

HOURS OF OPERATION:

CLOSED: SATURDAY, SUNDAY & MONDAY

OPEN: TUES., WED., THURS., FRIDAY 9:00 a.m.-4:30 p.m.

January 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED HAPPY★NEW★YEAR ZUMBA 7-8	2 EMS 1-2 p.m. BOOT CAMP With Kim 7 to 8	3 TOPS 4:30-6:30 p.m. ZUMBA 7-8	4 BOOT CAMP With Kim 7 to 8	5 Sexual Health Training 10:00 a.m. and 2:00 p.m.	6
7 SON BOW MINISTRIES 9-1	8 CLOSED ZUMBA 7-8	9 Helping You Connect to Developmental Services 2:00-4:00 p.m. BOOT CAMP With Kim 7 to 8	10 TOPS 4:30-6:30 p.m. ZUMBA 7-8	11 BOOT CAMP With Kim 7 to 8	12	13
14 SON BOW MINISTRIES 9-1	15 CLOSED ZUMBA 7-8	16 BOOT CAMP With Kim 7 to 8	17 TOPS 4:30-6:30 p.m. ZUMBA 7-8	18 BOOT CAMP With Kim 7 to 8	19	20
21 SON BOW MINISTRIES 9-1	22 CLOSED ZUMBA 7-8	23 Lavina's Recipe Club 11:00 a.m. BOOT CAMP With Kim 7 to 8	24 TOPS 4:30-6:30 p.m. ZUMBA 7-8	25 ORAL HYGEINE Workshop 9:30 a.m. PERSONAL HYGEINE Workshop 10:00 a.m. BOOT CAMP With Kim 7 to 8	26	27
28 SON BOW MINISTRIES 9-1	29 CLOSED ZUMBA 7-8	30 BOOT CAMP With Kim 7 to 8	31 TOPS 4:30-6:30 p.m. ZUMBA 7-8 p.m.			

EMERGENCY MEDICAL SERVICE

Tuesday January 2nd, EMS from 1:00 p.m.-2:00 p.m. Held at Activities Plus for monthly checks of blood pressure and sugar levels. Please feel free to stop by for a free health check!

TRAINING EVENTS AT OUR LEARNING CENTRE

Friday January 5h 10:00 a.m. or 2:00 p.m. Sexual Health

Training. Mindy Brotton who has been trained as a sex esteem trainer, will be providing the training. This training will be offered at two different times so that we can have smaller groups as this topic can be uncomfortable for some people to talk about in larger groups. Depending on preferences expressed, the groups may be split between men and women.

Topics that will be covered are:

- The Male and Female Body
- Basic Sexuality
- Consent

Please call Mindy at the Learning Centre to Sign up.

Thursday January 25th 9:30 a.m. Oral Hygiene Workshop- Training will be provided by Marcia Rutledge from Barry's Bay Dental Hygiene Clinic.

Thursday January 25th 10:00 a.m. Personal Hygiene Workshop-

We will be doing another Personal Hygiene workshop for anyone who missed the training in December. This will follow the Oral Health Workshop. Please call the Learning Centre to sign up.

Flyer with details to follow.

OTHER EVENTS AT THE LEARNING CENTRE

Tuesday January 9th 2:00-4:00 p.m. Connecting to

Developmental Services provided by MVACL.- If you need information on connecting to services through DSO we can help you. We can help you find answers to any questions you may have. Call Mindy at The Learning Centre if you want to set up a meeting between 2 and 4 p.m. 613-756-3817 Ext. 205.

Tuesday January 23rd 11:00 a.m.- Lavina's Recipe Club- Join Lavina for a Croc Pot Party. Please call the Learning Centre to sign up and let Lavina know what you will be bringing.

PRIVATE BOOKINGS OPEN TO THE PUBLIC

ZUMBA every Monday and Wednesday 7:00 p.m. to 8:00 p.m.

Come and Dance and groove with Kim Shalla. Contact Kim Shalla 613-756-2330 or cell 613-633-7077 if interested.

BOOT CAMP with Kim Shalla - Tuesdays and Thursdays from

7:00p.m.- 8:00.m. Please call Kim at 613-756-2330 or 613-633-7077 to sign up.

TOPS every Wednesday 4:30-6:30p.m . If interested in joining, please contact Cheryl Kydd @ 613-756-4081 for more information.

Pastor Rose LeClair of SON BOW MINISTRIES-

Sunday Mornings 9-1pm. Everyone is welcomed to attend.

