

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				<p>09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury</p> <p>01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury</p>	<p>10:30 am - 12:00 pm <i>Steps & Stages (Group 2 & 3 You must be pre-registered by Tuesday 2:00)</i> Minnow Lake Place, Sudbury</p>	
4	5	<p>09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury</p>	<p>10:30 am - 12:00 pm <i>Creating Healthy Babies</i> Minnow Lake Place, Sudbury</p>	<p>09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury</p> <p>10:30 am - 12:00 pm <i>Steps & Stages (Group 1 & 2 You must be pre-registered by Tuesday 2:00)</i> Minnow Lake Place, Sudbury</p> <p>01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury</p>	9	10
11	<p>10:30 am - 12:00 pm <i>Ages & Stages</i> MacLeod Public School, Sudbury</p>	<p>10:30 am - 12:00 pm <i>Special Event (March Break Madness)</i> Minnow Lake Place, Sudbury</p>	<p>10:00 am - 01:00 pm <i>Cooking with OCOF</i> Adamsdale Public School, Sudbury</p> <p>04:30 pm - 06:30 pm <i>Dad's Night</i> Adamsdale Public School, Sudbury</p>	<p>09:30 am - 11:30 pm <i>Playgroup</i> MacLeod Public School, Sudbury</p> <p>01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury</p>	16	17
18	19	<p>09:30 am - 11:30 pm <i>Playgroup</i> Adamsdale Public School, Sudbury</p>	<p>10:30 am - 12:00 pm <i>Creating Healthy Babies</i> Minnow Lake Place, Sudbury</p>	<p>09:30 am - 11:30 pm <i>Playgroup</i> MacLeod Public School, Sudbury</p> <p>01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury</p>	23	24
25	<p>10:30 am - 12:00 pm <i>Ages & Stages</i> MacLeod Public School, Sudbury</p>	<p>09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury</p>	<p>10:30 am - 12:00 pm <i>Parenting your 3-6 year old</i> Minnow Lake Place, Sudbury</p>	<p>09:30 am - 11:30 pm <i>Playgroup</i> MacLeod Public School, Sudbury</p> <p>01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury</p>	<p>(All day) <i>Good Friday / Vendredi saint</i></p> <p>(All day) <i>Centre Closed / Le centre est fermé</i></p>	31

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Ages & Stages

This discussion group offers families with children between the ages of 0 and 4 an opportunity to receive support and information on a variety of age-appropriate topics. Informal discussions give parents and caregivers the opportunity for personal growth and to share with each other the joys and challenges of raising their young

Cooking with OCOF

This program offers parents and caregivers the opportunity to learn about the importance of healthy eating and develop their cooking skills to prepare healthy affordable meals.

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.

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

Getting Healthy with OCOF

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

Playgroup

This play-based program gives children and their parents/caregivers the opportunity to interact together in an open and welcoming environment while participating in engaging and inclusive learning activities together.

Steps & Stages

This discussion group offers families with children between the ages of 0 and 4 an opportunity to receive support and information on a variety of age-appropriate topics. Informal discussions give parents and caregivers the opportunity for personal growth and to share with each other the joys and challenges of raising their young children.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Mar 1,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Mar 1,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Steps & Stages - Mar 2,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

FOOD SERVED: Snacks. FOOD DESCRIPTION: scrambled eggs, fruit and veggies, hummus, crackers, kalbaksa, cheese

Playgroup - Mar 6,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

FOOD SERVED: Snacks. FOOD DESCRIPTION: Fruit & veggy

Trays, hummus, yogurt, cheese & crackers Kielbassa

Creating Healthy Babies - Mar 7,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Mar 8,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Steps & Stages - Mar 8,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Mar 8,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Ages & Stages - Mar 12,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes. NOTES: You must be pre-registered by Friday 12:00

Special Event - Mar 13,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Cooking with OCOF - Mar 14,2018 10:00 am

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes. NOTES: You must be pre-registered. Space is limited

Dad's Night - Mar 14,2018 4:30 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes. FOOD SERVED: Supper.

Playgroup - Mar 15,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Mar 15,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Mar 20,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Creating Healthy Babies - Mar 21,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Mar 22,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Mar 22,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Ages & Stages - Mar 26,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes. NOTES: You must be pre-registered by Friday 12:00

Playgroup - Mar 27,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Parenting your 3-6 year old - Mar 28,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Mar 29,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Mar 29,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.