



July Newsletter

Upcoming Events



Welcome Dinner 2019

September 19, 2019

5:30 pm - 8:30 pm

MFRCS Assembly Hall



Comedy Show - Derek Seguin

Morale Booster

October 5, 2019

Recap of Spring 2019

We had a tremendous spring here at the MFRCS! Everything from celebrating our amazing volunteers, new moms, a great partnership with Cold Lake Chrysler and our sold-out Mother's Day and Father's Day Morale Boosters!

We hope everyone had as much fun as we did this spring, and look forward to having a great summer!

It's going to be another busy Fall - we can't wait to see you at all our events and workshops!



Mother's Day Champagne Brunch



Father's Day Lunch



Community Baby Shower



New MFRCS Van from Cold Lake Chrysler



Volunteer Appreciation Dinner



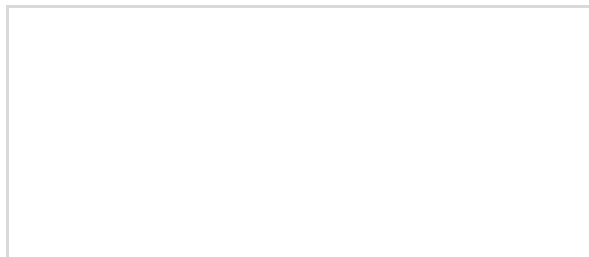
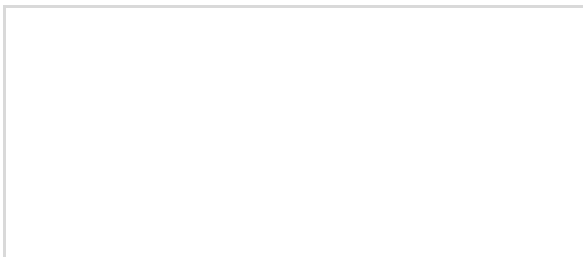
Summer Camp
A Few Spots Left!

Hurry Fast! There are still a few remaining spots left for our 2019 Summer Camp from July 2nd - August 29th.

Open to children going into or leaving kindergarten (Ages 4 1/2 - 6 years old).

To register your child come into the MFRCS or call 780-594-6006.

Volunteer Opportunities





English & French Conversation Classes

We're looking to enhance our English and French Conversation Classes and are seeking volunteers who would be interested in facilitating these!

September 2019 - June 2020

English Conversation Group:
Mondays 6:00pm - 8:00pm

French Conversation Group:
Wednesdays 6:00pm - 8:00pm

To find out more, please email **Anita.Gerwing@forces.gc.ca** or call **780-594-6006 ex 227**.



Dance Classes

Calling all dance enthusiasts!
Facilitators are needed for monthly Dance Night events from **September 2019 - May 2020**.

Do you have a special dance style you'd like to share?

We're in need of people who would like to give an informal lesson and then open the floor for a fun evening.

To find out more, please email **Anita.Gerwing@forces.gc.ca** or call **780-594-6006 ex 227**.

Youth Centre July Events

July 2019 Juillet

YOUTH CALENDAR/CALENDRIER DES JEUNES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 YOUTH CENTRE CLOSED CANADA DAY	2 KIDS CLUB ROCK PAINTING 4:30PM - 7:00PM	3 YOUTH STEM SATURDAY: SOLAR OVEN 1:00PM-4:00PM	4 KIDS CLUB HOCKEY 1:00PM-4:00PM	5 YOUTH DROP-IN 6:30PM - 9:00PM	6 YOUTH CENTRE CLOSED SLEEPOVER 7:00PM - 8:00AM
7	8 YOUTH SUMMER TREAT: STRAWBERRY LEMONADE ICE CREAM FLOAT	9 KIDS CLUB DIY KIDS BOOK 4:30PM - 7:00PM	10 YOUTH DROP-IN 1:00PM-4:00PM	11 KIDS CLUB BIKE RODEO WITH MP'S: BRING YOUR BIKE DAY 1:00PM - 4:00PM	12 YOUTH DROP-IN 6:30PM - 9:00PM	13 YOUTH CENTRE CLOSED BABYSITTING COURSE 9:00AM-4:00PM
14	15 YOUTH DROP-IN 1:00PM-4:00PM	16 KIDS CLUB LEGO MANIA 4:30PM - 7:00PM	17 WATERGUN FIGHT (BRING YOUR OWN WATERGUN) 1:00PM-4:00PM	18 KIDS CLUB WATERGUN FIGHT (BRING YOUR OWN) 1:00PM-4:00PM	19 YOUTH DROP IN 6:30PM-9:00PM	20 YOUTH DROP IN 1:00PM-4:00PM
21	22 YOUTH DROP-IN 1:00PM-4:00PM	23 KIDS CLUB MOVIE NIGHT 4:30PM - 7:00PM	24 YOUTH DROP-IN 1:00PM-4:00PM	25 KIDS CLUB SOCCER 1:00PM-4:00PM	26 YOUTH P.J'S & POPCORN MOVIE NIGHT 6:30PM-9:00PM	27 YOUTH DROP IN 1:00PM-4:00PM
28	29 YOUTH CAMP GAMES (cooperative games) 1:00PM-4:00PM	30 KIDS CLUB CAMP GAMES 4:30PM - 7:00PM	31 YOUTH DROP-IN 1:00PM-4:00PM	1	2	3

Babysitting Course Ages 11+, \$20 + GST
Sleepover, Ages 10-15, FREE, Soirée pyjama, 10-15 ans, GRATUIT
 To register, create an account at 4wingmfrcs.perfectmind.com
 Pour vous inscrire, créez un compte sur 4wingmfrcs.perfectmind.com

Call the Youth Programs Coordinator for more information 780-594-6006 ext 234
 Follow us on Facebook @MFRCS-Youth Centre-Cold Lake

**Youth Drop-In* are for ages 10-17. *Les portes ouvertes pour les jeunes* sont pour les 10-17 ans.
 Youth Events are for 10-17 year olds. *Les événements pour les jeunes* s'adressent aux 10-17 ans
 Kids Club is a free program for children ages 6 - 8. Registration is required and opens weekly on
 Sundays at 4wingmfrcs.perfectmind.com. Children can participate in scheduled activities, games,
 and free time. Please bring a snack. Le club pour enfants est un programme gratuit pour les enfants âgés
 de 6 à 8 ans. L'inscription est obligatoire et s'ouvre chaque semaine le dimanche à l'adresse
4wingmfrcs.perfectmind.com. Les enfants peuvent participer aux activités programmées, aux jeux et au
 temps libre. S'il vous plaît apporter une collation

