

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Coming in December							
Café Français - Wed. 4 & 11 Dec. Bake Exchange - Wed. 4 Dec. Writing Holiday Cards - Thurs. 5 Dec. MFRC Volunteer Celebration - Thurs. 5 Dec. December 6 Vigil - Fri. 6 Dec. Gifts and Songs in French - Fri. 6 Dec. Deployment Christmas Brunch - Sat. 7 Dec. Magic Christmas Shoppe - Tues. 10 & Wed. 11 Dec			Ladies Night Ornament Exchange - Thurs. 12 Dec. Drop and Shop - Sat. 14 Dec. Mature Women's Group - Mon. 16 Dec. Craft Drop in Afternoon - Wed. 18 Dec. Parenting Together at Night - Wed. 18 Dec. Exceptional Fun - Thurs. 19 Dec. New Recruits Family Café - Sat. 21 Dec.			<b>1</b> A Parent Community 0930 - 1130 Couple Force 1730	<b>2</b> Kids Club 0915 - 1130 Visit St. Boniface Museum 1330 - 1430
<b>3</b>	<b>4</b>	<b>5</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900	<b>6</b> Café Français 0930 - 1130	<b>7</b> Community Coffee Break 1000 - 1100 Creative Tots 0900 - 1100 Everything Binder 0930 - 1130 Lunch n Chat in French 1230 - 1315 Kids Club 1630 - 1900 Stepping Stones Triple P 1900 - 2100	<b>8</b> A Parent Community 0930 - 1130 Preparing for Deployment & Reunion FIS 0930 - 1130 PSP In-service camp 0730 - 1715 "Above & Beyond" RCAF Band Concert 1930	<b>9</b>	
<b>10</b>	<b>11</b> Closed for Remembrance Day	<b>12</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900 Ladies Night Bowling 1900 - 2100	<b>13</b> A Parent Group 0930 - 1130 Café Français 0930 - 1130 Snack, Pack and Wrap 1700 - 1900	<b>14</b> Mother Goose in French 0900 - 1000 Creative Tots 0900 - 1100 Lunch n Chat in French 1230 - 1315 Kids Club 1630 - 1900 Stepping Stones Triple P 1900 - 2100 Kids in the Kitchen 1700 - 1900	<b>15</b> A Parent Community 0930 - 1130 Kids in the Kitchen 1700 - 1900 Good Food Box Order Deadline	<b>16</b> Kids Club 0915 - 1130 Preparing Tourtière 1300 - 1600 <b>Comedy Night</b> 1900 - late	
<b>17</b> Free Family Movie at Bldg 90 Aladdin Doors 1600 Show 1630	<b>18</b>	<b>19</b> Creative Tots 0900 - 1100 Mental Health First Aid - Veteran Community 0830 - 1630 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900 Christmas Card Making 1900 - 2000	<b>20</b> Mental Health First Aid - Veteran Community 0830 - 1630 South Side Coffee 0930 - 1130 Craft Drop-in Afternoon 1330 - 1500 Leaving the Uniform 1900 - 2100 Free Movie Night for 14+ at Bldg 90 "The Crimes of Grindelwald" 1900	<b>21</b> Creative Tots 0900 - 1100 Lunch n Chat in French 1230 - 1315 Kids Club 1630 - 1900 Stepping Stones Triple P 1900 - 2100	<b>22</b> PSP In-service camp 0730 - 1715 A Parent Community 0930 - 1130 Kids in the Kitchen 1700 - 1900	<b>23</b> Kids Club 0915 - 1130 Deployment Activity: Read and Craft 1000 - 1130	
<b>24</b>	<b>25</b> Mature Women's Group 1900 - 2100	<b>26</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900	<b>27</b> A Parent Group 0930 - 1130 Café Français at École Roméo Dallaire 0930 - 1130	<b>28</b> Mother Goose in French 0900 - 1000 Creative Tots 0900 - 1100 Lunch n Chat in French 1230 - 1315 Kids Club 1630 - 1900 Stepping Stones Triple P 1900 - 2100	<b>29</b>	<b>30</b> Kids Club 0915 - 1130 New Recruits Family Café 1100 - 1200 Craft Time 1300 - 1600	



## MFRC YOUTH CENTRES

Membership is \$20 and valid for 12 months - see centre staff for details.

**NORTH SIDE, 102 COMET ST.**  
 Monday, Wednesday & Friday 1700 - 2000, 6 - 12 year olds  
 Thursdays 1700 - 2000, 13- 17 year olds  
 Closed Tuesday

**SOUTH SIDE, 347 DONCASTER ST.**  
 Monday - Friday 1630 - 2000, 6 - 12 year olds

@WinnipegMFRC   
 
 @WinnipegMFRCYOUTH  
[www.CAFconnection.ca](http://www.CAFconnection.ca)

- ### LEGEND
- Children's Programs
  - Parenting & Family Programs
  - Adult Programs
  - Special Interest
  - Youth/Teen Programs
  - PSP Programs



