

## March 5

**Friday Family Astronomy and Space Workshops: Make a Spacecraft Mobile.** Curious about space and astronomy? This hands-on workshop encourages exploration of science and astronomy, complemented by either a guided tour of the heavens in the inflatable planetarium, a visit to the Canada in Space exhibition, or a visit to the observatory (weather permitting). Canada Science and Technology Museum. 1867 St. Laurent Blvd. Info: (613) 991-3053 or [www.sciencetech.technomuses.ca](http://www.sciencetech.technomuses.ca)

## 6 Saturday

**An Afternoon at the Movies.** Alvin and the Chipmunks – the Squeakuel. A great new comedy for the whole family! Cost: \$3 - \$7. 2 p.m. Ottawa Family Cinema. Notre Dame Auditorium, 710 Broadview Ave., Ottawa. Info: (613) 722-8218 or [info@familycinema.ca](mailto:info@familycinema.ca)

## 7 Sunday

**Give Your Head a Shake!** Just a pinch of salt... stories! A fun kick off for Nutrition month. Bring the whole family. 1:30 p.m. Ottawa Public Library, Main Branch, 120 Metcalfe St. Info: (613) 580-2945

## 13 Saturday

**An Afternoon at the Movies.** Leap Year It's Fluffy! It's Funny! It's a fabulous romantic Irish comedy! Cost: \$3 - \$7. 2 p.m. Ottawa Family Cinema. Notre Dame Auditorium, 710 Broadview Ave., Ottawa. Info: (613) 722-8218 or [info@familycinema.ca](mailto:info@familycinema.ca)

***Alice in Wonderland: Storybook adventures.*** Don't be late! Alice is going on an adventure and you can join her. From 2 p.m. to 4 p.m., meet the Mad Hatter, the Queen of Hearts and other beloved characters from Lewis Carroll's classic novel, with games, crafts, excerpt readings and, of course, a tea party. Ages nine and up.

Advanced registration required. Billings Estate National Historic Site, 2100 Cabot St. Info: (613) 247-4830 or visit [www.Ottawa.ca/museums](http://www.Ottawa.ca/museums).

**St Patrick's Day.** Join us for some Irish stories and songs and make your own lucky craft. 10:30 a.m. Ottawa Public Library, St. Laurent Branch, 1910 St-Laurent Blvd., Info: (613) 738-0619

## 15 Monday

**I Can Dance the World Around Me!** Get ready to move, create, and have fun in a workshop with dancer, teacher and author Hannah Beach. All physical and intellectual abilities welcome. Ages 9 to 12. 1:15 p.m. Registration Required. Ottawa Public Library, Beaverbrook Branch, 2500 Campeau Dr. Info: (613) 592-2712

## 16 Tuesday

**Cut and Paste.** Discover the art of collage and other crafts. Registration. 3 p.m. Ottawa Public Library, Vanier Branch, 310 Pères Blancs. Info: (613) 580-2973

**Big and Small.** What is big? What is small? Let's compare! After we use our bodies to make big and small shapes, we will make two sculptures: one big and one small. Fun-filled activities for children ages 3 to 5 accompanied by an adult. 10:30 a.m. to 11:30 a.m. Children \$5, adults \$9 (Members \$3). National Gallery of Canada, Great Hall, Sussex Drive. Registration required. Info: (613) 998-8888.

**Resume Bootcamp.** Learn how to create an effective resume that you can use when applying for summer jobs. Ages 13 to 18. Registration. 3 p.m. Ottawa Public Library, Alta Vista Branch, 2516 Alta Vista Dr. Info: (613) 737-2837

**Once Upon a Puppet.** Experience the magic of puppetry and make your own. Ages 6 to 12. Registration. 10:15 a.m. Ottawa Public Library, Beaverbrook Branch, 2500 Campeau Dr. Info: (613) 592-2712

## 17 Wednesday

**Your Life, Your Story.** Tell your story through scrapbooking and photography. Registration. 11 a.m. Ottawa Public Library, Vanier Branch, 310 Pères Blancs. Info: (613) 580-2973

