



# PETERBOROUGH Gets Active

## APRIL 2016

# FREE

## kids activities all month long!

For more information, visit  
[sustainablepeterborough.ca](http://sustainablepeterborough.ca)  
and search **Healthy Kids**  
or follow us on Twitter @HKCCPtbo



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><h3>HEALTHY KIDS COMMUNITY CHALLENGE PETERBOROUGH</h3></div> <div><p>Need help getting to a <b>Peterborough Gets Active Month</b> activity? Pick up a <b>FREE Family Transit Day Pass</b>, call Claire Townshend at <b>705-743-1000</b>, ext. 355.</p></div>						<div><div>Me &amp; My Dad 9:30 a.m. - 12:00 p.m.</div><div>2</div><div>Open House &amp; Horseback Rides 12:00 p.m. - 3:00 p.m.</div><div>Aqua Sports (Ages 7-12) 1:00 p.m. - 2:00 p.m.</div><div>Soccer* (Ages 8-12) 8:00 a.m. - 6:00 p.m.</div></div>
<div><div>3</div><div>Family Day 1:00 p.m. - 4:00 p.m.</div><div>Craft &amp; Explore Trent Nature Areas* 1:30 p.m. - 4:00 p.m.</div></div>	<div><div>4</div><div>Family Play to Learn 9:00 a.m. - 11:30 a.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div></div>	<div><div>5</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div><div>Circle Kung Fu (Ages 5-12) 4:30 p.m. - 5:30 p.m.</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div><div>Bowling 6:00 p.m. - 8:00 p.m.</div></div>	<div><div>6</div><div>Parent &amp; Baby Aqua Fit* 9:30 a.m. - 10:00 a.m.</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div></div>	<div><div>7</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Story Time 10:00 a.m. - 10:45 a.m.</div><div>Family Play to Learn 1:00 p.m. - 3:30 p.m.</div><div>Kids Yoga 6:30 p.m. - 7:00 p.m.</div><div>Karate - Family 6:30 p.m. - 7:30 p.m.</div></div>	<div><div>8</div><div>Story Time (6 months - 5 yrs) 10:00 a.m. - 10:45 a.m.</div><div>Breakdancing 6:00 p.m. - 7:00 p.m.</div><div>Colour Guard 7:00 p.m. - 8:00 p.m.</div></div>	<div><div>9</div><div>Family Gym Drop In 7:15 a.m. - 10:00 a.m.</div><div>Me &amp; My Dad 9:30 a.m. - 12:00 p.m.</div><div>Aqua Sports (Ages 7-12) 1:00 p.m. - 2:00 p.m.</div><div>Gymnastics (Ages 6 &amp; under) 1:30 p.m. - 2:30 p.m. (Ages 7-13) 3:00 p.m. - 4:00 p.m.</div><div>Try-it Sessions (Ages 8+) Archery, Fencing &amp; Jiu Jitsu 3:00 p.m. - 6:00 p.m.</div><div>Soccer* (Ages 8-12) 8:00 a.m. - 6:00 p.m.</div></div>
<div><div>10</div><div></div></div>	<div><div>11</div><div>Family Play to Learn 9:00 a.m. - 11:30 a.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Family Play for Health Program (Ages 0-4) TBD</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div></div>	<div><div>12</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Environmental Walk &amp; Crafting 10:00 a.m.</div><div>Parent &amp; Tot/Preschool Story &amp; Circle Time* 10:15 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div><div>Circle Kung Fu (Ages 5-12) 4:30 p.m. - 5:30 p.m.</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div></div>	<div><div>13</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div></div>	<div><div>14</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Story Time 10:00 a.m. - 10:45 a.m.</div><div>Family Play to Learn 1:00 p.m. - 3:30 p.m.</div><div>After School Adventures (Ages 6-12) 4:00 p.m. - 5:30 p.m.</div><div>Karate - Family 6:30 p.m. - 7:30 p.m.</div></div>	<div><div>15</div><div>Story Time (6 months - 5 yrs) 10:00 a.m. - 10:45 a.m.</div></div>	<div><div>16</div><div>Me &amp; My Dad 9:30 a.m. - 12:00 p.m.</div><div>Open House &amp; Horseback Rides 12:00 p.m. - 3:00 p.m.</div><div>Aqua Sports (Ages 7-12) 1:00 p.m. - 2:00 p.m.</div><div>Try-it Sessions (Ages 8+) Archery, Fencing &amp; Jiu Jitsu 3:00 p.m. - 6:00 p.m.</div><div>Soccer* (Ages 8-12) 8:00 a.m. - 6:00 p.m.</div></div>
