



Espanola/Massey
705-869-5545

July/juillet 2017



Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
						1
2	3 Centre Closed / Le centre est fermé	4 Playgroup <i>S. Geiger School</i> 9:00 am to 11:30 am	5 Beach Day <i>Clear Lake Beach</i> 10:00 am to 11:30 am Creating Healthy Babies (Registration REQUIRED - Held in the Library) <i>Espanola High School</i> 3:00 pm to 4:30 pm	6 Playgroup (BIKE SAFETY) <i>Sacred Heart School</i> 9:00 am to 11:30 am	7	8
9	10	11 Playgroup <i>S. Geiger School</i> 9:00 am to 11:30 am	12 Baby Cafe (Room #1) <i>Sacred Heart School</i> 9:00 am to 10:00 am Nature Scavenger Hunt <i>Chutes Provincial Park</i> 10:00 am to 11:30 am	13 Groupe de jeux <i>Ecole St-Joseph</i> 9:00 am to 11:30 am Community Kitchen <i>Espanola United Church</i> 1:00 pm to 4:00 pm	14	15
16	17	18 Playgroup <i>S. Geiger School</i> 9:00 am to 11:30 am	19 Nature Scavenger Hunt <i>Sherwood Park</i> 10:00 am to 11:30 am Creating Healthy Babies (Registration REQUIRED - Held in the Library) <i>Espanola High School</i> 3:00 pm to 4:30 pm	20 Playgroup (Room #1) <i>Sacred Heart School</i> 9:00 am to 11:30 am	21	22
23	24	25 Playgroup <i>S. Geiger School</i> 9:00 am to 11:30 am	26 Beach Day <i>Massey Sauble Mouth Beach</i> 10:00 am to 11:30 am	27 Groupe de jeux <i>Ecole St-Joseph</i> 9:00 am to 11:30 am	28	29
30	31					

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

Like us on Facebook @[OCOF Lacloche Hub](#) & Instagram @[LaCloche Hub](#)

PLAYGROUP- Bike safety: The SDHU and Espanola Police will be joining our playgroup to talk about bicycle safety. Bring your helmet in to make sure you have the proper fit and learn all about being safe on your bike!

Beach Day (ESPANOLA): Join us at Espanola Clear Lake Beach to learn how to use the new outdoor gym equipment and enjoy a fun family morning at the park. (In the event of rain, activities will be held indoors at AB Ellis Public School gym). NO SWIMMING AVAILABLE AT THIS BEACH until further notice.

Nature Scavenger Hunt (MASSEY): RAIN OR SHINE - Join us at Chutes Provincial Park to search for nature's treasures; it's a fun game for the whole family! **Please note** we will be located at the pavilion inside the park. Walking into the park by parking on the road is FREE!! FREE Parking in park may be available- MUST CALL TO ASK HOW!! 705-869-5545**

Nature Scavenger Hunt (ESPANOLA): Join us to search for nature's treasures; it's a fun game for the whole family! (In the event of rain, activities will be held indoors at AB Ellis Public School gym).

Beach Day (MASSEY): Join us for a morning spent by the beach in the park. Lots of fun at "The Mouth" park in Massey! (In the event of rain, activities will be held indoors at the Massey Public Library).

Friendly Reminder: Playgroup runs all summer however we may be playing outside therefore dress accordingly!

Locations

St. Mary's School

290 Algoma St. Massey, ON
Tel: (705) 865-2772

Ecole St-Joseph

333 Mead St. Espanola, ON
Tel: (705) 869-3530

Webbwood Public School

6 Minto St., Webbwood
Tel: (705) 869-3751

Sacred Heart School

128 Park St. Espanola, ON
Tel: (705) 869-6871

A.B. Ellis Public School

164 Mead Blvd. Espanola, ON
Tel: 705-869-1651

Lacloche Hub Main Office

147 Spruce Ave. Espanola, ON
Tel: 705-869-5545

S. Geiger School

355 Government Rd. West Massey, ON

Espanola United Church

137 Sheppard St. Espanola, ON

Sherwood Park

Barber St. Espanola

Massey Sauble Mouth Beach

Carlabert St, Massey