**Clown Workshop.** Always wanted to be a clown? Actors from Ottawa's A Company of Fools theatre group will help you get started. Red noses provided! Ages 9 to 12. Registration. 10:30 a.m. Ottawa Public Library, Centennial Branch, 3870 Richmond Rd. Info: (613) 828-5142

**Let's Talk Science.** Experience the creative side of science with demonstrations by graduate students from Carleton and the University of Ottawa. Ages 6 to 12. Registration. 10:30 a.m. Ottawa Public Library, Nepean Centrepointe Branch, 101 Centrepointe Dr. Info: (613) 580-2710

**Music Box Memories.** Musical stories and fun for the whole family. 2 p.m. Registration Required. Ottawa Public Library, Alta Vista Branch, 2516 Alta Vista Dr. Info: (613) 737-2837

## **18 Thursday**

**Introduction to Theatre Games.** Want to act? Here's your chance! Come to play and learn theatre games with actors from Ottawa's A Company of Fools theatre group. Ages 6 to 8. Registration. 10:30 a.m. Ottawa Public Library, Blackburn Hamlet Branch, 199 Glen Park. Info: (613) 824-6926

**Create-a-Currency.** Join us to learn how money is designed and printed at the Bank of Canada, and get a chance to design and print your own currency. Ages 6 to 12. Registration. 10:30 a.m. Ottawa Public Library, Elmvale Branch, 1910 St-Laurent Blvd. Info: (613) 738-0619

**Paper Marbelling and Bookbinding Workshop.** Create your own marbelled paper book covers. Experts from Pinhey's Point Historic site will show ancient book covers from their collection. You will also learn bookbinding techniques from the past. Ages 6 to 8. Registration. 10:30 a.m. Ottawa Public Library, Fitzroy Harbour Branch, 100 Clifford Campbell. Info: (613) 623-1033

## **20 Saturday**

***Alice Through the Looking Glass: Storybook adventures.*** Alice's adventures in Wonderland didn't stop with Lewis Carroll's first novel. From 2 p.m. to 4 p.m., explore this exciting sequel with crafts, games, excerpt readings and discussion. Meet Tweedledee and Tweedledum, Humpty Dumpty, and more! Advanced registration required. Billings Estate Museum, 2100 Cabot St. Info: (613) 247-4830 or visit [www.Ottawa.ca/museums](http://www.Ottawa.ca/museums).

**International Day to End Racism.** Music, slam poetry and art from local youth to help move us towards a culture of peace. 2 p.m. Ottawa Public Library, Main Branch, Info: (613) 818-7082

**Spring Has Sprung.** Celebrate the arrival of Spring with stories, a video and a craft. Ages 3 to 6. Registration. 10:30 a.m. Ottawa Public Library, Centennial Branch, 3870 Richmond Rd. Info: (613) 828-5142

## **21 Sunday**

**Funny Portraits.** Who said portraits have to be serious? Look at family portraits from various periods and then create your own funny portraits. 11 a.m. to 4 p.m. Included with gallery admission; no registration required. Great Hall, National Gallery of Canada, Sussex Drive. Info: (613) 998-8888

## **25 Thursday**

**Homework Help.** Tutors and peers will give students in grades 7 to 12 homework help after school. Registration. 3:45 p.m. Ottawa Public Library, North Gloucester Branch, 5499 South River Rd. Info: (613) 692-3854

## **27 Saturday**

**An Afternoon at the Movies.** Sing-along Wizard of Oz Special 70th anniversary Interactive & Sing-along version! Cost: \$3 - \$7. 2 p.m. Ottawa Family Cinema. Notre Dame Auditorium, 710 Broadview Ave., Ottawa. Info: (613) 722-8218 or

**Hop Hop Hop Into Spring.** Join us to celebrate the arrival of spring by making Easter crafts. 10:30 a.m. Ottawa Public Library, Ruth E. Dickinson Branch, 100 Malvern. Info: (613) 580-2796

