

| SUNDAY                                                                    | MONDAY                                                                                                      | TUESDAY                                                                                                   | WEDNESDAY                                                                             | THURSDAY                                   | FRIDAY | SATURDAY                                        |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------------------------------------------|--------|-------------------------------------------------|
|                                                                           |                                                                                                             | 1<br>Mommy & Me<br>10AM-1PM                                                                               | 2                                                                                     | 3                                          | 4      | 5                                               |
| 6                                                                         | 7<br>CLOSED                                                                                                 | 8<br>Elder's Program<br>11:30AM-1:30PM<br>Teen Program<br>4 to 6:30pm<br>Kids Zone 5-7PM<br>Ages 6 to 12  | 9<br>Culture Night<br>5:30-8:30PM                                                     | 10                                         | 11     | 12                                              |
| 13                                                                        | 14<br>Post Sec Meal Prep<br>Tiny Totems 4-6PM<br>Ages 3-5<br>YOGA<br>6:30-7:30<br>Beading Circle<br>6 - 8PM | 15<br>Mommy & Me<br>10AM-1PM<br>Teen Program<br>4 to 6:30pm<br>Kids Zone 5-7PM<br>Ages 6 to 12            | 16<br>Culture Night<br>5:30-8:30PM                                                    | 17<br>Back to School<br>Post Sec.<br>Event | 18     | 19<br>Swimming Lessons<br>4:10 - 5PM<br>Group 3 |
| 20<br>Swimming Lessons<br>4 - 4:35PM<br>Group 1<br>4:30-5:05PM<br>Group 2 | 21<br>Post Sec Meal Prep<br>Tiny Totems 4-6PM<br>Ages 3-5<br>YOGA<br>6:30-7:30<br>Beading Circle<br>6 - 8PM | 22<br>Elder's Program<br>11:30AM-1:30PM<br>Teen Program<br>4 to 6:30pm<br>Kids Zone 5-7PM<br>Ages 6 to 12 | 23<br>Youth Program -<br>Resume Building<br>5pm - 7pm<br>Culture Night<br>5:30-8:30PM | 24                                         | 25     | 26<br>Swimming Lessons<br>4:10 - 5PM<br>Group 3 |
| 27<br>Swimming Lessons<br>4 - 4:35PM<br>Group 1<br>4:30-5:05PM<br>Group 2 | 28<br>Post Sec Meal Prep<br>Tiny Totems 4-6PM<br>Ages 3-5<br>YOGA<br>6:30-7:30<br>Beading Circle<br>6 - 8PM | 29<br>Mommy & Me<br>10AM-1PM<br>Teen Program<br>4 to 6:30pm<br>Kids Zone 5-7PM<br>Ages 6 to 12            | 30<br>National Day<br>for Truth and<br>Reconciliation                                 | 1                                          | 2      | 3                                               |

Priority for all programs and services at the Gatineau Native Friendship Centre is given to members of the Urban Indigenous community. Registration is required for workshops and programs.

La priorité pour tous les programmes et services offerts au Centre d'amitié autochtone de Gatineau est donnée aux membres de la communauté autochtone urbaine. L'inscription est obligatoire pour les ateliers et les programmes.

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