



February 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Youth Centre Phone Number (902) 720-1776 Messages will be checked & returned during program hours.			¹ Drop-in 3:30-5 D&D Game Night 6-8 \$2	² Open Drop-in 3:30-5:00pm & 5:30-8:30pm	Home Alone Program 9-12 \$5 Open Drop-in 1-4 & 5:30-8:30
⁴ Open Drop-in 1-4 5:00-8:00pm	⁵	⁶	⁷	⁸ Open Drop-in 3:30-5:00pm Open Drop-in 6-8	⁹ Open Drop-in 3:30-5:00pm Science Night 6-8 \$2	¹⁰ Open Drop-in 1-4 & 5:30-8:30pm
¹¹ Open Drop-in 1-4 Movie & Munchies 5-8pm \$2	¹²	¹³ Youth Committee 6:00-8:00pm	¹⁴	¹⁵ Open Drop-in 3:30-5:00pm Open Drop-in 6-8	¹⁶ Open Drop-in 3:30-5:00pm & 5:30-8:30pm	¹⁷ Open Drop-in 1-4 Super Nerf Tag 6-8pm \$3
¹⁸ Open Drop-in 1-4 5:00-8:00pm	¹⁹	²⁰	²¹	²² Open Drop-in 3:30-5:00pm Cooking 6-9 \$4	²³ Open Drop-in 3:30-5:00pm Art Night 6-8 \$2	²⁴ Skating at the Ova with Halifax Youth 12-5 \$6
²⁵ Open Drop-in 1-4 D&D 6-8pm \$2	²⁶	²⁷ Youth Committee 6:00-8:00pm	²⁸		Programs may be changed or cancelled due to low registration or inclement weather. Credits will be given to use toward future programs. All programs are for ages 8-18 unless otherwise specified.	

HALIFAX SITE
Box 99000 STN Forces, Halifax NS B3K 5X5
Tel: (24/7) : 902-427-7788

SHEARWATER SITE
P.O. Box 298 Shearwater NS
BOJ 3A0
Tel : (902) 720-1885

CAPE BRETON SITE
1 Desbarres St, Victoria Park
Sydney, NS B1P 6Z2
Tel: (902) 563-7100 ext 7107

Program Registration:

- Programs are drop-in unless otherwise specified
- Payments can be made in cash at the youth centre, or with cash/debit/credit at MFRC reception between 7:30am-5:30pm
- Questions, concerns, comments can be directed to **Kayla Fournier, Youth Program Co-ordinator at (902) 720-2002, kayla.fournier@forces.gc.ca** → Messages will be checked & returned during my office hours on Wednesdays.

Dungeons & Dragons (D&D)

D&D is a fantasy based game played with 4+ people. Together we create an imaginary world and characters that will explore, problem solve, and battle. The game requires role playing, working as a team and problem solving! The game can last for many sessions so we play as a group on an on-going basis (although you do not need to attend every session).

Home Alone Program

You may be at an age where becoming independent is cool and wouldn't it be great to learn some of the skills needed to be home alone? We'll teach you some of these types of life skills, including stove safety, basic first aid, how to plunge a toilet and much more so you can show your parents how responsible you really are! Please register at the MFRC or call Jennifer Landon (902) 720-2231.

Science & Art Nights

Come and explore, experiment and create with different materials, colours and supplies! If we can dream it, we can achieve – you'll see! Wear old clothing that you don't mind getting messy.

Skating at the Oval

Please pre-register for this activity at the MFRC or at the YC. We will bus from the YC to the Oval to go skating & bus back again. Bring your equipment (if you have it) and dress for the weather. If you don't have the equipment, we can rent it at the rink! Please bring extra snacks or money for treats. This goes double for Halifax youth, they will bus from the Windsor Park MFRC and meet us at the rink!

Super Nerf Tag

Join us for an active game of Super Nerf Tag which will run at the Shearwater MFRC – please drop-off and pick-up from the main doors. Drop-in welcome and snack will be provided. Hide away!

Movies & Munchies

Wind down your Sunday with a classic movie & snacks. Drop-ins welcome, snacks provided. Please inform us prior to the event if there are allergies or food restrictions.

Cooking/Baking

Our cooking/baking program runs once a month and rotates between cooking and baking. Learn kitchen skills such as washing your foods, chopping, mixing, and kitchen safety. Then enjoy your creation! Please inform us prior to the event if there are allergies or food restrictions.

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