Only mind, body and spirit powered activities

April 2012 Year III – No. 4

NOW Club - Past, NOW and Future

This month, on April 22nd, we celebrate the Earth Day. It doesn't mean that we must be good to Mother Earth only on this day. This is the day when we can take a step back, observe what's going on around us on Earth, reflect on the consequences of our actions, and review and (or) revise our behavior towards Earth accordingly. Please join us, at least in spirit, in making Earth a better place.

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Current Activities and Upcoming Events

Note: This is a tentative schedule. For further details or most updated info, check "Activities" and "Calendar" sections on our website.

Climbing

Indoor Climbing at True North Climbing in Downsview Park, Toronto – Everybody can climb! Even babies climb on all fours and they have a lot of fun.

This activity is for the entire family (kids 5 or older have higher probability of fun) in preparation for the outdoor climbing. This is done in the bouldering area. There are two slack lines for added fun. No formal instruction is provided.

Kids 4 and under climb for free.

Location: True North Climbing

Date: **April 7** Time: **10:00**

Register via email sent to <u>info@nowclub.ca</u> or on the <u>website</u>

Check <u>here</u> for more details and <u>here</u> for the details about the gym.

Indoor Climbing at True North Climbing in Downsview Park, Toronto – This activity is for adults and older kids in preparation for the outdoor climbing. This is to either learn the ropes of rock climbing or practice your techniques in a safer environment at the beginning of the outdoor season.

Location: True North Climbing

Date: **April 28** Time: **10:00**

Register via email sent to <u>info@nowclub.ca</u> or on the <u>website</u> Check <u>here</u> for more details and <u>here</u> for the details about the gym.

Hiking

Hike the High Park Trails – This is an introduction to hiking and more (including flowers discovery, birds watching, tree hugging, etc.). This activity is mostly for young kids, but older kids and adults are welcome as well.

Location: High Park

Date: April 22 (weather permitting to be confirmed)

Time: 10:00

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Register via email sent to <u>info@nowclub.ca</u> or on the <u>website</u> Check <u>here</u> for more details.

Biking

Bike the Niagara Trail – This activity is for adults and kids. Please pre-register as early as possible to get an idea about the level of interest.

Location: Niagara

Date: May 5 (weather permitting to be confirmed)

Time: 10:00

Register via email sent to info@nowclub.ca or on the website

Check here for more details.

Miscellaneous

(Other Events Going On in the City - that you may haven't heard about)

Early Bird Ski Pass sale for next season – until **April 2**nd, 2012 (Glen Eden) If you plan hitting the slopes at Glen Eden, next season, you may want to get a season pass. The early bird price for the 2012/2013 season ski passes is valid only until April 2nd, 2012. http://gleneden.on.ca/ski-and-board/early-bird

Earth Day - April 22. It doesn't mean that we must be good to Mother Earth only on this day. This is the day when we can take a step back, observe what's going on Earth, reflect on the consequences, and review and (or) revise our behavior towards Earth accordingly.

Thought of the Month

Apple Does Not Fall Far From the Tree

Usually this saying is used with a negative connotation when an offspring follows their parent steps in a bad habit.

The good news is that the same saying holds true in the positive direction as well.

Good habits, healthy advices, good examples coming from parents and guardians sooner or later will show up in the kid's behavior.

Just in case you were wondering if the good advice breaks through to your kid, read this <u>blog post</u> for some hope.

For me, it really refueled that hope (that has its ups and downs) that the message really gets through to the kid and the "education" effort is not a waste of time. It also gave some "assurance" that the parents still have some significant weight in the overall kid development besides school, friends and TV/internet.

Keep up the good work, parents!

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Need More Info / Want to Contact Us?

Website: www.nowclub.ca (the Activities and Calendar pages are updated on a regular basis)

Newsletter: in electronic format only, distributed monthly via email. You are welcome to share it with your family and friends. Now, the past issues are available on our **Newsletters** page.

Email: info@nowclub.ca

Phone: 416-528-7318 (Moni) or 416-528-6236 (Victor)

We do love spending time outdoors together with people, who share similar values, desires, hobbies and passions.

Create a beautiful Earth!

Moni, Odette, Anita and Victor (MOAV)



