

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
		09:15 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Please text 705-822-4037 to register) Levack Public School 1	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford 2	3	4	5
6	(All day) Centre Closed for Staff Professional Development 7	09:30 am - 10:30 am Cooking with Kids (Please text/call 705-822-4037 to register. for Children ages 2.5-6. Limited Spaces) Levack Public School 8	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford 9	10	11	12
13	(All day) Centre Closed / Le centre est fermé 14	09:30 am - 11:30 am Time for YOU (Adult Crafting Opportunity & Self-Care. Please text or call 705-822-4037 to register.) Levack Public School 15	09:30 am - 11:30 am Time for YOU (Adult Crafting Opportunity & Self-Care. Please text or call 705-822-4037 to register.) St. Alexander's Church, Chelmsford 16	17	18	19
20		22	23	24	25	26
27	10:00 am - 12:00 pm Movement & Play (Story & Craft Time with Martha from the Onaping Library) Onaping Falls Community Center 28	10:00 am - 11:00 pm Special Event (Pumpkin Hunt- Please call/text 705-822-4037. For children ages 0 to 6.) Russell Beaudry Playground, Onaping 29	30	31		

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

# 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 - 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.

## **Time for YOU**

Parenting can be very rewarding and equally as challenging at times. Join us for some fun crafting opportunities and some well-deserved self-care. Take time to connect, relax and try new activities!

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

**Cooking with OCOF - Slow Cooker Workshop - Oct 1, 2024  
9:15 am**

ADDRESS: 100 High St., Levack

**Cooking with OCOF - Slow Cooker Workshop - Oct 2, 2024  
9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

**Cooking with Kids - Oct 8, 2024 9:30 am**

ADDRESS: 100 High St., Levack

**Cooking with OCOF - Slow Cooker Workshop - Oct 9, 2024  
9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

**Time for YOU - Oct 15, 2024 9:30 am**

ADDRESS: 100 High St., Levack

**Time for YOU - Oct 16, 2024 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

**Movement & Play - Oct 28, 2024 10:00 am**

ADDRESS: 2 Hillside Avenue, Onaping

**Special Event - Oct 29, 2024 10:00 am**

ADDRESS: 10 Juniper Avenue, Onaping

NOTES: Join us for a pumpkin rain or shine. Children will have the opportunity to find & decorate their own pumpkin. A healthy snack will be provided. Location to be determined.