



# Moms' Nite-out

## Every mom needs time out now and then!

Moms' Nite-out (MNO) activities are organized by English-speaking volunteer moms with support from Wellness Centre (WE) staff. Some events are just for moms, others for both parents and many are for the whole family. MNO often takes place in the WE in the Jeffery Hale Pavilion, room 1135, but not always.

Please check *Toddler Talk Online* newsletter or follow the MNO Facebook page for details: [facebook.com/groups/MomsNiteOutQC](https://facebook.com/groups/MomsNiteOutQC).

<b>Sep 2017</b>	Thu. 28	Close Knit Mingler – Hostess: Shelley
<b>Oct</b>	Sun. 1	Family Walk / Run for the Cure – Hostess: Rebecca
	Sat. 14	Autumn Clothing Swap – Hostess: Victoria
<b>Nov</b>	Fri. 10	Crackpot Café Here We Come – Hostess: Shelley
	Thu. 16	<i>Murder on the Orient Express</i> Movie Outing – Hostess: Teri
	Thu. 30	Get Creative Paint Nite – Hostess: Amanda
<b>Dec</b>	Sat. 9	Christmas Party – Corina and Monica Klaus & Santa's Elves
	Thurs.14	Christmas Baking – Hostess: Kate
<b>Jan 2018</b>	Sat. 20	Skating Under the Stars in Shannon – Hostess: Dana
	Tue. 30	Winter's Eve at the Spa – Hostess: Annalisa

**For more information or to register:**

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Community Organizer:  
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