

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 11:00 am Cooking with OCOF- Specialized Program (Sheet Pan Kitchen- To register, please call/text 705-822-4037) St. Alexander's Church, Chelmsford	(All day) Center Closed for Staff Professional Development	(All day) Center Closed for Staff Professional Development	
5	(All day) Center Closed for Staff Professional Development	09:15 am - 10:45 am Cooking with OCOF- Specialized Program (Sheet Pan Kitchen- To register, please call/text 705-822-4037) Levack Public School	09:30 am - 11:00 am Cooking with OCOF- Specialized Program (Sheet Pan Kitchen- To register, please call/text 705-822-4037) St. Alexander's Church, Chelmsford			
12	(All day) Center Closed / Le centre est fermé	09:30 am - 11:00 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	09:30 am - 11:00 am Cooking with Kids (For children 2.5 to 6 years of age. Please text 705-822-4037 to register. Limited Spaces) St. Alexander's Church, Chelmsford	10:00 am - 12:00 pm Bounce Back and Thrive! Parenting Program (Text/Call Natalie at 705-207-1960 to register) Zoom		10:00 am - 11:30 am Special Event (Creepy Crafts and Cauldron Cooking(Please text/call 705-822-4037 to register for children ages 2-6. Limited Spaces)) Onaping Falls Community Center
19		09:30 am - 11:30 am Time for YOU (Please call/text 705-822-4037 to register. Limited Spaces) Levack Public School	09:30 am - 11:00 am Cooking with OCOF- Specialized Program (Sheet Pan Kitchen. Please call/text 705-822-4037 to register or for more information. Limited Spaces) Onaping Falls Lions Club, Dowling	10:00 am - 12:00 pm Bounce Back and Thrive! Parenting Program (Text/Call Natalie at 705-207-1960 to register) Zoom		
26	09:30 am - 11:30 am Movement & Play (Gym time 9:30 a.m.-10:50 a.m. followed by a healthy snack & storytime in the library) Onaping Falls Community Center			09:30 am - 11:00 am Special Event (Spooky Scavenger Hunt- Please call/text 705-822-4037. For children ages 0 to 6.) Onaping Falls Community Center 10:00 am - 12:00 pm Bounce Back and Thrive! Parenting Program (Text/Call Natalie at 705-207-1960 to register) Zoom		

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

Additional Program Information / Information Additionnelle Concernant Les Programmes

Bounce Back and Thrive! Parenting Program

This is a 10-session parenting program. You will learn skills to achieve family calm and happiness: Build resilience in everyday interactions with your children; let go of stress allowing you to solve problems or conflicts; teach your children to manage anger, frustration, and stress; assist your children in improving their confidence and self-esteem.

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.

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- Specialized Program - Oct 1, 2025 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Cooking with OCOF- Specialized Program - Oct 7, 2025 9:15 am

ADDRESS: 100 High St., Levack

Cooking with OCOF- Specialized Program - Oct 8, 2025 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Cooking with Kids - Oct 14, 2025 9:30 am

ADDRESS: 100 High St., Levack

Cooking with Kids - Oct 15, 2025 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Special Event - Oct 18, 2025 10:00 am

ADDRESS: 2 Hillside Avenue, Onaping

FOOD SERVED: Snacks. FOOD DESCRIPTION: Spider crackers & scary kabobs NOTES: Join us for a fun-filled morning of spooky recipes and creative crafts! Costumes are welcome, and space is limited—so don't wait! To register, call or text 705-822-4037.

Time for YOU - Oct 21, 2025 9:30 am

ADDRESS: 100 High St., Levack

CHILDCARE: yes.

Cooking with OCOF- Specialized Program - Oct 22, 2025 9:30 am

ADDRESS: 27 Sturgeon Street, Dowling

Movement & Play - Oct 27, 2025 9:30 am

ADDRESS: 2 Hillside Avenue, Onaping

Special Event - Oct 30, 2025 9:30 am

ADDRESS: 2 Hillside Avenue, Onaping

FOOD SERVED: Snacks. FOOD DESCRIPTION: applesauce, crackers, cheese NOTES: An Outdoor Adventure for Families with Young Children (Ages 0–6). Grab your boots and your Halloween spirit — it's time for The Great Pumpkin Hunt! Join us for a fun-filled outdoor scavenger hunt. Rain or shine, we'll be out exploring — so dress for the weather! Costumes are welcome (but optional). A healthy snack will be provided. Registration is required — please call or text 705-822-4037 to sign up.