

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
		09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury 1	10:30 am - 12:00 pm <i>Creating Healthy Babies</i> Minnow Lake Place, Sudbury 2	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 3 01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> Carl Nesbitt Public School, Sudbury 4	5
6	7	09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury 8	09:30 am - 11:00 am <i>Steps &amp; Stages (Group 2 You must be pre-registered by Tuesday 2:00)</i> Minnow Lake Place, Sudbury 9 05:30 pm - 07:30 pm <i>Dad's Night</i> Adamsdale Public School, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 10 10:30 am - 12:00 pm <i>Steps &amp; Stages (Group 2 You must be pre-registered by Tuesday 3:00)</i> Minnow Lake Place, Sudbury 01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> Carl Nesbitt Public School, Sudbury 11 10:30 am - 12:00 pm <i>Steps &amp; Stages (Group 3 You must be pre-registered by Tuesday 2:00)</i> Minnow Lake Place, Sudbury	12
(All day) <i>Mother's Day / Fête des mères</i> 13	10:30 am - 12:00 pm <i>Ages &amp; Stages</i> MacLeod Public School, Sudbury 14	09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury 15	10:30 am - 12:00 pm <i>Creating Healthy Babies</i> Minnow Lake Place, Sudbury 16	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 17 01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> Carl Nesbitt Public School, Sudbury 18	19
20	(All day) <i>Victoria Day / Fête de la reine</i> 21  (All day) <i>Centre Closed / Le centre est fermé</i>	09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury 22	10:30 am - 12:15 pm <i>Parenting your 3-6 year old</i> Minnow Lake Place, Sudbury 23	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 24 01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> Carl Nesbitt Public School, Sudbury 25	26
27	10:30 am - 12:00 pm <i>Ages &amp; Stages</i> MacLeod Public School, Sudbury 28	09:30 am - 11:30 am <i>Playgroup</i> Adamsdale Public School, Sudbury 29	30	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 31 01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Minnow Lake Place, Sudbury		

**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

## 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

This program gives fathers / male role models 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.

## Parenting your 3-6 year old

This discussion group offers families with children between the ages of 3 and 6 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.

## 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 - May 1, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

### Creating Healthy Babies - May 2, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Playgroup - May 3, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

### Getting Healthy with OCOF - May 3, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

### Playgroup - May 4, 2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Playgroup - May 8, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

### Steps & Stages - May 9, 2018 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Dad's Night - May 9, 2018 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

### Playgroup - May 10, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

### Steps & Stages - May 10, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Getting Healthy with OCOF - May 10, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

### Playgroup - May 11, 2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Steps & Stages - May 11, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Ages & Stages - May 14, 2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

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

### Playgroup - May 15, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

### Creating Healthy Babies - May 16, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Playgroup - May 17, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

### Getting Healthy with OCOF - May 17, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

### Playgroup - May 18, 2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Playgroup - May 22, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

### Parenting your 3-6 year old - May 23, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Playgroup - May 24, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

### Getting Healthy with OCOF - May 24, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

### Playgroup - May 25, 2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Ages & Stages - May 28, 2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

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

### Playgroup - May 29, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

### Playgroup - May 31, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

### Getting Healthy with OCOF - May 31, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.