




SEPTEMBER 2017

BENT ARROW ABORIGINAL PARENT LINK CENTRE 11666-95 Street Edmonton, Alberta T5G 1L8 Telephone 780-474-2400 Fax 780-474-3030

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. Elder's Breakfast 10:30-12:00 pm	2.
3.	4. Centre Closed	5. Centre Closed	6. Centre Closed	7. Drop In 11:00-4:00 pm	8. Drop In 11:00-4:00 pm	9.
10. 	11. Mom's R Us 12:30-2:30 pm Kokums Tea Time 12:30-2:30 pm pehonan: Men's Sharing Circle 4:00-6:00 pm Sewing Circle 4:30-6:30 pm	12. pehonan: Social Hub 12:00-2:00 pm Inner City Highschool 12:30-2:30 pm Family Night 4:00-6:00 pm	13. Collective Kitchen 11:30-12:30 pm	14. Lil Chefs 12:30-2:30 pm	15. Elder's Breakfast 10:30-12:00 pm pehonan: The Crow's Nest 12:30-2:30 pm	16.
17.	18. Mom's R Us 12:30-2:30 pm Kokums Tea Time 12:30-2:30 pm pehonan: Men's Sharing Circle 4:00-6:00 pm Sewing Circle 4:30-6:30 pm	19. pehonan: Social Hub 12:00-2:00 pm Family Night 4:00-6:00 pm	20. Drop In 11:00-3:00 pm	21. Come and Play then Sit and Stay @ Parkdale 11648-85 St 10:30-12:00 pm Lil Chefs 12:30-2:30 pm	22. pehonan: The Crow's Nest 12:30-2:30 pm	23.
24.	25. Mom's R Us 12:30-2:30 pm pehonan: Men's Sharing Circle 4:00-6:00 pm Roots and Berries 4:30-6:00 pm	26. pehonan: Social Hub 12:00-2:00 pm Inner City Highschool 12:30-2:30 pm Family Night 4:00-6:00 pm	27. Craft in a Jif with Ramona 12:00-2:30 pm Traditional Parenting 4:30-6:30 pm	28. Lil Chefs 12:30-2:30 pm	29. Elder's Breakfast 10:30-12:00 pm pehonan: The Crow's Nest 12:30-2:30 pm	30.

September Agenda 2017

MONDAY:

Mom's R Us: 12:30-2:30 pm

September 11: Schedules, Routines and Charts

September 18: TBA

September 25: Clothing exchange

Sewing Circle: 4:30-6:30 pm

September 11: Moss bags

September 18: Moss bags

Roots and Berries: 4:30-6:00 pm:

September 25: Welcome back

Pehonan Kokums Tea Time @ Sage: 12:30-2:30 pm

September 18: Berry picking in Leduc

Pehonan Senior Men's Sharing Circle: 4:00-6:00 pm: 11, 18 & 25

TUESDAY:

Family Night: 4:00-6:00 pm

September 12: Back to School Special

September 19: No Bake cookies

September 26: Painting Emoji's

Pehonan: Social Hub: 12:00-2:00 pm

September 12: National Grand Parent Day Celebration

September 19: Sea Shell lights

September 26: No bake Cookies

Inner City High School parenting: 12:30-2:30 pm

September 12: Introductions

September 26: Triple P bed time Routines

WEDNESDAY:

Traditional Parenting: 4:30-6:30 pm

September 27: Introduction and History

September 13: Collective Kitchen 11:30-2:30 pm

Menu: Beef Surprise; Potato Vegetable Pizza; Green Bean and Chickpea salad; rice; Baking

September 27: Craft in a Jiff with Ramona 12:00-2:30 pm

This month's project: Paint Day

THURSDAY:

Come and Play then Sit and Stay: 12:30-2:30 pm

September 21: Parachute Play

Lil Chef's 12:30-2:30 pm

September 14: Decorate Aprons! Mozzarella pepperoni croissants!

September 21: Decorate Chef Hats! Spaghetti hotdogs

September 28: Pin the Cherry on the Ice Cream Cone! Cupcake Cones!

FRIDAY:

Elder's Breakfast: 10:30-12:00 pm: September 1, 15, & 29

Pehonan: The Crows nest: 12:30-2:30 pm

September 15: Adult Community Education (ACE): Stress, Education and Well-being

September 22: Fun BINGO

September 29: ACE: Senior and Mental Health