<div><div>17</div><div>Bowling 9:00 a.m. - 11:00 a.m.</div><div>Kid's Bike Playground &amp; Bike Check-Ups 1:00 p.m. - 4:00 p.m.</div><div>Muay Thai 2:00 p.m. - 3:00 p.m.</div></div>	<div><div>18</div><div>Family Play to Learn 9:00 a.m. - 11:30 a.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Family Play for Health Program (Ages 0-4) TBD</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div></div>	<div><div>19</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div><div>Circle Kung Fu (Ages 5-12) 4:30 p.m. - 5:30 p.m.</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div><div>Bowling 6:00 p.m. - 8:00 p.m.</div></div>	<div><div>20</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div></div>	<div><div>21</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Story Time 10:00 a.m. - 10:45 a.m.</div><div>Family Play to Learn 1:00 p.m. - 3:30 p.m.</div><div>Traditional Inuit Games 6:30 p.m. - 7:30 p.m.</div><div>Karate - Family 6:30 p.m. - 7:30 p.m.</div></div>	<div><div>22</div><div>Story Time (6 months - 5 yrs) 10:00 a.m. - 10:45 a.m.</div><div>Family Swim 6:30 p.m. - 8:00 p.m.</div></div>	<div><div>23</div><div>Me &amp; My Dad 9:30 a.m. - 12:00 p.m.</div><div>Earth Day Clean-up 10:00 a.m. - 12:00 p.m.</div><div>Family Yoga (Ages 5-12) 10:15 a.m. - 11:15 a.m.</div><div>Grand Opening of Playground &amp; Hike Up the Hill Campaign 12:00 p.m. - 5:00 p.m.</div><div>Aqua Sports (Ages 7-12) 1:00 p.m. - 2:00 p.m.</div><div>Kids Yoga (Ages 7-13) 1:00 p.m. - 1:45 p.m.</div><div>Soccer* (Ages 8-12) 8:00 a.m. - 6:00 p.m.</div></div>
<div><div>24</div><div></div></div>	<div><div>25</div><div>Family Play to Learn 9:00 a.m. - 11:30 a.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Family Play for Health Program (Ages 0-4) TBD</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div></div>	<div><div>26</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div><div>Circle Kung Fu (Ages 5-12) 4:30 p.m. - 5:30 p.m.</div><div>Karate - Family 6:00 p.m. - 7:00 p.m.</div></div>	<div><div>27</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Preschool Storytime* 10:30 a.m. - 11:15 a.m.</div><div></div></div>	<div><div>28</div><div>Family Play to Learn 9:30 a.m. - 12:00 p.m.</div><div>Music for Moppets 9:30 a.m. - 12:00 p.m.</div><div>Story Time 10:00 a.m. - 10:45 a.m.</div><div>Family Play to Learn 1:00 p.m. - 3:30 p.m.</div><div>Karate - Family 6:30 p.m. - 7:30 p.m.</div></div>	<div><div>29</div><div>Kids Program, Crafts &amp; Games (Ages 4-12) 9:30 a.m. - 11:30 a.m.</div><div>Story Time (6 months - 5 yrs) 10:00 a.m. - 10:45 a.m.</div><div>Youth Night Drop In (Ages 10-14) 7:00 p.m. - 9:00 p.m.</div></div>	<div><div>30</div><div>Ninja Kids (Ages 2-5) 9:00 a.m. - 10:00 a.m. &amp; 10:00 a.m. - 11:00 a.m.</div><div>Me &amp; My Dad 9:30 a.m. - 12:00 p.m.</div><div>Family Group Ride - a Kidical Mass 10:30 a.m. Start</div><div>Wilderness Skills for Families (Ages 4-12) 12:00 p.m. - 2:00 p.m.</div><div>Open House &amp; Horseback Rides 12:00 p.m. - 3:00 p.m.</div><div>Aqua Sports (Ages 7-12) 1:00 p.m. - 2:00 p.m.</div><div>Soccer* (Ages 8-12) 8:00 a.m. - 6:00 p.m.</div></div>

\*Registration Required

Bike Riding

**GreenUP and B!KE** (Bonnerworth Park, Monaghan Rd. & Bonaccord St., Ptbo)  
**Kid’s Bike Playground & Bike Check-Ups:** (All ages) *Build awareness, balance and confidence in young riders and good practice for older riders. Free bike check-ups.*  
• Sunday, April 17, 1:00 p.m. - 4:00 p.m.

