



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.

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| Feb 2018 | Tues., 20: | Momma's Hit the Slopes – Hostess: Annalisa |
| | Sat., 24 | Family Skate Date – Hostess: Victoria |
| March | Fri., 16 | Games Night – Hosts: Leanne & Shelley |
| | Sat., 24 | <i>Cabin à Sucre</i> Family Day – Hosts: Dana & Helena |
| | Thurs., 29: | Paint Nite Take 2 – Hostess: Amanda |
| April | Fri., 6 or 20 | Spring Wardrobe Swap– Hostess: Dana |
| | TBA | <i>Jesus Christ Super Star</i> Outing – Hosts: Dana & Erin |
| | Sat., 21 | Freezer Cooking Revisited – Hostess: Teri |
| May | Sat., 5 | Toys & So Much More Sale– Hosts: Rebecca & Teri |
| | 19 to 20 | Run for the Border Weekend Away– Hosts: Rebecca & Teri |
| | Sun., 27 | Family Hike/Picnic with the Snow Geese – Hostess: Annalisa |
| June | TBA | Paddle Board Fun– Hostess: Victoria |

For more information or to register:

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

