

Original Mother  
Centre Society



2019 Dundas St  
Vancouver BC V5L 1J5  
originalmothercentre.ca

Contact Lisa at 604 558 2627 Ext 7011  
or further info or email  
lisa@aboriginalmothercentre.ca

Empowering Aboriginal Mothers  
to Transform Their Lives

# JANUARY



| Sun                       | Mon                                                                                                         | Tue                                                                                      | Wed                                                                                                                            | Thu                                                                              | Fri                                                                                        |    |
|---------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----|
|                           | 1<br><b>Pro-D Day</b>                                                                                       | 2<br><b>PRO-D Day</b>                                                                    | 3<br><b>PRO-D Day</b>                                                                                                          | 4<br><b>PRO-D Day</b><br>Taken 10:30-12<br>Elders12-2<br>Cooking with Shelly 2-4 | 5<br><b>PRO D –Day</b><br>Mrs. Infinity 10-12<br>Acupuncture (sign up)<br>Movie Night 6:30 | 6  |
| 7<br>Snack Making<br>6pm  | 8<br><b>Room Checks</b><br>Circle weekly check-<br>in 10 –11<br>Housing /Resources<br>1-3                   | 9<br><b>Resident Meeting 10</b><br>Vision Boards 1030<br>Art Therapy 10:30-4<br>WAVA 1-3 | 10 <b>Room Checks</b><br>Self Care/Massage 10-12<br>NP 10:30-130<br>PHN 10:30-12<br>Snack Making 1-3<br>Traditional Crafts 7pm | 11<br>Taken 10:30-12<br>Elders12-2<br>Cooking with Shelly 2-4                    | 12<br>Acupuncture (sign up)<br>Work out / Walking<br>club 10am<br>Movie Night 6:30         | 13 |
| 14<br>Snack Making<br>6pm | 15<br><b>Room Checks</b><br>Circle weekly check-<br>in 10 –11<br>Housing /Resources<br>1-3 ( New Start )    | 16<br><b>Resident meeting 10</b><br>Art Therapy 10:30-4<br>WAVA 1-3                      | 17 <b>Room Checks</b><br>Self Care/Massage 10-12<br>NP 10:30-130<br>PHN 10:30-12<br>Snack making 1-3<br>Traditional Crafts 7pm | 18<br>Taken 10:30-12<br>Elders12-2<br>Cooking with Shelly 2-4                    | 19<br>Acupuncture (sign up)<br>Work out/ Walking<br>club 10am<br>Movie Night 6:30          | 20 |
| 21<br>Snack Making<br>6pm | 22<br><b>Room Checks</b><br>Circle weekly check-<br>in 10 –11<br>Housing /Resources<br>1-3                  | 23<br><b>Resident meeting 10</b><br>Art Therapy 10:30-4<br>WAVA 1-3                      | 24 <b>Room Checks</b><br>Self Care/Massage 10-12<br>NP 10:30-130<br>PHN 10:30-12<br>Snack making1-3<br>Traditional Crafts 7pm  | 25<br>Taken 10:30-12<br>Elders12-2<br>Cooking with Shelly 2-4                    | 26<br>Acupuncture (sign up)<br>Work out/ Walking<br>Club 10am<br>Movie Night 6:30          | 27 |
| 28Snack Making<br>6pm     | 29 <b>PRO-D Day</b><br><b>Room Checks</b><br>Circle weekly check-<br>in 10 –11<br>Housing /Resources<br>1-3 | 30<br><b>Resident meeting 10</b><br>Art Therapy 10:30-4<br>WAVA 1-3                      | 31 <b>Room Checks</b><br>Self Care/Massage 10-12<br>NP 10:30-130<br>PHN 10:30-12<br>Snack making 1-3<br>Traditional Crafts 7pm |                                                                                  |                                                                                            |    |

