



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.

Sep 2017	Thu. 28	Close Knit Mingler – Hostess: Shelley
Oct	Sun. 1 Sat. 14	Family Walk / Run for the Cure – Hostess: Rebecca Autumn Clothing Swap – Hostess: Victoria
Nov	Fri. 10 Thu. 16 Thu. 30	Crackpot Café Here We Come – Hostess: Shelley <i>A Bad Moms Christmas</i> Movie Outing – Hostess: Teri Get Creative Paint Nite – Hostess: Amanda
Dec	Sat. 9	Party with Santa – Corina and Monica Klaus & Santa's Elves
Jan 2018	Thu. 11 Sat. 20 Tue. 30	A Taste of Afghanistan – Hostess: Yalda and Leanne Skating Under the Stars in Shannon – Hostess: Dana Winter's Eve at the Spa – Hostess: Annalisa

For more information or to register:

Jan Anderson
Community Organizer:
418 684-5333, ext. 1539

