

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				10:00 am - 11:30 am ¹ Getting Healthy with OCOF - Fit for Me (We will be walking on the board walk. Stroller friendly! Please wear proper shoes.) Bell Park, Sudbury	09:30 am - 11:30 am ² Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	
4	(All day) ⁵ Centre Closed / Le centre est fermé (All day) ⁵ Centre Closed / Le centre est fermé	10:00 am - 11:30 am ⁶ Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury	09:30 am - 11:30 am ⁷ Creating Healthy Babies Prenatal Program (Must be expecting, please contact Nicole at 705-822-3202) Public Health Sudbury & Districts	10:00 am - 11:30 am ⁸ Getting Healthy with OCOF - Fit for Me (We will be walking on the board walk. Stroller friendly! Please wear proper shoes.) Bell Park, Sudbury	08:00 am ⁹ Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFC NENA)	10
11	(All day) ¹² Centre Closed for Staff Professional Development	09:30 am - 12:00 pm ¹³ Playgroup Lansing Avenue Baptist Chapel, Sudbury				17
18	10:00 am - 11:30 am ¹⁹ Creating Healthy Babies Prenatal Program (Must be expecting, please contact Nicole at 705-822-3202) Carmichael Community Center	10:00 am - 11:30 am ²⁰ Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury		10:00 am - 11:30 am ²¹ Getting Healthy with OCOF - Fit for Me (We will be walking on the board walk. Stroller friendly! Please wear proper shoes.) Bell Park, Sudbury	09:30 am - 11:30 am ²² Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center 01:00 pm - 02:30 pm ²³ Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	24
09:00 am - 02:00 pm ²⁵ Special Event (New Sudbury Days Place Hurtubise)	09:30 am - 11:30 am ²⁶ Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	10:00 am - 11:30 am ²⁷ Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury		10:00 am - 11:30 am ²⁸ Getting Healthy with OCOF - Fit for Me (We will be walking on the board walk. Stroller friendly! Please wear proper shoes.) Bell Park, Sudbury	10:00 am - 12:00 pm ²⁹ Special Event (Fun in the Park!) Victory Park, Sudbury	31

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Creating Healthy Babies Prenatal Program

This program offers expectant mothers the opportunity to receive emotional, educational and nutritional support to assist them in developing a healthy baby during their pregnancy. Good Food Bags containing fresh fruits and vegetables, milk, eggs and other protein sources are also provided free to participants.

Getting Healthy with OCOF - Fit for Me

A wellness program designed to maintain and improve well-being through healthy eating and physical activity.

Playgroup

By engaging in play, the children and their parents/caregivers learn together in an open, welcoming, inviting, and inclusive environment.

Slow Cooker Workshop

This program offers parents and caregivers the opportunity to prepare healthy affordable slow cooker meals and learn about the importance of healthy eating.

Welcome Baby

Welcome Baby inspires parents/caregivers with babies up to 12 months of age to explore, interact and research with materials which supports curiosity, learning and development.

Slow Cooker Workshop - Aug 23,2024 1:00 pm

ADDRESS: 1388 Bellevue Ave Sudbury

Slow Cooker Workshop - Aug 26,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Aug 27,2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Getting Healthy with OCOF - Fit for Me - Aug 29,2024 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Special Event - Aug 30,2024 10:00 am

ADDRESS: 496 Froot, Sudbury

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Getting Healthy with OCOF - Fit for Me - Aug 1,2024 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Slow Cooker Workshop - Aug 2,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Aug 6,2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Creating Healthy Babies Prenatal Program - Aug 7,2024 9:30 am

ADDRESS: 1300 Paris St., Sudbury

Getting Healthy with OCOF - Fit for Me - Aug 8,2024 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Playgroup - Aug 13,2024 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

Creating Healthy Babies Prenatal Program - Aug 19,2024 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Aug 20,2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Getting Healthy with OCOF - Fit for Me - Aug 22,2024 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Slow Cooker Workshop - Aug 23,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.