

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Let the Bowling Begin	8	9	10
11	12 Body Works- AlbionHeatherington	13	14 Body Works- AlbionHeatherington	15	16	17 GreenStar community garden Harvest and clean-up -10am-2pm
18 Terry Fox Run	19 Body Works- AlbionHeatherington	20	21 Body Works- AlbionHeatherington	22	23	24 Health and Fitness- What's it all about? Gym activities York Public School 12-3pm
25	26 Body Works- AlbionHeatherington	27 Bowling with JOCA -Walkley Bowling Lane 6 :30-8 :30	28 Body Works- AlbionHeatherington	29	30	

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Body Works- AlbionHeatherington	4	5 Body Works- AlbionHeatherington Elimination Basketball Pinecrest Park 5-8pm Elimination Basketball Pinecrest Park 5-8pm	6	7 Come show off your soccer skills! Pinecrest Park 5-8pm	8
9	10	11	12 Body Works- AlbionHeatherington Soccer-Baseball Pinecrest Park 5-8pm	13	14	15 Dr. Dodgeball York Public School 12-3pm Immigration Discussion Location: TRD Time: TRD
16	17 Body Works- AlbionHeatherington	18	19 Body Works- AlbionHeatherington Healthy Cooking Pinecrest-Terrace 5-8pm	20	21 Activities Pinecrest Park 5-8pm	22

23	24 Body Works- AlbionHeatherington	25	26 Activities Pincrest Park 5-8pm	27	28	29 BEEP test! York Public School 12-3pm
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November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Activities Pinecrest Park 5-8pm	3	4	5
6 Gatineau Walk	7	8	9 Healthy Cooking Pinecrest-Terrace Community House 5-8pm	10	11	12 Peer to Peer entrepreneurship & Employment workshop Ottawa Public Library 12-3PM
13	14	15	16	17	18	19 Shark Island York Public School 12-3pm
20	21	22	23	24	25	26 Wii Party/ Wii Party Hard

27	28	29	30			
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December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Activities Pinecrest Park 5-8pm	8	9	10
11 UJAMAA Market	12	13	14	15	16	17
18 Christmas/Kwanzaa Potluck dinner	19	20	21	22	23	24

25	26	27	28	29	30 Ottawa Kwanzaa Galla Canadian Museum of Civilization (CMC) 4pm -8pm	31
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For more information please call 613-567-0600