



MFRC-NCR ACTIVITIES FOR JANUARY 2012

All activities are free unless otherwise stated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 CLOSED</p>	<p>3 Stay & Play Drop In EPPS 900-1100 613-998-4844</p>	<p>4 CLOSED</p>	<p>5 Children's Corner-AM 900-1200 cost varies, Children's Corner-PM 1600-2100 cost varies Jeudi Plein De Soleil 900-1100</p>	<p>6 Stay & Play Drop In EPPS 900-1100 613-998-4844</p>	<p>7 Kanata Play Group 900-1100 613-998-4844</p>
<p>9 Learning Together 900-1100</p>	<p>10 Café Français 930-1130 Stay & Play Drop In EPPS 900-1100 613-998-4844 Kool Kids 1730-1900</p>	<p>11 Orleans Family Playgroup- 900-1100 240 Centrum, #105 Coffee Break 900-1100 Pre-teen Drop-in 1600-1830 Teen Drop-in 1830-2100</p>	<p>12 Children's Corner-AM 900-1200 cost varies, Children's Corner-PM 1600-2100 cost varies Open Gym with the Youth Centre 613-991-5051 Jeudi Plein de Soleil 900-1100</p>	<p>13 Stay & Play Drop In EPPS 900-1100 613-998-4844 Pre-teen Drop-in 1600-1830 Teen Drop-in 1930-2200 Deadline to register for Girls Self- defense tomorrow in Orleans</p>	<p>14 Saturday Time Away -Uplands 1300-2100 cost varies Saturday Time Away -Orleans 1300-2100 cost varies Kanata Play Group 900-1100 613-998-4844 Uplands Family Playgroup 1000-1200 Youth Centre Drop-in Pre-teen 1300-1600 Teens 1800-2100 Girls Self-defence in Orleans 1300-1700</p>

<p>16 Learning Together 900-1100</p>	<p>17 Café Français 930-1130 Stay & Play Drop In EPPS 900-1100 613-998-4844 Open Gym with the Youth Centre 613-991-5051 Kool Kids 1730-1900</p>	<p>18 Orleans Family Playgroup-900-1100 240 Centrum, #105 Coffee Break 900-1100 Pre-teen Drop-in 1600-1830 Teen Drop-in 1830-2100 Mom & Baby Playgroup 1230-1400</p>	<p>19 Children's Corner-AM 900-1200 cost varies, Children's Corner-PM 1600-2100 cost varies Open Gym with the Youth Centre 613-991-5051 Jeudi Plein de Soleil 900-1100 "Thank Goodness Its Thursday" with the deployment Team – Kanata</p>	<p>20 Stay & Play Drop In EPPS 900-1100 613-998-4844 Pre-teen Drop-in 1600-1830 Teen Drop-in 1930-2200 Deadline to register for Girls Self-defense tomorrow in Kanata</p>	<p>21 Kanata Play Group 900-1100 613-998-4844 Uplands Family Playgroup 1000-1200 Girls Self-defence in Kanata 1300-1700</p>
<p>23 Learning Together 900-1100 Art Club – Youth Centre 613-991-5051 "Traveling Luncheon" with the Deployment Team-South Keys</p>	<p>24 Café Français 930-1130 Stay & Play Drop In EPPS 900-1100 613-998-4844 Open Gym with the Youth Centre 613-991-5051 Kool Kids 1730-1900 Mother Goose 1330-1430, register at (613)998-4844</p>	<p>25 Orleans Family Playgroup-900-1100 240 Centrum, #105 Coffee Break 900-1100 Pre-teen Drop-in 1600-1830 Teen Drop-in 1830-2100 Mom & Baby Playgroup 1230-1400 Meet & Greet (Gatineau)</p>	<p>26 Children's Corner-AM 900-1200 cost varies, Children's Corner-PM 1600-2100 cost varies Open Gym with the Youth Centre 613-991-5051 Jeudi Plein de Soleil 900-1100 Teen Zumba 1730-1830 613-991-5051</p>	<p>27 Stay & Play Drop In EPPS 900-1100 613-998-4844 Teen Movie Night 1600-2000</p>	<p>28 Saturday Time Away -Uplands 1300-2100 cost varies Saturday Time Away -Orleans 1300-1800 cost varies Kanata Play Group 900-1100 613-998-4844 Youth Centre Drop-in Pre-teen 1300-1600 Teens 1800-2100</p>
<p>30 Learning Together 900-1100</p>	<p>31 Café Français 930-1130</p>	<p>In February – St.John's First Aid Course, Feb 4 & 5, 900-1600 call (613)998-4888 to register</p>			

<p>Gamer Delight – Youth Centre 613-991-5051</p>	<p>Stay & Play Drop In EPPS 900-1100 613-998-4844 Open Gym with the Youth Centre 613-991-5051 Kool Kids 1730-1900 Mother Goose 1330-1430</p>				
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For Registration, costs and more information, please call 613-998-4888

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For more information see our website at www.familyforce.ca