

Aboriginal Family Health and Wellness Program Calendar of Events

March 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 KIDS NIGHT (TaeKwonDo) 6-7:30pm Green Room	5	6	7	12
9 FREE FAMILY SWIM 2:00-3:00pm Dovercourt Recreation	10 FITNESS HOUR w/ trainer Beverley 12-1:00pm Odawa Green Room	11 KIDS NIGHT (TaeKwonDo) 6-7:30pm Odawa Green Room	12	13 WALKING CLUB 12-1:00pm Odawa Gym (Get your free Pedometer!)	14 WEIGHT ROOM OPEN 12:00-1:00 pm Odawa 3 rd floor	19
16 FREE FAMILY SWIM 2:00-3:00pm Dovercourt Recreation	17 FITNESS HOUR w/ trainer Beverley 12-1:00pm Odawa Green Room	18 KIDS NIGHT 6-7:30pm Odawa Green Room First Nation Activities (Parents welcome) Healthy Snack will be provided!	19 JIGGING WITH JAIMIE 5:30 -8:00pm Odawa Gym (A meal and childcare will be provided!)	20 WALKING CLUB 12-1:00pm Odawa Gym (Get your free Pedometer!)	21 GOOD FRIDAY Odawa closed	26
23 <u>Easter Sunday</u>	24 EASTER MONDAY Odawa closed	25 KIDS NIGHT When? 6-7:30pm Where? Odawa Green Room First Nation Activities (Parents welcome) Healthy Snack will be provided!	26 JIGGING WITH JAIMIE 5:30-8:00pm Odawa basement "GREEN ROOM" (A meal and childcare will be provided!)	27 WALKING CLUB 12-1:00pm Odawa Gym (Get your free Pedometer!)	28 FOOD HANDLING SAFETY CLASS By City of Ottawa, meet @ Odawa 8:30am- 4pm Register by March 19 th . Spaces limited	29
30 FREE FAMILY SWIM 2:00-3:00pm Dovercourt Recreation	31 FITNESS HOUR w/ trainer Beverley 12-1:00pm Odawa Green Room					

Aboriginal Family Health and Wellness Program Calendar of Events

April 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>KIDS NIGHT 6:00-7:30pm (Inuit games night) Odawa Green Room</p> <p>Snacks will be provided</p>	<p>2</p> <p>JIGGING WITH JAIMIE!! 5:30 -8pm Odawa Gym <i>(A meal and childcare for young children will be provided)</i></p>	<p>3</p> <p>WALKING CLUB 12-1:00pm Odawa Gym Get your free pedometer and walk your way to a healthy life!</p>	<p>4</p> <p>TRADITIONAL FOOD Preparation Class 5:00-7:00pm 1st Floor Kitchen Spaces limited, pre-Register!</p>	5
<p>6</p> <p>FREE FAMILY SWIM 2-3pm Dovercourt Recreation centre (Kid's under 9 must be accompanied by an adult)</p>	<p>7</p> <p>FITNESS HOUR w/ trainer Beverley 12-1:00 pm Odawa Green Room "Reset your life" Aerobics for all!</p>	<p>8</p> <p>KIDS NIGHT 6:00-7:30pm (Inuit games night) Odawa Green Room</p>	<p>9</p> <p>JIGGING WITH JAIMIE!! 5:30 -8pm Odawa Gym</p>	<p>10</p> <p>WALKING CLUB 12-1:00pm Odawa Gym</p>	<p>11</p> <p>TRADITIONAL FOOD Preparation Class 5:00-7:00pm 1st Floor Kitchen Spaces Limited Pre-register!</p>	12
<p>13</p> <p>FREE FAMILY SWIM 2-3pm Dovercourt Recreation centre</p>	<p>14</p> <p>FITNESS HOUR w/ trainer Beverley 12-1:00 pm Odawa Green Room</p>	<p>15</p> <p>KIDS NIGHT 6:00-7:30pm (Inuit games night) Odawa Green Room Snacks will be provided</p>	<p>16</p> <p>JIGGING WITH JAIMIE!! 5:30 -8pm Odawa Gym</p>	<p>17</p> <p>WALKING CLUB 12-1:00pm Odawa Gym</p>	<p>18</p> <p>TRADITIONAL FOOD Preparation Class 5:00-7:00pm 1st Floor Kitchen Spaces Limited Pre-register!</p>	19
<p>20</p> <p>FREE FAMILY SWIM 2-3pm Dovercourt</p>	<p>21</p> <p>FITNESS HOUR w/ trainer Beverley 12-1:00 pm Odawa Green Room</p>	<p>22</p> <p>KIDS NIGHT 6:00-7:30pm (Inuit games night) Odawa Green Room</p>	<p>23</p> <p>JIGGING WITH JAIMIE!! 5:30 -8pm Odawa Gym</p>	<p>24</p> <p>WALKING CLUB 12-1pm meet at front of Odawa</p>	<p>25</p> <p>FEAST! (Open to participants of the Program) 5:30-7:00</p>	26
27	28	29	30			



