

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				1	2	3
4	(All day) Center Closed for Staff Professional Development 5	09:15 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop ((Please call 705-822-4037 to register)) Levack Public School 6	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Please text/call 705-822-4037 to register. Limited Spaces.) St. Alexander's Church, Chelmsford 7	8	9	10
11	09:30 am - 11:30 am Movement & Play (Gym time 9:30 a.m.-10:50 a.m. followed by a healthy snack in the library) Onaping Falls Community Center 12	09:30 am - 10:30 am Cooking with Kids (For children 2.5 to 6 years of age. Please text 705-822-4037 to register. Limited Spaces) Levack Public School 13	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Please text/call 705-822-4037 to register. Limited Spaces.) St. Alexander's Church, Chelmsford 14	15	16	17
18	(All day) Center Closed / Le centre est fermé 19	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 20	21	22	23	24
25	09:30 am - 11:30 am Movement & Play (Gym time 9:30 a.m.-10:50 a.m. followed by a healthy snack in the library) Onaping Falls Community Center 26	27	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Please text/call 705-822-4037 to register. Dowling residents will have priority. Limited Spaces.) Onaping Falls Lions Club, Dowling 28	09:30 am - 11:00 am Getting Healthy with OCOF (Stroller walk - contact 705-822-4037 to register) Onaping Falls Community Center 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.

Getting Healthy with OCOF

This is a wellness program that promotes healthy and positive lifestyle choices.

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 - May 6, 2025

9:15 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Slow Cooker Workshop - May 7, 2025

9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Movement & Play - May 12, 2025 9:30 am

ADDRESS: 2 Hillside Avenue, Onaping

Cooking with Kids - May 13, 2025 9:30 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Slow Cooker Workshop - May 14, 2025

9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Time for YOU - May 20, 2025 9:30 am

ADDRESS: 100 High St., Levack

Movement & Play - May 26, 2025 9:30 am

ADDRESS: 2 Hillside Avenue, Onaping

Cooking with OCOF - Slow Cooker Workshop - May 28, 2025

9:30 am

ADDRESS: 27 Sturgeon Street, Dowling

Getting Healthy with OCOF - May 29, 2025 9:30 am

ADDRESS: 2 Hillside Avenue, Onaping