


JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Need a ride to the park? Call, email, or text after you register! Pick-up your program package FRIDAYS, between 10-4</p> 				1 Canada Day! CLOSED	2 Healthy Cooking Together 10-4 (Pick-Up) ** See more info: Pg 2	3
4	5 Growing Up Green 10:00 am (Island Park)	6 Healthy Baby 10:00 am (ZOOM) OR 2:00 pm (ZOOM)	7 Breastfeeding Group 10:00 am (ZOOM)	8 Story Time at the Park 10:00 am or 11:00 am (Island Park)	9 Healthy Cooking 10 - 4 (Pick-Up) ** See more info: Pg 2	10 Just Me & My Dad 10:00 am (Red River Campus Playground)
11	12 Play in the Park 10:00 am or 11:00 am (Koko Platz Playground)	13 Babies & Babble - Babies (See Pg.2) 11:00 am (ZOOM) Babies & Babble - Newborn (See Pg.2) 2:00 pm (ZOOM)	14 Mom's Night In 7:30 pm (ZOOM)	15 Little Passports 10:00 am (ZOOM)	16 Family Game Night 6 - 8 (Island Park)	17
18	19 Growing Up Green 10:00 am (Island Park)	20 Healthy Baby 10:00 am (Onsite) OR 2:00 pm (ZOOM)	21 Breastfeeding Group 10:00 am (FRC)	22 Story Time at the Park 10:00 am or 11:00 am (Island Park)	23 Healthy Cooking 10 - 4 (Pick-Up) ** See more info: Pg 2	24 Just Me & My Dad 10:00 am (Red River Campus Playground)
25	26 Play in the Park 10:00 am or 11 am (Simplot Central Park)	27 Babies & Babble - Babies (See Pg.2) 11:00 am (FRC) Babies & Babble - Newborn (See Pg.2) 2:00 pm (FRC)	28 Pop-Up in the Park 10 - 12 (McKay Park)	29 Little Passports 10:00 am (ZOOM)	30 Going camping? Stuck isolating? Need some creative ideas? Stay tuned for some special activity packages! Two fun and interactive options coming available in July!	31

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

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)



JULY TOPICS:

Healthy Cooking Together - July 2

Recipe: Flying Saucer Pitas, filled with meat & veggies.

Healthy Cooking - July 9

Recipe: Easy-to-prepare, and delicious cauliflower rice, filled with greens and veggies.

Mom's Night In - July 14

Theme: Craft and create macramé by following step-by-step instructions! Deadline to sign up is July 7 @ 4 pm.

Healthy Cooking - July 23

Recipe: Hamburger Taco Casserole

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

In-Person Programming

We are excited to offer some of our programs in person and outside, for the month of July! 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.