



# Odawa Native Friendship Centre

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# May 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sheridon Baptiste</b> Urban Aboriginal Healthy Living Coordinator 613.722.3811 Extension 226	No matter how far you have gone on a wrong road, turn back. - Turkish Proverb					1
<b>2</b> Rebound Triumph 5:00-6:00 Mothers & Daughters in Motion 6:00-7:30 Running Club 6:00-6:45 Tennis 7:00-	<b>3</b> Exercise Class 12:30-1:30 Jiu - Jitsu 4:00-6:00 Bike Club <b>Cancelled</b> Yoga 7:10 -8:10	<b>4</b> Kettle Bells 5:00-6:00 Driving Range 6:30-8:30	<b>5</b> Exercise Class <b>Cancelled</b> Jiu Jitsu 4:00-6:00 Running & Walking Club 5:00-5:45 Zumba 6:00-7:00 Tennis 7:00-9:00	<b>6</b> Rebound Triumph 5:30-6:30pm	<b>7</b> Spring Swimming Lessons 5:30-6:30pm @ Dovercourt Community Centre	<b>8</b> <b>MOTHERS DAY</b>
<b>9</b> Rebound Triumph 5:00-6:00 Mothers & Daughters in Motion 6:00-7:30 Running Club 6:00-6:45 Tennis 7:00-	<b>10</b> Exercise Class 12:30-1:30p Jiu - Jitsu 4:00-6:00 Bike Club 5:30-7:00 Yoga 7:10 -8:10 Softball tentative start date 6:30 +	<b>11</b> Kettle Bells 5:00-6:00 Beach Vollebyall 6:30-8:30	<b>12</b> Exercise Class 12:30-1:30 Jiu Jitsu 4:00-6:00 Running & Walking Club 5:00-5:45 Zumba 6:00-7:00 Tennis 7:00-9:00	<b>13</b> Rebound Triumph 5:30-6:30pm 	<b>14</b> Spring Swimming Lessons 5:30-6:30pm @ Dovercourt Community Centre	<b>15</b>
<b>16</b> Rebound Triumph 5:00-6:00 Mothers & Daughters in Motion 6:00-7:30 Running Club 6:00-6:45 Tennis 7:00-	<b>17</b> Exercise Class 12:30-1:30p Jiu - Jitsu 4:00-6:00 Bike Club 5:30-7:00 Yoga 7:10 -8:10 Softball 6:30 +	<b>18</b> Kettle Bells 5:00-6:00 Driving Range 6:30-7:30	<b>19</b> Exercise Class 12:30-1:30 Jiu Jitsu 4:00-6:00 Running & Walking Club 5:00-5:45 Zumba 6:00-7:00 Tennis 7:00-9:00	<b>20</b>	<b>21</b> Spring Swimming Lessons 5:30-6:30pm @ Dovercourt Community Centre	<b>22</b>
<b>23</b> <b>Office closed</b> 	<b>24</b> Exercise Class 12:30-1:30p Jiu - Jitsu 4-6pm Bike Club 5:30-7pm Yoga 7:10 -8:10 Softball 6:30 +	<b>25</b> Kettle Bells 5:00-6:00 Beach Vollebyall 6:30-7:30	<b>26</b> Exercise Class 12:30-1:30 Jiu Jitsu 4:00-6:00 Running & Walking Club 5:00-5:45 Zumba 6:00-7:00 Tennis 7:00-9:00	<b>27</b> 	<b>28</b> Spring Swimming Lessons 5:30-6:30pm @ Dovercourt Community Centre	<b>29</b>
<b>30</b> Rebound Triumph 5:00-6:00 Mothers & Daughters in Motion 6:00-7:30 Running Club 6:00-6:45 Tennis 7:00-	<b>31</b> Exercise Class 12:30-1:30p Jiu - Jitsu 4:00-6:00 Bike Club 5:30-7:00 Yoga 7:10 -8:10 Softball 6:30 +			<b>Notes:</b> <b>Personal Training:</b> by appointment only <b>Weight Room</b> available for use plus supervised sessions and programs Rebound Triumph is by registration only. Please contact Sheridon.		