**GreenUP and B!KE** (Beavermead Park, 2011 Ashburnham Dr., Ptbo)  
**Family Group Ride - a Kidical Mass:** (All ages) *Beavermead Park to Nicholls Oval Park (3km). Participants are invited to pack a picnic, as the trip will end at Nicholls Oval Park. For more information on the ride or the route, please contact Lindsay at GreenUP (705-745-3238, ext. 209).*  
• Saturday, April 30, 10:30 a.m. START

Bowling

**Lakeview Bowl** (109 George St. N., Ptbo)  
• Sunday, April 17, 9:00 a.m. - 11:00 a.m.  
**Peterborough Bowlerama** (845 Chemong Rd., Ptbo)  
• Tuesdays: April 5 & 19, 6:00 p.m. - 8:00 p.m.

Breakdancing

**Peterborough Huskies** (James Strath Public School, Multipurpose Room, 1175 Brealey Dr., Ptbo)  
**Breakdancing**  
• Friday, April 8, 6:00 p.m. - 7:00 p.m.

Colour Guard

**Peterborough Huskies** (James Strath Public School, Multipurpose Room, 1175 Brealey Dr., Ptbo)  
**Colour Guard**  
• Friday, April 8, 7:00 p.m. - 8:00 p.m.

Early Years Active Story Times

**Bridgenorth Library** (836 Charles St., Bridgenorth)  
**Preschool Storytime:** *Join Kathleen and Corny the squirrel for engaging stories, drama, music and crafts. Ages 3 and up with a caregiver.*  
\*Registration Required: 705-292-5065 or [kcharlton@mypubliclibrary.ca](mailto:kcharlton@mypubliclibrary.ca)  
• Wednesdays: April 6, 13, 20 & 27, 10:30 a.m. - 11:15 a.m.

**Lakefield Library** (2 Queen St, Lakefield)  
**Preschool Storytime:** *Join Kathleen and Corny the squirrel for engaging stories, drama, music and crafts. Ages 3 and up with a caregiver.*  
\*Registration Required: 705-652-8623 or [kcharlton@mypubliclibrary.ca](mailto:kcharlton@mypubliclibrary.ca)  
• Tuesdays: April 5, 12, 19 & 26, 10:30 a.m. - 11:15 a.m.

**Cavan Monaghan Library - Bruce Johnston Branch** (2199 Davis Rd., Cavan Monaghan)  
**Story Time** (6 months - 5 yrs)  
• Thursdays: April 7, 14, 21 & 28, 10:00 a.m. - 10:45 a.m.

**Cavan Monaghan Library - Millbrook Branch** (1 Dufferin St., Millbrook)  
**Story Time** (6 months - 5 yrs)  
• Fridays: April 8, 15, 22 & 29, 10:00 a.m. - 10:45 a.m.

**Peterborough Sport & Wellness Centre** (775 Brealey Dr., Ptbo)  
**Parent & Tot/Preschool Story & Circle Time**  
\*Registration required - Contact: 705-742-0050  
• Tuesday, April 12, 10:15 a.m. - 12:00 p.m.

Events

**Otonabee Conservation Foundation & Otonabee Conservation**  
**18th Annual Earth Day Jackson Creek Clean Up** (Jackson Park, Ptbo – main entrance). *Event is rain or shine; bags and gloves will be provided. For more information call 705-745-5791*  
• Saturday ,April 23, 10:00 a.m. - 12:00 p.m.

Family Play

**Family Play to Learn** *is a free drop-in style program for you and your young child(ren) to play. Enjoy a variety of early learning activities, including paints & crafts, and a circle time sing-along.*  
**Otonabee Valley Family Hub** (580 River Rd. S., Ptbo)  
**Family Play to Learn**  
• Mondays: April 4,11,18 & 25, 9:00 a.m. - 11:30 a.m.