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201

| Sun                                                   | Mon<br>Every Monday Room<br>Checks<br>Clean rooms pm                                                                             | Tue<br>Every Tuesday<br>Resident Meeting<br>10:30                | Wed<br>Every Wednesday<br>Room Checks<br>Clean rooms pm                                                         | Thu                                                                       | Fri                                                                                        | Sat                     |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------|
|                                                       |                                                                                                                                  |                                                                  |                                                                                                                 | 1<br>Taken 10:30-12<br>Cooking With<br>Shelly 2-4<br>Arts And crafts 6-8  | 2<br>Acupuncture (sign up)<br>Work out club 10-11<br>Hobiyeec outing 10<br>Movie Night 630 | 3<br>Hobiyeec<br>Family |
| 4<br>Woman's Sweat<br>4pm Cap Rez<br>Snack Baking 6pm | 5<br>Circle/check in 10-11<br>Aboriginal Gate-<br>ways to Careers 1-3                                                            | 6<br>Art Therapy 10:30-<br>4<br>WAVA 1-3<br>Arts and crafts 6-8  | 7<br>Work out club 10<br>NP 10:30-1:30<br>PHN 10:30-12<br>Snack Making 6pm                                      | 8<br>Taken 10:30-12<br>Cooking With<br>Shelly 2-4<br>Arts And crafts 6-8  | 9<br>Acupuncture (sign<br>up)<br>Work out club 10-<br>11<br>Movie night 6:30               | 10<br>Family            |
| 11<br>Snack Baking 6pm                                | 12<br><b>PRO-D Day<br/>Family Day</b>                                                                                            | 13<br>Art Therapy 10:30-<br>4<br>WAVA 1-3<br>Arts and crafts 6-8 | 14 <b>Valentines Day</b><br>Woman's Memorial<br>Walk 10:30<br>NP 10:30-1:30<br>PHN 10:30-12<br>Snack Making 6pm | 15<br>Taken 10:30-12<br>Cooking With Shelly<br>2-4<br>Arts And crafts 6-8 | 16<br>Acupuncture (sign up)<br>Work out club 10-11<br>Mother Goose 1-2<br>Movie night 6:30 | 17<br>Family            |
| 18<br>Snack Baking 6pm                                | 19 <b>Pro-D Day</b><br>Circle/check in 10-11<br>(7 sacred teachings)<br>Self Care 10-12<br>Aboriginal Gateways to<br>Careers 1-3 | 20<br>Art Therapy 10:30-4<br>WAVA 1-3<br>Arts and crafts 6-8     | 21<br>Work out club 10<br>NP 10:30-1:30<br>PHN 10:30-12<br>Snack Making 6pm                                     | 22<br>Taken 10:30-12<br>Cooking With Shelly<br>2-4<br>Arts And crafts 6-8 | 23<br>Acupuncture (sign up)<br>Work out club 10-11<br>Mother Goose 1-2<br>Movie night 6:30 | 24<br>Family            |
| 25<br>Snack Baking 6pm                                | 26<br>Circle/check in 10-11<br>(7 sacred Teachings )<br>Aboriginal Gateways<br>to Careers 1-3                                    | 27<br>Art Therapy 10:30-4<br>WAVA 1-3<br>Arts and crafts 6-8     | 28<br><b>Pink Shirt Day!</b><br>NP 10:30-1:30<br>PHN 10:30-12<br>Snack Making 6pm                               |                                                                           |                                                                                            |                         |

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Elders Community Lunch  
Celebration  
Thursday March 23, 2017  
12 Noon

"Empowering Aboriginal Mothers  
to Transform Their Lives"



2017

| Sun                                                                   | Mon                                               | Tue                                                      | Wed                                                                                         | Thu                                                                                               | Fri                                        |    |
|-----------------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------|----|
|                                                                       |                                                   |                                                          | 1 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm<br>Life Skills<br>W Caroline | 2<br>10-12 Self Care<br><br>Elders 1-3 pm<br><br>TH Cooking 2-4 pm                                | 3<br><b>Nobody's Perfect<br/>Time TBA</b>  | 4  |
| 5<br>School snack Baking<br>1-3 pm                                    | 6<br>10-12 Housekeeping<br><br>1-3 pm Employment  | 7<br>Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3:30 pm  | 8 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm<br>Life Skills               | 9<br>10-12 Self Care<br><b>Lunch Soup &amp; Bannock</b><br>Elders 1-3 pm<br><br>TH Cooking 2-4 pm | 10<br><b>Nobody's Perfect<br/>Time TBA</b> | 11 |
| 12<br>School snack Baking<br>1-3 pm<br><br><b>Spring Break Begins</b> | 13<br>10-12 Housekeeping<br><br>1-3 pm Employment | 14<br>Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3:30 pm | 15 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm<br>Life Skills              | 16<br>Elders 1-3 pm<br><br>TH Cooking 2-4 pm                                                      | 17<br><b>Nobody's Perfect<br/>Time TBA</b> | 18 |
| 19<br>School snack Baking<br>1-3 pm                                   | 20<br>10-12 Housekeeping<br><br>1-3 pm Employment | 21<br>Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3:30 pm | 22 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm<br>Life Skills              | 23<br><b>Elders 11am -3 pm<br/>NH Celebration</b><br><br>TH Cooking 2-4 pm                        | 24<br><b>Nobody's Perfect<br/>Time TBA</b> | 25 |
| 26<br>School snack Baking<br>1-3 pm<br><br><b>Spring Break Ends</b>   | 27<br>10-12 Housekeeping<br><br>1-3 pm Employment | 28<br>Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3:30 pm | 29 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm<br>Life Skills              | 30<br>10-12 Self Care<br><br>Elders 1-3 pm<br><br>TH Cooking 2-4 pm                               | 31<br><b>Nobody's Perfect<br/>Time TBA</b> |    |