***Alice Through the Looking Glass***: Storybook adventures. Alice's adventures in Wonderland didn't stop with Lewis Carroll's first novel. From 2 p.m. to 4 p.m., explore this exciting sequel with crafts, games, excerpt readings and discussion. Meet Tweedledee and Tweedledum, Humpty Dumpty, and more! Ages nine and up. Advanced registration required. Billings Estate Museum, 2100 Cabot St. Info: (613) 247-4830 or visit [www.Ottawa.ca/museums](http://www.Ottawa.ca/museums)

**Barrhaven Family Resource Centre's Children's used toy, equipment and clothing sale.** Saturday, March 27, 9-12pm at Jean Robert Gauthier School, 1110 Longfields Dr. Cash sales only.

## ONGOING

MARCH 13 to 21

**March Break at the Canadian Museum of Nature** - Theme: The Nature of the Rideau River. No need to travel to faraway rainforests to study biodiversity. Ottawa's own Rideau River is rich with an amazing variety of plants and animals! Explore the amazing diversity of life in the Rideau River...without getting your feet wet! Learn about the impact of invasive species and ways to protect this important ecosystem. Play in our Biodiversity Playground where children will go fishing for biodiversity, play Biodiversity Bingo, and make a souvenir craft. 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m. Canadian Museum of Nature, 240 McLeod St. Info: [www.nature.ca](http://www.nature.ca)

**Just For You and Your Preschooler.** On Fridays from 9:30 a.m. to 11:30 a.m., we offer adventures for preschool visitors and their accompanying adults, designed to help young children explore our exhibits. For ages five and under. Canadian Children's Museum, 100 Laurier St., Gatineau. Info: (819) 776-7001

**Artissimo.** On Saturdays and Sundays from 11 a.m. to 4 p.m., budding artists three and up who are accompanied by an adult will look at art and make art. Experience the works that fill the Gallery, let your creativity run riot at the Artissimo kiosk in the Great Hall, and then display your creation at the Artissimo Gallery. National Gallery of Canada, Sussex Drive, Ottawa. Info: (613) 998-8888

**Esso Family Fundays.** On the third Sunday of each month experience artist-led workshops, plays, musical performances, creative projects, interactive gallery visits, games and much more. Have fun, make memories and discover your hidden

talents. For children ages 3 and up accompanied by an adult. Drop-in activities run from 11 a.m. to 4 p.m. No registration required. Cost: included with Gallery admission. National Gallery of Canada, Sussex Drive, Ottawa. Info: (613) 998-8888

**Kids in the Kitchen.** Join us in the Studio for cooking experiences that are as much fun to make as they are to eat. Workshops are offered at 10 a.m. and 11 a.m. and 1 p.m., 2 p.m. and 3 p.m. Sign up at the Embassy one hour before each workshop. Maximum 25 participants per workshop. Canadian Children's Museum at the Canadian Museum of Civilization, 100 Laurier, Gatineau: Info: (819) 776-7001

**Rideau Hall.** Visit the historic home and workplace of Canada's Governor General—where dignitaries are welcomed and Canadians are honoured. Tours of the residence and grounds, Canadian art exhibitions, family activities and The Ceremonial Guard. 1 Sussex Dr., Ottawa. Cost: Free. Info: [www.gg.ca](http://www.gg.ca) or 1-866-842-4422

**Gatineau Park.** Measuring 363 square kilometres, the park is located in the northwest area of Canada's Capital Region. Hundreds of kilometres of pathways and trails are open yearround for hiking. Info: (819) 827-2020 or [www.canadacapital.gc.ca/gatineau](http://www.canadacapital.gc.ca/gatineau)

## MONDAYS AND WEDNESDAYS

**Sweaty Moms.** Our yummy mummy fitness menu includes: low impact, step, kickboxing, boot camp, skipping, free weights, body bars, exercise balls, Bosu balls, Spri bands, flexibility training, gentle meditation and breath work. Sweaty Moms II, on Mondays and Wednesdays, is a natural progression from Sweaty Moms and designed for moms with toddlers. This class combines high/low aerobics, will help increase core body strength and improve muscle tone. A toddler corner will be provided and mums take turns supervising. 10 a.m. to 11 a.m. McNabb Recreation Centre, 180 Percy St. Info: (613) 564-1070