**Antrim Family Hub** (201 Antrim St., Ptbo )  
**Family Play to Learn**  
• Tuesdays: April 5, 12, 19 & 26, 9:30 a.m. - 12:00 p.m.  
• Thursdays: April 7, 14, 21 & 28, 1:00 p.m. - 3:30 p.m.  
**Me and My Dad**  
• Saturdays: April 2, 9, 16, 23 & 30, 9:30 a.m. - 12:00 p.m.

**Lakefield Family Hub** (Lakefield Intermediate School, 71 Bridge St., Lakefield)  
**Family Play to Learn**  
• Wednesdays: April 6, 13, 20 & 27, 9:30 a.m. - 12:00 p.m.

**St. John Family Hub** (746 Park St. S., Ptbo )  
**Family Play to Learn**  
• Thursdays: April 7, 14, 21 & 28, 9:30 a.m. - 12:00 p.m.

**Norwood Family Hub** (Norwood District High School, 44 Elm St., Norwood)  
**Family Play to Learn**  
• Tuesdays: April 5, 12, 19 & 26, 9:30 a.m. - 12:00 p.m.

**Peterborough Regional Health Centre**  
**Family Play for Health Program** (Ages 0-4) *Come to this 4 week workshop to learn about getting your family active & connect with other parents. Contact: [dmoher@prhc.on.ca](mailto:dmoher@prhc.on.ca)*  
• Mondays: April 11, 18 & 25, Location & Time- TBD

General/Crafts

**Art Gallery of Peterborough** (250 Crescent St., Ptbo)  
**Family Day:** *Drop in and make art and crafts, visit family-friendly exhibition tours and activities.*  
• Sunday, April 3, 1:00 p.m. - 4:00 p.m.

**Peterborough Sport & Wellness Centre** (775 Brealey Dr., Ptbo)  
**Family Gym Drop In**  
• Saturday, April 9, 7:15 a.m. - 10:00 a.m.  
**Kids Program, Crafts & Games** (Ages 4-12)  
• Friday, April 29, 9:30 a.m. - 11:30 a.m.

**YMCA of Central East Ontario** (123 Aylmer St. S., Ptbo)  
**Youth Night Drop In** (Ages 10-14): *basketball, swimming, dance, play squash or racquetball.*  
• Friday, April 29, 7:00 p.m. - 9:00 p.m.

Gymnastics

**Kawartha Gymnastics Club** (33 Roger Neilson Way, Ptbo)  
**Gymnastics:** *Open house – parents are allowed on floor to participate.*  
• Saturday, April 9, 1:30 p.m. - 2:30 p.m. (Ages 6 & under)  
• Saturday, April 9, 3:00 p.m. - 4:00 p.m. (Ages 7-13)

Horseback Riding

**Stillbrook Riding Stables** (570 Woodside Rd., Keene)  
**Open House & Horseback Rides** - \*Restrictions may apply  
• Saturdays: April 2, 16, & 30, 12:00 p.m. - 3:00 p.m.

Kung Fu/Martial Arts

**Peterborough Multi-Sport Club** (275 Rink St., Unit 14, Ptbo)  
**Try-it Sessions:** *Archery, Fencing & Jiu Jitsu (Ages 8 & up): Bring indoor running shoes.*  
• Saturday, April 9 & 16, 3:00 p.m. - 6:00 p.m.

**Peterborough Huskies**  
**Dohjo Muay Thai** (304 George St. N., Suite 201, Ptbo)  
**Muay Thai**  
• Sunday, April 17, 2:00 p.m. - 3:00 p.m.

**Ninja Kids** (Trent University -Athletics Centre, Room FS 1)  
**Ninja Kids** (Ages 2-5): *Build your child’s confidence and physical literacy through play, challenging activities, and fun games.*  
• Saturday, April 30, 9:00 a.m. - 10:00 a.m. & 10:00 a.m. - 11:00 a.m.

**Circle Kung Fu** (280 Perry St., 2nd Floor, Ptbo)  
**Kung Fu** (Ages 5-12)  
• Tuesdays: April 5, 12, 19 & 26, 4:30 p.m. - 5:30 p.m.

**Karate Kawartha Lakes** (Lakehurst Hall, 259 Lakehurst Circle Rd.)  
**Karate - Family Class**  
*\*New students: FREE sessions all month for entire family.*  
• Thursdays: April 7, 14, 21 & 28, 6:30 p.m. - 7:30 p.m.

