




# COMMUNITY FUN WEEKEND

## September 26<sup>th</sup> 2020

| Activity                       | Time          | Location  |
|--------------------------------|---------------|---|
| Virtual Yoga                   | 0800-0900 hrs | Club 100 or<br><a href="http://www.facebook.com/NorthBayPSP">www.facebook.com/NorthBayPSP</a>   |
| Virtual Scavenger Hunt         | 0900-1600 hrs | <a href="http://www.cafconnection.ca/North-Bay">www.cafconnection.ca/North-Bay</a><br><a href="http://www.facebook.com/NorthBayPSP">www.facebook.com/NorthBayPSP</a><br><a href="http://www.facebook.com/nbmfrfc">www.facebook.com/nbmfrfc</a><br>Submit answers to<br><a href="mailto:22fitwellcenter@forces.gc.ca">22fitwellcenter@forces.gc.ca</a> |
| MFRC Coffee Connection         | 1000-1100 hrs | Queenston Row Greenspace  |
| MFRC Mind Masters Virtual Demo | 1100-1200 hrs | Queenston Row Greenspace  |
| House Decorating Closes        | 1700 hrs      | Submit pictures/videos to<br><a href="mailto:22fitwellcenter@forces.gc.ca">22fitwellcenter@forces.gc.ca</a>   |

Lots of great prizes & giveaways!





COMMUNITY FUN WEEKEND &  
22 WING FITNESS & WELLNESS CENTRE  
WELCOMES YOU TO:  
**YOGA**



**WHERE:** AYR MESS – CLUB 100 or  
[www.facebook.com/NorthBayPSP/](http://www.facebook.com/NorthBayPSP/)

**WHEN:** SATURDAY SEPTEMBER 26<sup>TH</sup> AT 0800-0900 HOURS

Reserve your spot or join us on  
Facebook LIVE

To reserve your spot call us at 705-494-2011 ext. 2610 or come see  
us at the 22 Wing Fitness & Wellness Centre  
Facebook Live: [www.facebook.com/NorthBayPSP/](http://www.facebook.com/NorthBayPSP/)

\*Available for CAF/USAF members and their families.

We only have 7 in-person spots available that require pre-registration. All other participants can join us on Facebook Live from the comfort of your home!

\*Participants responsible to bring their own mat.

**5 LUCKY PARTICIPANTS WILL WIN \$100 GIFT CARDS TO A  
LOCAL RESTAURANT!**

**To qualify for the draw participants are required to comment during  
the Live feed or be 1 of 7 to join us in person.**



A division of CFMWS  
Un dévoué du SMDC



**Open to CAF/USAF members  
and their Families**

**The Community Fun Weekend  
Presents:**

**VIRTUAL  
SCAVENGER HUNT**

**When: 0900 to 1600 - Sept 26<sup>th</sup> 2020**

**How: Send all submissions to:**

**22fitwellcenter@forces.gc.ca**

**With Subject Line: 2020 Scavenger Hunt**

**\*All participants will be entered in the  
draw to win 1 of 10 prizes!**



**JBL Tune 110BT Wireless  
Bluetooth In-Ear  
Headphones**

**YETI Roadie 24 Hard  
Cooler**



**Fitbit Charge 3  
Fitness Tracker**

**YETI Rambler 18 oz  
Bottle**



**Local Restaurant  
Gift Cards**

**The map for the hunt can be found at the following links:**

**[www.cafconnection.ca/North-Bay](http://www.cafconnection.ca/North-Bay)**

**[www.facebook.com/NorthBayPSP](https://www.facebook.com/NorthBayPSP)**

**[www.facebook.com/nbmfr](https://www.facebook.com/nbmfr)**

**[www.northbaymfr.ca](http://www.northbaymfr.ca)**



# COMMUNITY FUN DAY MFRC EVENTS:

## **10am -1 1am Coffee Connections**

(Queenston Row green space, weather permitting)

Join Amanda for a special Coffee Connections to meet other adults in our community looking to connect and make friends.

*Dress for the weather and bring your own coffee.*

*A chair (to keep!), delicious snacks, and a loot bag will be provided!*

**NOTE:** *In the case of inclement weather this event will go virtual over Zoom.*

**\*Due to the pandemic, Physical Distancing must be observed, therefore registration is recommended as spaces will be limited.**

## **1 1am -12pm MindMasters Virtual Demo**

Kids 5-12

Learn techniques to help with stress control, mindfulness, relaxation and positive thinking!

*Prizes will be given to all those who register as well as a Grand Prize for one lucky winner! A virtual link will be provided.*

**Register for these events by Friday September 25th  
(first come first served).**

**Call the MFRC Reception Desk at 705-494-2011 ext 2053**



**OPEN TO ALL 22 WING  
CAF AND USAF MEMBERS AND FAMILIES**

A vibrant Hawaiian-themed illustration featuring a central tiki mask with large eyes and a wide mouth, flanked by two lit torches. The background is purple with white starbursts. Green palm fronds and a red hibiscus flower are also visible. The word 'LUAU' is written in large, stylized white letters with a red outline, and 'House Decorating' is written in a yellow cursive font above it. A small tiki mask icon with 'LUAU' written above it is on the left.

*House Decorating*  
**LUAU**

**COMMUNITY FUN DAY "HAWAIIAN LUAU"  
VIRTUAL HOUSE DECORATING CONTEST**

**0900-1700HRS SEPTEMBER 26TH 2020**

**5 CANEX GIFT CARDS TO BE WON:**

**1ST - \$500, 2ND - \$400, 3RD - \$300, 4TH - \$200, 5TH - \$100**

Decorate your residence or entry door in the chosen theme of "Hawaiian Luau" and submit a video and/or photos to: [22FitWellCenter@forces.gc.ca](mailto:22FitWellCenter@forces.gc.ca) with subject line: "Family Fun Weekend My Hawaiian Home". Judging will be based on Creativity/Imagination, Craftmanship, and Visual Impact.

Contest Rules: Open to 22 Wg CAF Families residing on/off base. Winners will be required to present their CFone card / NDI20 upon picking up their prize. Judges decisions are final.