

Moms' Nite-out

Every mom needs time out from being a parent now and then; it's perfectly normal. Admit it, you're dying to make some new women friends who are in the same life stage and who speak English.



Moms' Nite-out events are planned and hosted by moms like you.

If you would like to host an event, please let us know.



For ALL moms of babies and pre-school age children

Feel free to bring your baby if you are breastfeeding

Place: Many activities are held in the Jeffery Hale Pavilion, room 1135, from 7-10 PM but not always (to be sure, call for details or check Toddler Talk Online newsletter)

Parking: Free if at the Jeffery Hale (we will give you a coupon)

Refreshments: Tea/coffee provided. You supply your own non-alcoholic beverages.

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| Jan '17 | Sat., 21: Family Skate Date – Hostess: Rebecca*
Wed., 25: Winter's Eve at the Spa – Hostess: Lisa |
| Feb | Sat., 11: Moms Go Clubbing! – Hostesses: Nancy and Jeanne |
| March | Thurs., 23: Movie Night- Beauty & The Beast – Hostess: Terisa |
| April | Sat., 8: Freezer-Cooking for Busy Moms – Hostess: Terisa *
Fri., 21: MNO Team Goes to Trivia Night at QHS – Hostess: Lisa |
| May | Sat., 6: Toys & More Sale – Hostess: Jill |
| June | Sat., June 10: Family Hike – Kayress*
Sat. 17: Spring Closet Swap – Hostess: Monica |

* Be Active Quebec is partnering with MNO to sponsor these healthy living family events.

Check us out on Facebook:

<https://www.facebook.com/groups/MomsNiteOutQC/>



May 26, 2017

RSVP: Jan Anderson
Community Organizer
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