**Karate Kawartha Lakes** (Lindsay Club, 50 Mary St., W., Lindsay)  
**Karate – Family Class**  
*\*New students: FREE sessions all month for entire family.*  
• Mondays: April 4, 11, 18 & 25, 6:00 p.m. - 7:00 p.m.  
• Tuesdays: April 5, 12, 19 & 26, 6:00 p.m. - 7:00 p.m.



Music

Music for Moppets is a local playgroup for newborns to pre-school aged children, enjoy 40 minutes of song and rhyme time each session followed by snacks and playtime. Use the coupon to try a FREE SESSION during the month of April at either location.

Music for Moppets (St. Stephen’s Church, 1140 St. Paul St., Ptbo)

\*limit one session, see coupon

- Tuesdays: April 4, 11, 18 & 25, 9:30 a.m. - 12:00 p.m.

Music for Moppets (Sacred Heart Church, 208 Romaine St., Ptbo)

\*limit one session, see coupon

- Thursdays: April 7, 14, 21 & 28, 9:30 a.m. - 12:00 p.m.

Nature Exploring/Hiking

Peterborough Field Naturalists (Camp Kawartha Environment Centre, 2505 Pioneer Rd., Ptbo)

Craft & Explore Trent Nature Areas: Create a 3-D mobile art display of local pollinator species and explore the trails in the Trent Nature Areas. What to bring: a water bottle, nut-free snacks, hiking footwear.

\*RSVP Preferred: pfnjuniors@gmail.com

- Sunday, April 3, 1:30 p.m. – 4:00 p.m.

Jumping Mouse Nature Education (Jackson Creek Park, 610 Parkhill Rd. W., Ptbo)

After School Adventures (Ages 6-12)

- Thursday, April 14, 4:00 p.m. - 5:30 p.m.

Wilderness Skills for Families (Ages 4-12)

- Saturday, April 30, 12:00 p.m. - 2:00 p.m.

Peterborough Museum (300 Hunter St., E., Ptbo)

Grand Opening of Outdoor Playground & Hike Up the Hill Campaign: Hike up the hill to reach the museum and receive a “Hike Up the Hill” button!

- Saturday, April 23, 12:00 p.m. - 5:00 p.m.



Norwood Family Hub (Norwood District High School, 44 Elm St., Norwood)

Environmental Walk & Crafting: Join us on an environmental walk through the community. We will collect items along the way and make a collective art display. Call Leanne at 705 748-9144 for more details.

- Tuesday, April 12, 10:00 a.m. START

Soccer

Peterborough City Soccer Association

Soccer (Ages 8 - 12): Drop in and give soccer a try. Ages 8 -12. Indoor running shoes or indoor soccer turf shoes required.

\*Registration preferred: info@pcsasoccer.com

- Saturdays: April 2, 9, 16, 23, 30  
Times: 8:00 a.m. - U10 boys, 9:15 a.m. - U9 boys, 10:30 a.m. – U9 girls, 11:45 a.m. - U10 girls, 1:00 p.m. - U11 girls, 2:15 p.m. – U11 boys, 3:30 p.m. - U12 boys, 4:45 p.m. - U12 girls, 6:00 p.m. - U8’s, Keepers

Soccer sessions held at:  
Lions SPIPLEX Sports Dome  
7939 Highway #7, Selwyn, ON

Swimming/Aqua Sports

YMCA of Central East Ontario (123 Aylmer St. S., Ptbo)

Aqua Sports (Ages 7-12): Participants should be able to swim 100m and tread water for 1 minute. The sports that are included are water polo, speed swimming and lifeguard sport.

- Saturdays: April 2, 9, 16, 23 & 30, 1:00 p.m. - 2:00 p.m.

Peterborough Sport & Wellness Centre (775 Brealey Dr., Ptbo)

Family Swim

- Friday April 22, 6:30 p.m. - 8:00 p.m.

Parent & Baby Aqua Fit - \*Registration required - Contact: 705-742-0050

- Wednesday April 6, 9:30 a.m. - 10:00 a.m.

Traditional Inuit Games

Canadian Canoe Museum (910 Monaghan Rd., Ptbo)

Traditional Inuit Games

Come early for our Museum-wide scavenger hunt.

- Thursday, April 21, 6:30 p.m. - 7:30 p.m.

Yoga

Canadian Canoe Museum (910 Monaghan Rd., Ptbo)

Kids Yoga

Come early or stay after yoga for our Museum-wide scavenger hunt.