FREE FITNESS HOUR

“Reset Your Life”

With Outstanding Certified Personal Trainer

Beverley Sunday!

Mondays from 12:00- 1:00 pm:

March 17, 31

April 7, 14 & 21



**Odawa Native Friendship Centre,
12 Stirling Ave, Ottawa, ON**

“Green room” in the basement

**For more information please e-mail or call:
Sunshine Tenasco, at (613)722-3811 X 226,
recreation@odawa.on.ca**





KID'S NIGHT

With different activities each week!

Ages 5 & up

(unless accompanied by an adult)

TUESDAYs from 6:00-7:30 pm

March 18, 25

April 1, 8, 15, 22



**Odawa Native Friendship Centre,
12 Stirling Ave, Ottawa, ON
“Green room” in the basement**

For more information please e-mail or call:
Sunshine Tenasco, at (613)722-3811 X 226,
recreation@odawa.on.ca



WALKING CLUB

Come out for fitness, laughter, and your free pedometer!

Thursdays from 12:00-1:00 pm

March 20 & 27

April 3, 10, 17, 24



**Odawa Native Friendship Centre,
12 Stirling Ave, Ottawa, ON
Odawa Gym**

For more information please e-mail or call:
Sunshine Tenasco, at (613)722-3811 X 226,
recreation@odawa.on.ca



FREE FAMILY SWIM

Dovercourt Recreation Complex

Just say that you are with the Odawa Native Friendship Centre, sign in and enjoy a warm family swim

Dovercourt

(Children 8 & under must be accompanied by an adult)

SUNDAYS from 2:00-3:00 pm

March 16, 30

April 6, 13, 20



411 Dovercourt Ave. Ottawa, Ontario, K2A 0S9; 613-798-8950

For more information please e-mail or call:
Sunshine Tenasco, at (613)722-3811 X 226,
recreation@odawa.on.ca



JIGGING WITH JAIMIE

Come out for an all inclusive family night of fun!

We will feed you, entertain you, teach you
and even take care of your tiny tots with
our friendly childcare service!

Wednesdays from 5:30-8:00pm

March 19, 26

April 2, 9, 16, 23



**Odawa Native Friendship Centre,
12 Stirling Ave, Ottawa, ON
Odawa Gym**

(on March 26 it will be in the Green Room in the basement at Odawa)

For more information please e-mail or call:

Sunshine Tenasco, at (613)722-3811 X 226,
recreation@odawa.on.ca





FOOD HANDLING SAFETY CLASS

Get your certification!

BY City of Ottawa

Friday March 28, 2008

8:15am-4:00pm

Meet at Odawa Native Friendship Centre
(if transportation is required)

OR

Meet at 100 Constellation Drive, Nepean

Spaces Limited, please pre-register by March 19

Offered by the Odawa Native Friendship Centre

For more information please e-mail or call:

Sunshine Tenasco, at (613)722-3811 X 226,

recreation@odawa.on.ca



TRADITIONAL FOOD PREPARATION CLASSES

Learn how to cook traditional foods like a chef, by a chef!

Anna Cote, a young chef, has created heavenly dishes in a gourmet restaurant, a diner and a camp and will be showing you how to create your own masterpieces in the kitchen!



Fridays from 5:00-7:00pm
April 4, 11, 18



Spaces Limited, please pre-register for each class!

**Odawa Native Friendship Centre,
12 Stirling Ave, Ottawa, ON
Odawa First Floor Kitchen**



For more information please e-mail or call:
Sunshine Tenasco, at (613)722-3811 X 226,
recreation@odawa.on.ca