## WEDNESDAYS

**Currency Museum.** Experience the most comprehensive collection of Canadian notes, coins, and tokens in the world as well as currency from other countries. Fascinating displays of mediums of exchange include shells, glass beads, teeth, cacao beans, paper, and metal. They are among the more than 8,000 objects from the National Currency Collection on display at the Currency Museum of the Bank

of Canada. 245 Sparks St., Ottawa. Cost: Free. Info: (613) 782-8852 or [www.currencymuseum.ca](http://www.currencymuseum.ca)

**Parenting Your Young Child.** Thursdays, from 2 p.m. to 3:30 p.m. A social networking group for first-time parents and their infants up to age two. Topics include feeding, sleep issues, tantrums, teething, toys, parenting stress, and child development. The Children's Welcome Centre 2514 Innes Rd., Blackburn Hamlet. Info: (613) 834-7075 or [www.childrenswelcomecentre.com](http://www.childrenswelcomecentre.com)

UNTIL APRIL 7

**Classic Animal Tracks Volume 2.** This bilingual presentation is like a jungle video jukebox! The world's favourite songs by the original artists are combined with beautiful images and thoughtful captions on a variety of animals. BBC motion Gallery. Weekends, Holidays and March Break, 9:30 a.m., 10 a.m., 10:30 a.m. and 11 a.m. Canadian Museum of Nature, 240 McLeod St. Info: [www.nature.ca](http://www.nature.ca)

UNTIL APRIL 18

**Hungry Planet.** Discover the extent to which food and the sharing of food are integral parts of culture. This exhibition opens a revealing window on the human condition and provides an opportunity to reflect on the great issues that challenge our planet: nutrition, famine, drought, poverty, power, and globalization. Canada Science and Technology Museum. 1867 St. Laurent Blvd. Info: (613) 991-3053 or [www.sciencetech.technomuses.ca](http://www.sciencetech.technomuses.ca)

## **For Parents**

**One Parent Families Association.** Friendship group for single parents. Meetings are held on the 4th Thursday of each month at Dempsey Community Centre, 1895 Russell Rd., Ottawa. 8 p.m. Info: (613) 837-4245

**Separated/Divorced Support Group.** Meetings held on the 3rd Thursday of the month at Diocesan Centre, 1247 Kilborn Pl., Ottawa. A variety of speakers will present interesting topics. Info: (613) 738-3359 ext. 217

**Short-term Childcare for children two to six years.** A co-operative program on Mondays, Thursdays and Fridays from 1 p.m. to 4 p.m. and Thursdays 9 a.m. to noon. Registration required. Cost: \$63 for 8 weeks. The Children's Welcome Centre, 2514 Innes Rd. Blackburn Hamlet. Info: Belinda at: (613) 834-7075 or [www.childrenswelcomecentre.com](http://www.childrenswelcomecentre.com)

## **Volunteers Needed**

**Family volunteering** offers a wonderful opportunity for family members to be together while contributing to the community. The Family Outreach Program invites you to care for the child of a low income, single parent family in your home, one weekend every six weeks. For more information contact Diane Nadeau at (613) 744-2892 ext. 1073

**Big Brothers, Big Sisters of Canada** wants volunteers over 18 who have worked with the organization to register with its new Alumni program. Register online at: [www.bbbsc.ca/alumni](http://www.bbbsc.ca/alumni) or call: (905) 639-0461 ext. 25

**Lifetime Networks Ottawa.** A support group for families of people with disabilities. To create a personal support network call: (613) 748-7162 or [www.lifetimenetworks.ca](http://www.lifetimenetworks.ca)

**Family Services Ottawa** is seeking volunteers to supervise visits for children and non-custodial parents, a commitment of two hours every two weeks is required. Info: (613) 725-3601

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