- Thursday, April 7, 6:30 p.m. - 7:00 p.m.

Peterborough Sport & Wellness Centre (775 Brealey Dr., Ptbo)

Family Yoga (Ages 5-12)

- Saturday, April 23, 10:15 a.m. - 11:15 a.m.

Salti Yoga (242 Hunter St. W., Ptbo)

Kids Yoga (Ages 7-13)

- Saturday, April 23, 1:00 p.m. - 1:45 p.m.

Need help getting to a Peterborough Gets Active Month activity?

Pick up a **FREE Family Transit Day Pass**, courtesy of Healthy Kids Community Challenge Peterborough, call Claire Townshend at **705-743-1000**, ext. 355.



HEALTHY KIDS  
COMMUNITY CHALLENGE  
PETERBOROUGH



Run.  
Jump.  
Play.  
Every Day.

Let’s get our kids moving!

Lots of good things happen when our kids move more. Being active doesn’t have to mean planned, structured exercise. All you have to do is encourage that natural urge to ‘Run. Jump. Play. Every day.’

  
**PETERBOROUGH Gets Active**  
**APRIL 2016**  
**FREE**  
kids activities  
all month long!

For more information, visit [sustainablepeterborough.ca](http://sustainablepeterborough.ca) and search **Healthy Kids** or follow us on Twitter @HKCCPtbo



  
**Music for Moppets**  
**Celebrating 10 years of songs, rhymes and family time**  
Moppets is a circle time playgroup for parents, grandparents & caregivers with their newborns to pre-schoolers. A full morning of fun and social time too from 9:30 to noon.  
  
**Come Sing and Play with us**  
**This coupon admits one family to any Moppet Morning in APRIL 2016 ONLY.**  
**Valid at Monday or Thursday sessions**  
**One coupon per family please**  
[www.MusicForMoppets.ca](http://www.MusicForMoppets.ca)  
**705.772.9999**

**Family Play for Health Program** This program is being offered by the Peterborough Regional Health Centre's Personal Health Improvement Team (PHIT). Four weekly hour-long workshops will be offered for families with young children (age 0-4 years) across the City and County of Peterborough. Workshops are at various times and locations so that all interested families can participate (see schedule below). The program is free will include time for \*fun\* family play, learning about how to be more active with your child, the resources available in your community and connecting with other families in your community! Families will receive a give-away each time they attend. Come for one session or more – if you come to all four sessions you will receive an exciting activity kit including items for parent and child! Transportation can be arranged within City of Peterborough if required. Feel free to bring older children to evening or weekend workshops.

The program will be offered in two 4-week cycles – Cycle 1: mid-April to mid-May, and Cycle 2: mid-May to Mid-June.

**Cycle 1 Schedule:**

Monday, April 11, 18, 25, May 2

1:30 p.m. - 2:30 p.m. at Peterborough Sport & Wellness Centre (775 Brealey Dr)

Monday, April 11, 18, 25, May 2

5:15 p.m. - 6:15 p.m. at Play Café Peterborough (Brookdale Plaza, 809 Chemong Rd)

Tuesday, April 12, 19, 26, May 3

10:00 a.m. - 11:00 a.m. at Otonabee South Monaghan Library (3252 County Rd 2, Keene)

Wednesday, April 13, 20, 27, May 4

1:30 p.m. - 2:30 p.m. at Peterborough Family Resource Centre (201 Antrim St)

Wednesday, April 13, 20, 27, May 4

5:30 p.m. - 6:30 p.m. at Bridgenorth Library Community Hall (836 Charles St, Bridgenorth)

Thursday, April 21, 28, May 5, 12

10:00 a.m. - 11:00 a.m. at Millbrook Family Centre (1 Dufferin St, Millbrook)

Saturday, April 23, 30, May 7, 14

10:00 a.m. - 11:00 a.m. at Hiawatha L.I.F.E. Services Centre (431 Hiawatha Line 10)

Registration required, but you do not need to commit to all 4 sessions.

Contact Deanna Moher for more information or to register [dmoher@prhc.on.ca](mailto:dmoher@prhc.on.ca) or 705-743-2121, ext. 2778

More locations and dates are being confirmed and will be added, so check back regularly

Cycle 2 schedule – TBD – Feel free to email Deanna with a day/time request