

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford	10:00 am - 11:30 am Family Yoga (Please text or call to register at 249-879-1873) Levack Public School		
5	(All day) Centre Closed for Staff Professional Development	09:15 am - 11:00 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Levack Public School	09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford			
12	09:30 am - 12:00 pm Movement & Play (Story & Craft Time with Martha from the Onaping Library) Onaping Falls Community Center	09:30 am - 10:30 am Cooking with Kids (For children 30 months to age 6- Please text 705-822-4037 to register) Levack Public School	09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford	10:00 am - 11:30 am Family Yoga (Please text or call 249-879-1873 to register) Levack Public School		
19	(All day) Centre Closed / Le centre est fermé	04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom		10:00 am - 11:30 am Family Yoga (Please text or call to register at 249-879-1873) Levack Public School		
26		04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom		10:00 am - 11:30 am Family Yoga (Please text or call to register at 249-879-1873) Levack Public School		

# Additional Program Information / Information Additionnelle Concernant Les Programmes

## **Cooking with Kids**

Children between the ages of 2.5 to 12 years old will have the opportunity to learn basic cooking skills by preparing pre-selected recipes with the support from their accompanied parent / caregiver.

## **Cooking with OCOF**

This program offers parents and caregivers the opportunity to learn about the importance of healthy eating and to develop their cooking skills by preparing healthy affordable meals.

## **H.E.L.P. Toolbox Parenting Program**

H.E.L.P. (Healthy Emotions/Loving Parents) Toolbox is a program that provides participants with some of the tools and skills for coping with everyday stresses.

## **PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES**

### **Cooking with OCOF - May 1, 2024 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

### **Family Yoga - May 2, 2024 10:00 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - May 7, 2024 9:15 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - May 8, 2024 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

### **Movement & Play - May 13, 2024 9:30 am**

ADDRESS: 2 Hillside Avenue, Onaping

### **Cooking with Kids - May 14, 2024 9:30 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - May 15, 2024 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

### **Family Yoga - May 16, 2024 10:00 am**

ADDRESS: 100 High St., Levack

### **Family Yoga - May 23, 2024 10:00 am**

ADDRESS: 100 High St., Levack

### **Family Yoga - May 30, 2024 10:00 am**

ADDRESS: 100 High St., Levack