**Programs without a registration date are drop in.**

## SPECIAL EVENTS

### COUPLE FORCE

A couples only event full of fun! Childcare available upon request. Fri, Nov. 1, 1730 – 2000. Reg. by Oct. 25, \$10 per couple

### COMMUNITY COFFEE BREAK

Network over coffee and treats. Thurs., Nov. 7, 1000 – 1100

### LADIES NIGHT BOWLING

Open to all women in the defense community – members, civilians and spouses Tues. Nov. 12, 1900 – 2100. Uptown Lanes, 1301 St. Mathews Ave. Reg. by Nov. 5 \$10

### SNACK, PACK, AND WRAP

A get together to package up morale packages for those deployed through the holiday season. Wed. Nov. 13, 1700 -1900 Contact Ana for costs and registration ext. 2991

### COMEDY NIGHT

Fundraiser for the MFRC at the ANAVETS 3584 Portage Ave. Sat., Nov. 16, 1900 – late. Tickets at the ANAVETS, MFRC or the door (if not sold out!!) \$10 each.

## ADULT PROGRAMS

### EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for those who are looking for employment. Tuesdays, 0930 – 1130

### CAFÉ FRANÇAIS

Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Weds. 0930 - 1130, Nov. 6 and 13 at MFRC, Nov. 27 at École Roméo Dallaire,

### EVERYTHING BINDER

Having everything in one place creates a feeling of mastery and organization. Thurs., Nov. 7, 0930 – 1130. Reg. by Nov. 4.

### FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315.

### PREPARING FOR DEPLOYMENT AND REUNION (FREQUENT INTERVAL SEPARATION)

If your member is frequently away from home for short or long periods of time, this workshop is for you as we discuss what to make the time apart easier. Fri., Nov. 8, 0930 – 1130. Reg. by Nov. 4

### PREPARING TOURTIÈRE

Learn to prepare Tourtière with Marie en français. Sat., Nov. 16. Reg. by Nov. 4. \$5

### MENTAL HEALTH FIRST AID – VETERAN COMMUNITY

Attendance is mandatory both days. Tues., Nov. 19 and Wed., Nov 20 0800 – 1600 each day. FULL.

### CHRISTMAS CARD MAKING

Make 6 holiday cards (4 to keep and 2 to give away) and a 3D paper craft. Tues., Nov. 19. \$20 Reg. by Nov. 12.

### SOUTH SIDE COFFEE

A social time open to everyone! Wed., Nov. 20, 0930 – 1130 at South Side Youth Centre, 347 Doncaster St.

### CRAFT DROP-IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., Nov. 20, 1330 – 1500.

### LEAVING THE UNIFORM

Medically releasing? Come for the coffee, stay for the conversation.

Wed., Nov 20, Dec 18. 1900 – 2100. Call Kim for info., ext. 4512

### MATURE WOMEN'S GROUP

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., Nov. 25, 1900 -2100

### CRAFT TIME

A three hour session in a child free place with 8 ft tables for you to work on your craft project. Sat., Nov. 30, 1300 - 1600. Register by Nov. 29.

## CHILDRENS PROGRAMS

### OCCASIONAL CHILD CARE

Casual childcare for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

### CREATIVE TOTS

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St., Tues. and Thurs. 0900 - 1100.

### KIDS CLUB

Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 – 1130

### MOTHER GOOSE IN FRENCH

Continuing program

## YOUTH PROGRAMS

### KIDS IN THE KITCHEN (6 – 12)

Learn kitchen skills and basic recipes Nov. 14, 15 and 22. Reg. by Nov. 1. \$25

### DEPLOYMENT ACTIVITY: READ AND CRAFT (4-12)

We will reading and doing crafts together. Drop off is optional. Sat., Nov. 23, 1000 – 1130. Reg by Nov. 18. \$5 per child.

LIMITED SPACES!

## PARENT & FAMILY PROGRAMS

### PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays. 0930 - 1130.

### PARENT GROUP

Join us for parenting discussions and networking. Wed., Nov. 13 & 27, 0930 - 1130.

### VISIT THE ST. BONIFACE MUSEUM

Self-guided tour. Sat., Nov. 2, 1330 – 1430 \$5 for ages 13 and up.

### STEPPING STONES - TRIPLE P

Do you have kids under 12 with exceptional needs? This parent program is for you! Thursdays, 1900 – 2100 Nov. 7 – Dec. 12 Call for cost and registration 204-833-2500 ext. 4500. Open to all in defense community. Reg. by Oct. 29

### NEW RECRUITS FAMILY CAFÉ

Calling families of new military members! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., Oct. 26, 1100 - 1200



Help Santa Stock the **MAGIC** Christmas Shoppe

**DONATIONS OF NEW OR GENTLY USED GIFTS (for men, women and children), AS WELL AS WRAPPING SUPPLIES (gift bags, tissue paper, tape) WILL BE GRATEFULLY ACCEPTED AT THE MFRC BETWEEN NOV 28 TO DEC 7.**



Programs with this symbol offer drop-in child care (for a fee) for children 18 months to 5 years. Other programs may have care on request - ask!