

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Pick-up your program package FRIDAYS, between 1-4 	2 Terry Fox Day! CLOSED	3 Need a ride to the park? Call, email, or text after you register!	4 Breastfeeding Group 10:00 am (FRC)	5 Story Time at the Park 10:00 am or 11:00 am (Island Park)	6 Healthy Cooking 1 - 4 (Pick-Up) ** See more info: Pg 2		
	9 Growing Up Green 10:00 am (Island Park)	10 Babies & Babble - Babies (See Pg.2) 11:00 am (FRC) Babies & Babble - Newborn (See Pg.2) 2:00 pm (FRC)	11 Pop-Up in the Park 10 - 12 (Red River Campus Playground)	12 Little Passports 10:00 am (ZOOM)	13 Family Game Night 6 - 8 (Island Park)	14 Just Me & My Dad 10:00 am (Red River Campus Playground)	
	16 Play in the Park 10:00 am or 11:00 am (428 Caithness Street Park)	17 Healthy Baby 10:00 am (Island) OR 2:00 pm (ZOOM)	18 Breastfeeding Group 10:00 am (FRC)	19 Story Time at the Park 10:00 am or 11:00 am (Island Park)	20 Healthy Cooking 1 - 4 (Pick-Up) ** See more info: Pg 2		
	23 Growing Up Green 10:00 am (Island Park)	24 Babies & Babble - Babies (See Pg.2) 11:00 am (FRC) Babies & Babble - Newborn (See Pg.2) 2:00 pm (FRC)	25 Mom's Night In 7:30 pm (FRC)	26 Little Passports 10:00 am (ZOOM)	27 Healthy Cooking Together 1 - 4 (Pick-Up) ** See more info: Pg 2	28 Just Me & My Dad 10:00 am (Red River Campus Playground)	
29	30 Play in the Park 10:00 am or 11:00 am (9th Street NW Park)	31 Healthy Baby 10:00 am (Island) OR 2:00 pm (ZOOM)	Going camping? Stuck isolating? Need some creative ideas? We have two fun themes - Olympics and Beach Fun. Stay tuned for some special activity packages! Two fun and interactive options coming available in August!				

STEP 1: Register for Programs STEP 2: Pick up your weekly package STEP 3: Join us online!

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS DESCRIPTIONS:

Babies & Babble - interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months.); or Babies - sitting to taking first steps (approx. 6 months. +).

Breastfeeding Group - a way to receive emotional support and discuss practical insights on breastfeeding.

Family Game Night - meet up at the park, and have a fun evening of lawn and outdoor games!

Growing Up Green - get outside and explore the outdoors through literacy and learning (Ages 18 months. - 6 years).

Healthy Baby - a program for pregnant and new moms to come together and chat. (Pregnant-1 year)

Healthy Cooking - come pick up a package and instructions to make a healthy meal at home.

Healthy Cooking Together - arrange to pick up a meal kit, follow the recipe or virtual video, and introduce your kids to cooking!

Just Me & My Dad - we will provide fun activities for Dad to do with the kids for some Saturday fun! (Ages 1-6 years)

Little Passports - come prepared to "explore the world" through a variety of languages and cultures! (Ages 2 - 6 years).

Mom's Night In - chat with other moms and enjoy some time focusing on yourself.

Play in the PLAP - have fun exploring fun locations in the PLAP with Peter the Puppet's Video. Plus, get a Bingo Card to participate in June's "Play in the PLAP Challenge" (Ages 18 months-6 years).

Play in the Park - this program features half an hour of interactive activity and songs. A snack is served, and families are encouraged to go play at the nearby playground together afterwards.

Pop-Up in the Park - join us for a come and go event from 10 - 12! There will be a snack provided, and stations set up for you to move around and have fun!

Story Time in the Park - An interactive literacy program featuring stories, songs, games, puppets and more. (Ages 18 months-6 years)



AUGUST TOPICS:

Healthy Cooking - August 6

Recipe: Sheet Pan of chicken and loads of fresh MB vegetables!

Healthy Cooking - August 20

Recipe: Broccoli Mushroom Bake, Greek yogurt, MB tomatoes - sprinkled with parmesan cheese!

Mom's Night In - August 25

Theme: Craft and create a macramé plant hanger by following step-by-step instructions! Deadline to sign up is August 18 @ 4 pm.

Healthy Cooking Together - August 27

Recipe: Healthy and golden "Zucchini Rounds!"

Please sign up for **one** of your preferred cooking classes for the month. You can also request to be placed on a wait list for additional ones!

In-Person Programming

We are excited to offer many of our programs in person and outside, for the month of August! Please note, we will be observing all COVID-19 safety protocols. Along with pre-packaged snacks, hand sanitizer will be available!

NEED BASIC CRAFT SUPPLIES?

If you need basic supplies: scissors, glue, paint please let us know and we will include that in your next pick up. All other supplies will be provided for program crafts & activities.