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Elders Luncheon  
Thursday April 20, 2017  
12 NOON

Empowering Aboriginal Mothers  
to Transform Their Lives



2017

| Sun                                 | Mon                                        | Tue                                                | Wed                                                                         | Thu                                                         | Fri                                 |    |
|-------------------------------------|--------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------|----|
|                                     |                                            |                                                    |                                                                             |                                                             |                                     | 1  |
| 2<br>School snack Baking<br>1-3 pm  | 3<br>10-12 Housekeeping<br>1-3 pm Gateway  | 4 Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3 pm  | 5 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm Life Skills  | 6<br>10-12 Self Care<br>Elders 1-3 pm<br>TH Cooking 2-4 pm  | 7<br>1-3 pm Employment<br>W_Melody  | 8  |
| 9<br>School snack Baking<br>1-3 pm  | 10<br>10-12 Housekeeping<br>1-3 pm Gateway | 11 Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3 pm | 12 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm Life Skills | 13<br>10-12 Self Care<br>Elders 1-3 pm<br>TH Cooking 2-4 pm | 14<br><b>GOOD FRIDAY<br/>CLOSED</b> | 15 |
| 16<br>School snack Baking<br>1-3 pm | 17<br><b>EASTER MONDAY<br/>CLOSED</b>      | 18 Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3 pm | 19 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm Life Skills | 20<br>10-12 Self Care<br>Elders 1-3 pm<br>TH Cooking 2-4 pm | 21<br>1-3 pm Employment<br>W_Melody | 22 |
| 23<br>School snack Baking<br>1-3 pm | 24<br>10-12 Housekeeping<br>1-3 pm Gateway | 25 Resident Mtg.<br>10:30-12<br>WAWAW<br>1:30-3 pm | 26 NP 10:30 am -2:30 pm<br>Group w Sabina<br>10:30-12<br>1-3 pm Life Skills | 27<br>10-12 Self Care<br>Elders 1-3 pm<br>TH Cooking 2-4 pm | 28<br>1-3 pm Employment<br>W_Melody | 29 |
| 30<br>School snack Baking<br>1-3 pm |                                            |                                                    |                                                                             |                                                             |                                     |    |

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s & Youth Community Dinner  
Thursday April 21, 2017  
4 pm

ring Aboriginal Mothers  
nsform Their Lives"



2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     | 1   | 2   | 3   | 4   | 5   | 6   |
| 7   | 8   | 9   | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25  | 26  | 27  |
| 28  | 29  | 30  | 31  |     |     |     |

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**& Youth Community Dinner  
Thursday April 21, 2017  
4 pm**

**“Empowering Aboriginal Mothers  
to Transform Their Lives”**

# JUNE

# 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  |     |



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Seniors & Youth Community Dinner  
Thursday April 21, 2017  
4 pm

"Empowering Aboriginal Mothers  
to Transform Their Lives"

# July 2017

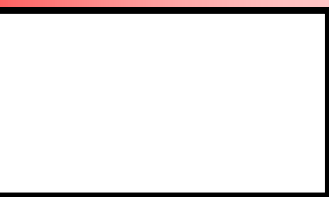
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     |     | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  | 31  |     |     |     |     |     |

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**“Empowering Aboriginal Mothers  
to Transform Their Lives”**

