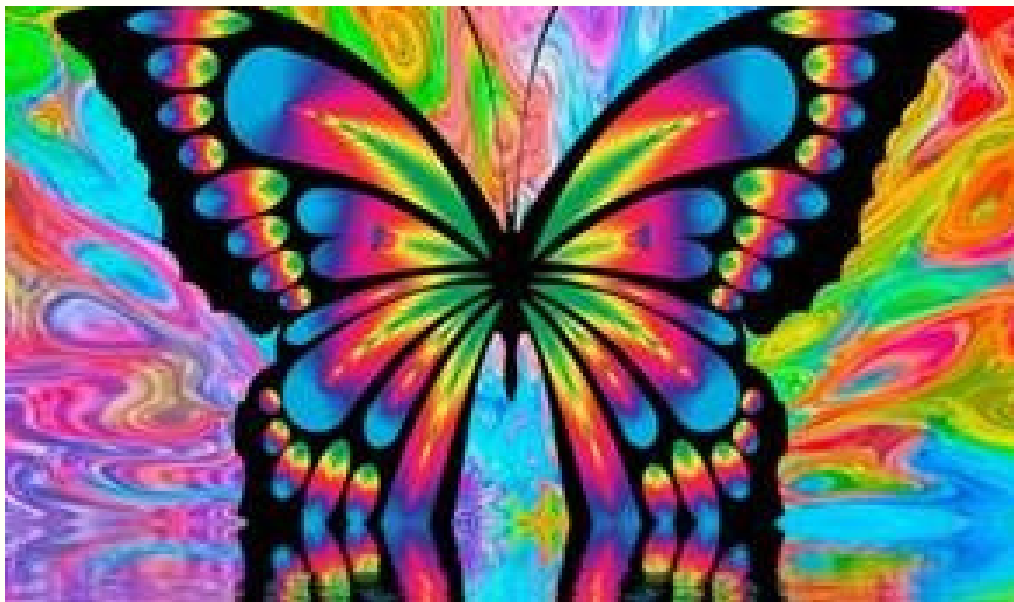




**Waterloo Catholic  
District School Board**  
Quality, Inclusive, Faith Based Education

**RESTORE &  
RECONNECT**



# **FAMILY SPRING PARTICIPACTION**

**FREE APRIL ACTIVITIES**

Brought to you by the Catholic Parent Involvement Committee (CPIC) & Ministry of Ontario PRO grants

Drumfit, Virtual Cooking, Yoga & more. [Sign up here](#) or via QR code.  
Attend a session and enter to win a \$75 restaurant gift card. See sign-up for details.



# Virtual Cooking Class

White Bean Falafel Meal

15 people needed to run the session  
Information on ingredients and pick-up  
information upon registering.

Join Chef Mark Meinzinger who will lead you  
through all of the steps to make dinner tonight



\_\_\_\_\_ Apr. 22, 5 - 6'ish p.m. [Sign up here](#) -  
Kitchener families this month

# DRUMFIT

Join us as we watch together a pre-recorded 40 minute Family Fun Night of DrumFIT!

Thursday, April 8 @ 7 p.m.

[Sign up here](#)



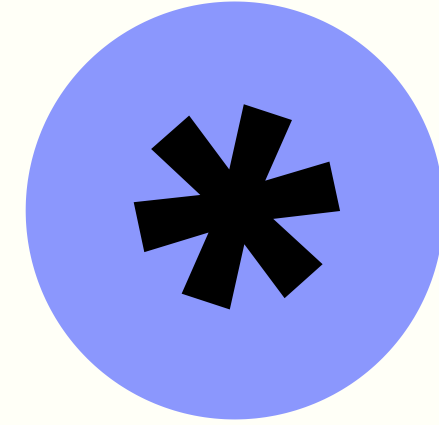
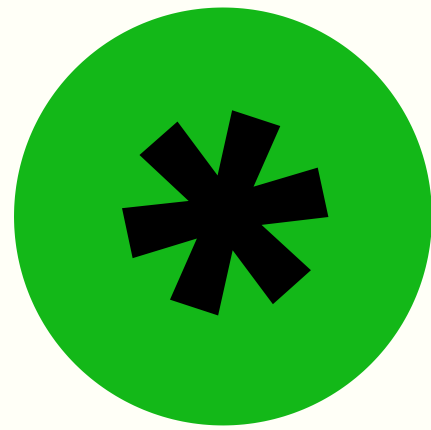
# HELLO! Are you in there?

Tuesday, April 27, 7 - 8 p.m.

- Motivational Speaker, Author, Fitness Instructor and Entertainer Nancy Revie
- Finding your way back to being positive - unless it's a COVID test! Join us for an evening full of engaging, motivating ways to Positively Pivot in 2021. We'll rejuvenate our body, mind and souls with practical tips and tricks to dig deep; dust off our inner selves; embrace life's constant change and be the meaningful, resilient, awesome us we're supposed to be! Wear comfortable shoes and clothes 'cause we're gonna shake last year's mess off and move on into a year of meaning! Invite your open mind to join you!

[Sign up here](#)





# **STARLIGHT YOGA**

Wednesday, April 28th 7:30 - 8:30 p.m.

Instructor Michelle Burns leads us through a session of yoga and relaxation to help us wind down after a hectic day.

[Sign up here](#)