



# Moms' Nite-out

Moms' Nite-out (MNO) activities are organized by English-speaking volunteer moms with support from Wellness Centre staff. Some events are just for moms, others for both parents and many are for the whole family. MNO often takes place at the Wellness Centre 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).

## 2019

<b>January</b>	Fri., 25	Movie Nite – Hostess: Carrie Anna
<b>February</b>	Sat., 2 Thurs., 21	Cross Country Skiing & Snowshoeing Fun Day– Hostess: Shelley Winters' Eve at the Spa – Hostess: Leanne
<b>March</b>	TBD Fri., 15	Sugar Shack Family Outing – Hostess: Sheila Games Nite – Hostess: Shelley
<b>April</b>	Sat., 13	Freezer Cooking Made Easy – Hostess: Teri
<b>May</b>	Sat., 4 18 to 20 Fri., 31	Toys & More Baby and Family Bazar – Rebecca & MNO Ctte Run for the Border Getaway Weekend for Moms! – Rebecca & MNO Cmte Summer Wardrobe Swap – Hostesses: Elise & Leanne
<b>June</b>	TBD	Tree Top Trekking – Hostess: Leanne

## For more information or to register:

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

Jan. 7, 2019



Centre  
Wellness