

June 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Staff / Programs</u></p> <p>ELIZABETH PETERSON Aboriginal Healthy Babies Healthy Children (AHBHC) Prenatal-6yrs</p> <p>JOIE OUDERKIRK Community Action Program for Children (CAPC) 0-6yrs</p> <p>JESSIE PENGELLY 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 & 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>	1	2	3	4	5	6
	8	9	10	11	12	13
	15	16	17	18	19	20
	22	23	24	25	26	27
	29	30				

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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>1</p> <p>Morning Awake Yoga @ Tugwood Park 9:30-10:30</p> <p>Walking Group 12-1</p>	<p>2</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. School</p> <p>Youth Yoga 3-4 @ Tugwood Park</p>	<p>3</p> <p>Full Circle Fitness 1:15-2:15 @ Battery Park</p> <p>Open Support Circle 3-4:30 Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>4</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Homework Club 2:30-4 @ First Ave. School</p>	<p>5</p> <p>Cook it Up!; Youth Kitchen 2:30-4:30</p> <p>Youth Council 3-4</p>	<p>6</p>
<p>MICHELLE KEHOE Urban Aboriginal Healthy Living (UAHL)</p> <p>SAMANTHA ALKENBRACK Wasa-Nabin 13-18yrs</p>	<p>8</p> <p>Morning Awake Yoga @ Tugwood Park 9:30-10:30</p> <p>Walking Group 12-1</p>	<p>9</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. School</p> <p>Youth Yoga 3-4 @ Tugwood Park</p>	<p>10</p> <p>Full Circle Fitness 1:15-2:15 @ Battery Park</p> <p>Open Support Circle 3-4:30 Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>11</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>All My Sisters, Circle 1-3 Homework Club 2:30-4 @ First Ave. School</p>	<p>12</p> <p>Healthy Cooking Workshop 12-1:30</p>	<p>13</p> <p>Family Fun Day 10-1</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 & 18</p> <p>For more details please contact the program coordinators at 613.549.1674</p>	<p>15</p> <p>Morning Awake Yoga @ Tugwood Park 9:30-10:30</p> <p>Walking Group 12-1</p> <p>Homework Club 3-4</p>	<p>16</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. School</p> <p>Youth Yoga 3-4 @ Tugwood Park</p>	<p>17</p> <p>Full Circle Fitness 1:15-2:15 @ Battery Park</p> <p>Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>18</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Homework Club 2:30-4 @ First Ave. School</p>	<p>19</p> <p>Healthy Cakes and Bakes 12-1:30</p> <p>Cook it Up!; Youth Kitchen 2:30-4:30</p> <p>Family Meal and Games Night 5-8:30 @ First Ave. School</p>	<p>20</p>
	<p>22</p>	<p>23</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. School</p> <p>Youth Yoga 3-4 @ Tugwood Park</p>	<p>24</p> <p>Full Circle Fitness 1:15-2:15 @ Battery Park</p> <p>Youth Cooking 3-4:30 Family Fit Volleyball 6-7:30 @ J.G. Simcoe</p>	<p>25</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>All My Sisters, Circle 1-3 Homework Club 2:30-4 @ First Ave. School</p>	<p>26</p> <p>P.A. Day Program 9-4 @ First Ave. School</p> <p>Healthy Cooking Workshop 12-1:30</p> <p>Movies with Meaning 12-3</p>	<p>27</p>
	<p>29</p> <p>Morning Awake Yoga @ Tugwood Park 9:30-10:30</p> <p>Let's Make Jam! 10:30-1</p> <p>Walking Group 12-1</p>	<p>30</p> <p>Full Circle Fitness 1:15-2:15 @ Artillery Park</p> <p>Akwe:go Circle 2:30-8 @ First Ave. School</p> <p>Youth Yoga 3-4 @ Tugwood Park</p>				