# August 2017

| Sun | Mon | Tue | Wed | Thu | Fri |    |
|-----|-----|-----|-----|-----|-----|----|
|     |     | 1   | 2   | 3   | 4   | 5  |
| 6   | 7   | 8   | 9   | 10  | 11  | 12 |
| 13  | 14  | 15  | 16  | 17  | 18  | 19 |
| 20  | 21  | 22  | 23  | 24  | 25  | 26 |
| 27  | 28  | 29  | 30  | 31  |     |    |



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# September 2017

| Sun                                 | Mon                                                                                                       | Tue                                                                      | Wed                                                                                                  | Thu                                                                                                     | Fri                                                                            |            |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------|
|                                     |                                                                                                           |                                                                          | Every Wednesday<br>evening Moms &<br>Children<br>Weekly Snack Baking<br>after dinner<br>Family time! |                                                                                                         | 1<br>10-11 am<br>Self Care: Goal<br>Setting/letter to self                     | 2<br>Leis  |
| 3<br>Weekly Snack Baking<br>1-3 pm  | 4<br>8-10 am Housekeeping<br>2-4 pm Gift Making<br>(medicine pouches)<br>Room Checks<br>5:30 Zumba/PAFNW  | 5<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up)  | 6<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br>Room Checks                                            | 7 10:30 Walking Club<br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW  | 8<br>10-11 am<br>Self Care: Goal<br>Setting/letter to self                     | 9<br>Leis  |
| 10<br>Weekly Snack Baking<br>1-3 pm | 11<br>8-10 am Housekeeping<br>2-4 pm Gift Making<br>(medicine pouches)<br>Room Checks<br>5:30 Zumba/PAFNW | 12<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | 13<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br>Room Checks                                           | 14 10:30 Walking Club<br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW | 15<br>10-12<br>Self Care: Manicures                                            | 16<br>Leis |
| 17<br>Weekly Snack Baking<br>1-3 pm | 18<br>8-10 am Housekeeping<br>2-4 pm Gift Making<br>(medicine pouches)<br>Room Checks<br>5:30 Zumba/PAFNW | 19<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | 20<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br>Room Checks                                           | 21 10:30 Walking Club<br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW | 22<br>10-11 am<br>Self Care: How to<br>flyer shopping Plipp                    | 23<br>Leis |
| 24<br>Weekly Snack Baking<br>1-3 pm | 25<br>8-10 am Housekeeping<br>2-4 pm Gift Making<br>(medicine pouches)<br>Room Checks<br>5:30 Zumba/PAFNW | 26<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | 27<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br>Room Checks                                           | 28 10:30 Walking Club<br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW | 29<br>9:30 am Orange Shirt<br>Day @ VAFCS and<br>off to Britannia for<br>lunch | 30<br>Leis |

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Homeless Action Week  
October 5, 2017  
12-3  
Key Luncheon, entertainment,  
door prizes and info booths!

"Empowering Aboriginal Mothers to  
Transform Their Lives"

# October 2017

| Sun                                 | Mon                                                                                                                     | Tue                                                                      | Wed                                                                                                  | Thu                                                                                                               | Fri                                           | Sat        |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------|
| 1<br>Weekly Snack Baking<br>1-3 pm  | 2<br>8-10 am Housekeeping<br>10-12 Talking Circle<br>1:1 with Laura (sign up)<br><b>Room Checks</b><br>5:30 Zumba/PAFNW | 3<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up)  | 4<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br><b>Room Checks</b>                                     | 5<br><b>10:30 Walking Club</b><br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW  | 6<br>10-12 Gift Making<br>(medicine pouches)  | 7<br>Leis  |
| 8<br>Weekly Snack Baking<br>1-3 pm  | 9<br>AMCS<br>CLOSED<br>HAPPY<br>THANKSGIVING                                                                            | 10<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | 11<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br><b>Room Checks</b>                                    | 12<br><b>10:30 Walking Club</b><br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW | 13<br>10-12 Gift Making<br>(medicine pouches) | 14<br>Leis |
| 15<br>Weekly Snack Baking<br>1-3 pm | 16<br>8-10 am Housekeeping<br>10-12<br><b>Room Checks</b><br>5:30 Zumba/PAFNW                                           | 17<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | 18<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br><b>Room Checks</b>                                    | 19<br><b>10:30 Walking Club</b><br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW | 20<br>10-12 Gift Making<br>(medicine pouches) | 21<br>Leis |
| 22<br>Weekly Snack Baking<br>1-3 pm | 23<br>8-10 am Housekeeping<br>10-12<br><b>Room Checks</b><br>5:30 Zumba/PAFNW                                           | 24<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | 25<br>NP 10:30-1:30<br><br>10:30-12 PHN<br><br><b>Room Checks</b>                                    | 26<br><b>10:30 Walking Club</b><br>10-1 Self Care/<br>Massage w Lavita<br>12-2 Elders<br>2-4 Cooking<br>1:1 WAVAW | 27<br>10-12 Gift Making<br>(medicine pouches) | 28<br>Leis |
| 29<br>Weekly Snack Baking<br>1-3 pm | 30<br>8-10 am Housekeeping<br>10-12<br><b>Room Checks</b><br>5:30 Zumba/PAFNW                                           | 31<br>10:30-12 Resident Mtg<br>1:30-3:30 WAVAW<br>1:1 Sessions (sign up) | Every Wednesday<br>evening Moms &<br>Children<br>Weekly Snack Baking<br>after dinner<br>Family time! |                                                                                                                   |                                               |            |

