



15 WING MOOSE JAW NEWS ON THE FLY

15^{ème} ESCADRE MOOSE JAW

MARCH/MARS 2010

HAPPENING THIS MONTH :

- **Welcome Wednesday at the MFRFC— March 3rd, 17th, 31st at 10:30am—11:30am**
- **March is the Nutrition Month**
- **Food for Thought with Vanessa. Every Friday during the month of March at 9:30am at the Gym**

International Women's Day

Join us for brunch and help us to celebrate women!

WHEN: Wednesday, March 10, 10:00-11:30am

WHERE: MFRFC

The cost is FREE but please RSVP by Monday, March 8 by phoning 694-2273 or online www.moosejawmfrfc.ca

HEALTH PROMOTION PROGRAMS



Top Fuel For Top Performance

Nutrition Workshop

This workshop consists of 5 modules designed to answer all of the most pressing questions in the areas of Diet and Nutrition.

Date: 18 March 2010

Time: 0830-1600 hrs

Location: 15 Wing Moose Jaw (Bldg 64, Cl 6)

Contact the HP office (loc 5518) for more info or registration.

Cost:	CF Members & Family Members	FREE
	DND Civilians & Industry Partners	\$15

REGISTRATION DEADLINE: FRIDAY, 12 MARCH 2010

Contact Health Promotion Office Local 5518

PERSONAL DEVELOPMENT PROGRAMS Contact local 5323 or 2273

- **International Women's day—March 8th**
- **Brunch to celebrate women, Wednesday, March 10, 10:00am**
- **Easter's Party—March 28th at 1:30pm**

BELLY DANCING

WHEN: Wednesday, March 3, 10, 17, 24, 31 & April 7

TIME: 8:00-9:00pm

SMART MONEY MANAGEMENT

Get a fresh start on your finances!

WHEN: Wednesday, March 24th

TIME: 11:30am-1:00pm

CAKE DECORATING

Learn how to make rosettes, flowers, leaves, borders, stars & basket weave.

WHEN: Tuesday, March 16th

TIME: 6:00-9:00pm

CARD MAKING

We will be making eight cards for Easter, all occasions, new baby/baby shower.

WHEN: Mon, March 22

TIME: 9:30-11:30am or 6:30-8:30pm (pick the best time for you).

PRE-NATAL INFO SESSION

If you are expecting or nursing, this evening is for you!

WHEN: Thurs. March 4th

TIME: 7:00-8:00pm

CHOCOLATE CREATIONS

Handmade with my child/children

Easter Nest & Chocolate Bunnies are just a few of the chocolate delights we will be making... Sweet & Fun!!

WHEN: Sunday, March 21st

TIME: 1:30-3:30pm

FLOWER ARRANGEMENT

EASTER CENTERPIECE

Bring all the colors of spring to your table for Easter with a fresh flower centerpiece.

WHEN: Wed. March 31st

TIME: 1:00pm - 3:00pm



For more info or to register for one of our programs, visit www.moosejawmfrfc.ca or call 694-2273 (MFRFC) and www.cfcommunitygateway.ca/en/MooseJaw.ca (PSP) or call 694-2222 ext.5515 (PSP)





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MFRC/PSP Family Easter Party

Hop on over to the gym for a fun afternoon of crafts, games, treats and a visit from the Easter Bunny!!

WHEN: Sunday, March 28, 2010, 1:30-3:30pm

WHERE: Gym, building 80

MEMBER COST: \$5/family (2 parents + one child), \$2/each additional child

NON-MEMBER COST: \$7/family, \$2 each additional child

REGISTRATION DEADLINE: Wednesday, March 24th, 2010

To register or for more information, phone

694-2273 or visit

www.moosejawmfr.ca

CE MOIS-CI :

- Mercredi Causerie le 3, 17 et 31 Mars
- Mars est le mois de la nutrition
- Info-nutrition —chaque vendredi du mois de mars à 9:30 au Gym
- Fête de Pâques — dimanche le 28 mars à 13:30
- Journée Internationale de la femme —lundi le 8 mars
- Brunch pour la Journée de la femme 10 mars à 10:00

PSP PROGRAMS

Contact local 5515

YOGA — 4 weeks only!!!

Instructor— Stephanie Dietz

Join Stephanie in the Multi-Purpose Room for basic Hatha Yoga. ALL LEVELS WELCOME!

WHEN : MONDAYS — 19:45 — 20:45

FRIDAYS— 11:00—12:00

Drop in fees apply : Military—Free

CRA Members—\$2.50

Non-Members—\$3.50

COMMUNITY RECREATION IN CONJUNCTION WITH HEALTH PROMOTION, CHALLENGE YOU TO :



Swim Shark Island

Start swimming and participate in the challenge . You can swim or be working towards:

One Beach - 2.3 kms or 101 lengths of the pool

Two Beaches - 4.6 kms or 202 lengths of the pool

Five Beaches - 11.5 kms or 505 lengths of the pool

Ten Beaches - 23 kms or 1010 lengths of the pool

Start on or after Feb 1, 2010 end date March 31, 2010

For more info contact Scott or Todd : Local 5519 and 5521

Vacation Spanish

Conversational Spanish Skills

Tuesday March 2nd 7-8pm Shopping, money, bargaining and how to get what you pay for

Tuesday March 16th 7-8pm Fun, Fun, Fun! The words and phrases you need related to food, daytrips and night life

For more information or to enrol contact Jolene at ext. 5316 or at jolene.will@forces.gc.ca

CABANE À SUCRE

Souper à l'école Ducharme

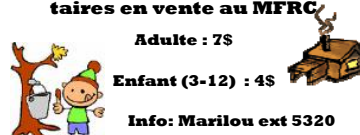
Vendredi le 19 mars à 18h.

Prix spéciaux pour les militaires en vente au MFRC

Adulte : 7\$

Enfant (3-12) : 4\$

Info: Marilou ext 5320



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