



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.

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
April	Fri., 6	Spring Wardrobe Swap– Hostess: Corina
	Wed., 25	Paint Nite Take 2 – Hostess: Amanda
	Sat., 21	Freezer Cooking Revisted – 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

