

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 11:00 am <sup>1</sup> Cooking with OCOF- Specialized Program (Sheet Pan Kitchen. Please call/text 705-822-4037 to register or for more information. Limited Spaces) St. Alexander's Church, Chelmsford		(All day) <sup>3</sup> Center Closed / Le centre est fermé	
	5 (All day) <sup>6</sup> Center Closed / Le centre est fermé	09:30 am - 11:00 am <sup>7</sup> Cooking with OCOF- Specialized Program (Sheet Pan Kitchen. Please call/text 705-822-4037 to register or for more information. Limited Spaces) Levack Public School	09:30 am - 11:00 am <sup>8</sup> Cooking with OCOF- Specialized Program (Sheet Pan Kitchen. Please call/text 705-822-4037 to register or for more information. Limited Spaces) St. Alexander's Church, Chelmsford		10:00 am - 11:30 am <sup>10</sup> Triple P (Positive Parenting Program) Quick Tips (Call/text 705-822-4037 to book a 30 minute appointment. Limited Spaces) Online	
	12 (All day) <sup>13</sup> Center Closed for Staff Professional Development	09:30 am - 11:00 am <sup>14</sup> Cooking with Kids (For children 2.5 to 12 years of age. Please text 705-822-4037 to register. Limited Spaces) Levack Public School	09:30 am - 11:00 am <sup>15</sup> Cooking with Kids (For children 2.5 to 12 years of age. Please text 705-822-4037 to register. Limited Spaces) St. Alexander's Church, Chelmsford			
		19 09:30 am - 11:30 am <sup>21</sup> Time for YOU (Please call/text 705-822-4037 to register. Limited Spaces) Levack Public School	09:30 am - 11:00 am <sup>22</sup> 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			
	26 09:30 am - 11:30 am <sup>27</sup> 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	10:00 am - 11:30 am <sup>28</sup> Workshop (Baby's First Foods - A workshop for parents with children starting solids. Text 705-822-4037 to register. Each participant will receive a free gift!) Levack Public School		29 11:45 am - 01:15 pm <sup>30</sup> Special Event (Free Family Swim at the Onaping Pool. Text 705-822-4037 to register. Limited spaces.) Onaping Falls Community Center		

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.

## **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!

## **Triple P (Positive Parenting Program) Quick Tips**

During the session, the Triple P practitioner will provide support on specific parenting challenges or concerns with child's behaviour or development.

## **Workshop**

Workshops give parents / caregivers the opportunity to receive support, education and information on a variety of topics.

## **PROGRAM NOTES / MESSAGES CONCERNANT**

### **LES PROGRAMMES**

**Cooking with OCOF- Specialized Program - Apr 1, 2026 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

**Cooking with OCOF- Specialized Program - Apr 7, 2026 9:30 am**

ADDRESS: 100 High St., Levack

**Cooking with OCOF- Specialized Program - Apr 8, 2026 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

**Cooking with Kids - Apr 14, 2026 9:30 am**

ADDRESS: 100 High St., Levack

**Cooking with Kids - Apr 15, 2026 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

**Time for YOU - Apr 21, 2026 9:30 am**

ADDRESS: 100 High St., Levack

CHILDCARE: yes.

**Cooking with OCOF- Specialized Program - Apr 22, 2026 9:30 am**

ADDRESS: 27 Sturgeon Street, Dowling

**Movement & Play - Apr 27, 2026 9:30 am**

ADDRESS: 2 Hillside Avenue, Onaping

**Workshop - Apr 28, 2026 10:00 am**

ADDRESS: 100 High St., Levack

**Special Event - Apr 30, 2026 11:45 am**

ADDRESS: 2 Hillside Avenue, Onaping

FOOD SERVED: Snacks. FOOD DESCRIPTION: applesauce, crackers, cheese string & yogurt NOTES: Join us for a FREE family swim at the Onaping Pool followed by a healthy snack.