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Aboriginal Mothers & Youth Community  
Dinner  
Thursday April 21, 2017  
4 pm

"Empowering Aboriginal Mothers  
to Transform Their Lives"

# November 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  |     |     |

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AMCS will Be closed for  
Friday's starting Friday  
December 22nd at noon and  
re-open Tuesday January

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# December 2017

| Sun                                       | Mon                                                                           | Tue                                                                           | Wed                                                                                      | Thu                                                                           | Fri                                                                                     |    |
|-------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----|
|                                           | Every Monday<br>Room Checks and<br>House keeping                              | Every Tuesday<br>Resident Meeting                                             | Every Wednesday<br>Room Checks<br>&<br>Snack Baking                                      | Every Thursday<br>Elders Day 12-2<br>& cooking with<br>Shelly                 | 1 PRO-D Day!<br>Acupuncture<br>(sign-up)<br>Gift making 1-3<br>Movie Night 630          | 2  |
| 3<br>Guest speaker<br>Snack Baking        | 4<br>Nobody's Perfect<br>1-3 (Last Day)                                       | 5<br>Art Therapy<br>10:30-4<br>WAVAW 1-3                                      | 6 <b>Christmas Bureau</b><br>Self Care/Massage<br>10-12<br>NP 10:30-1:30<br>PHN 10:30-12 | 7<br>Taken 10:30<br>Elders 12-2                                               | 8<br>Acupuncture<br>(sign-up)<br>Gift making 1-3<br>Movie Night 630                     | 9  |
| 10<br>Snack Baking                        | 11<br>Housing/Resources<br>1-3                                                | 12<br>Art Therapy<br>10:30-4<br>WAVAW 1-3                                     | 13<br>TBA<br>NP 10:30-1:30<br>PHN 10:30-12                                               | 14<br>Taken 10:30<br>Elders 12-2                                              | 15<br>Acupuncture<br>(sign-up)<br>Gift making 1-3<br>Movie Night 630                    | 16 |
| 17<br>Snack Baking                        | 18<br>Housing/Resources<br>1-3                                                | 19<br>WAVAW 1-3                                                               | 20<br>Self Care/Massage<br>10-12<br>NP 10:30-1:30<br>PHN 10:30-12                        | 21<br>Taken 10:30<br>Elders 12-2                                              | 22. AMCS closes at 12<br>Acupuncture<br>(sign-up)<br>Gift making 1-3<br>Movie Night 630 | 23 |
| 24<br>Snack Baking<br>(cookies for Santa) | 25 <b>AMCS Closed</b><br><b>Christmas</b><br><b>Break</b><br><b>No School</b> | 26 <b>AMCS Closed</b><br><b>Christmas</b><br><b>Break</b><br><b>No School</b> | 27 <b>AMCS Closed</b><br><b>Christmas</b><br><b>Break</b><br><b>No School</b>            | 28 <b>AMCS Closed</b><br><b>Christmas</b><br><b>Break</b><br><b>No School</b> | 29 <b>AMCS Closed</b><br><b>Christmas</b><br><b>Break</b><br><b>No School</b>           | 30 |
| 31<br>Snack Baking                        |                                                                               |                                                                               |                                                                                          |                                                                               |                                                                                         |    |