for their families on a budget. Each program is held in 2 sessions: a planning session and a cooking session.

Parent Advisory Committee

These monthly meetings give members a chance to share ideas and suggestions about programs.

Family Fun Night

This program gives families the opportunity to interact together in an open and welcoming environment while participating in games and physical activities together. A healthy nutritious meal is served.

Creating Healthy Babies

This program offers expectant mothers the opportunity to receive emotional, educational and nutritional support to assist them in developing a healthy baby during their pregnancy. Good Food Bags containing fresh fruits and vegetables, milk, juice, eggs and other protein sources are also provided free to participants.

Parent Discussion Groups

Parent Discussion Group offers families an opportunity to receive support and information on a variety of topics. Informal discussions give parents and caregivers the opportunity for personal growth and share with each other the joys and challenges of raising their children.

Parent Education Courses

These courses are offered in 3 to 12 week sessions with a wide variety of topics. In an open and supportive environment, parents and caregivers are shown tools to enhance their life and communication skills while learning positive discipline techniques.

Dad's Night

Dad's Night gives fathers and children the opportunity to interact together in an open and welcoming environment while participating in discussion, games and physical activities together. A healthy nutritious meal is served.

Playgroup

This program gives parents and children the opportunity to interact together in an open and welcoming environment while participating in fun learning activities together.

Special Events

We hold special events from time to time to give members and staff a chance to socialize and have fun together.

Getting Healthy with OCOF

This is a fitness program that promotes healthy and positive lifestyle choices.

Notes

Locations

Minnow Lake Place (MLP)

1127 Bancroft Dr. Sudbury, ON
Tel: (705) 222-1826

McLeod Public School

23 Walford Rd. Sudbury, ON
Tel: (705) 522-8040

Adamsdale Public School

181 First Ave. Sudbury, ON
Tel: 705-566-6020