


December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!			1 Wiggle, Giggle, Munch 9 or 11 am	2 Healthy Cooking 10 am or 1 pm	3
4 DECEMBER 6 Adulting 101 3:45-5:30 (Art of Flourishing)	5 Toddler Shenanigans 9 or 11 am Nobody's Perfect 1 pm	6 Babies & Babble Newborn 9:30 am Babies 11:30 am Adulting 101 3:45-5:30 pm	7 Our Neighborhood 9 am Homeschool Co-op 11 - 1 pm	8 Book Buddies 9 or 11 am	9 Kids in the Kitchen 10 am or 1 pm	10
11 Need transportation to program? Contact FRC & we can arrange a shuttle!	12 Mindful Munchkins 9 am Chest/Breastfeeding Group 11 am Nobody's Perfect 1 pm	13 Grand Pals 10 am Healthy Baby 1 pm	14 Musical Mornings 9:30 or 11:30 am Stay 'N Play 1-3 pm	15 Wiggle, Giggle, Munch 9 or 11 am	16 Healthy Cooking 10 am or 1 pm	17 HOLIDAY DROP IN 10-2 This is Me 2 pm
18	19 Toddler Shenanigans 9 am 11 am 2 pm	20	21	22 Staff PD Day Centre Closed	23 Staff PD Day Centre Closed	24
25 Christmas Day	26 Boxing Day	27 Centre Closed	28 Centre Closed	29 Centre Closed	30 Centre Closed	31 New Years Eve

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

PROGRAMS:

Adulting 101 - Transitioning to adulthood can feel overwhelming! Join this four-week workshops series to discover your own version of success. These sessions are designed for individuals between the ages of 15 to 30.

Babies & Babble - An interactive program connecting parents to their babies through play, music, touch, and knowledge about development. Join the group most appropriate to your baby's motor skills: Newborn - 0 to sitting unsupported (approx. 6 months); or Babies - sitting to taking first steps (approx. 6 months +). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 18 months-6 years)

Breast/Chestfeeding Group - A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided.

Grand Pals - Make new friends at this program that brings together younger and older generations for planned activities and lots of fun! You're never too old to play!

Healthy Baby - This program's focus is on enhancing parents' capacity to make choices during pregnancy and the first year of life to ensure healthy outcomes for their babies. (Pregnancy - 1 year)

Healthy Cooking - Come try something new and prepare your own budget friendly, healthy family meal. It just may become a new family favourite. Please bring your own container to take your meal home. Childcare provided.

Homeschool Co-Op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience. (Preschool +)

Kids in the Kitchen - Introduce your kids to fun in the kitchen! This program teaches kids kitchen skills and uses age appropriate tools and activities to cultivate your future family chef. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions. Join us for a story, game, and time with puppets! (Ages 3-6)

Musical Mornings - Explore the world of rhythm and rhyme with music and songs for toddlers! This program focuses on musical discovery through instruments, finger play, and movement. (Ages 6 months-3 years)

Nobody's Perfect - This 6 session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self awareness and self esteem, child health and safety, discipline and praise and healthy child development. Childcare provided.

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful places and people in our community! (Ages 18 months +)

This is Me - A group focused on bringing together families with children who are neurodiverse and/or have physical challenges.

Toddler Shenanigans - This program provides children the opportunity to explore the world around them by using their five senses to further develop their natural desire to learn! (Ages 1-6)

Wiggle, Giggle, Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)

FREE wellness coaching is available!
Schedule your appointment online,
Childcare is available.



December TOPICS:

Healthy Cooking - December 2

Recipe: Beef Banh Mi-Style Bowl

These bowls are so flavorful and delicious, you will be so impressed that you made these yourself!

Kids in the Kitchen - December 9

Recipe: Paninis (the fancy grilled cheese!)

This is a great recipe to teach your kids all about spreading and frying!

Healthy Cooking - December 16

Recipe: Chickpea Tikka Masala

This is an incredibly easy and absolutely divine vegan version of the classic Indian dish! It tastes deliciously indulgent, yet it's still healthy.

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

HOLIDAY DROP IN - Come with the family for a fun and seasonal event, including a visit with Santa, crafts, snacks and more!
Register online.

MASK UPDATE - PLEASE READ!

Masks are recommended but optional for the indoor programs. With the rising cases of illnesses occurring we are strongly encouraging staff and participants over the age of 4 to wear a mask. If you or someone in your family is unwell, please stay home and let us know you won't be attending.

We will have masks and sanitizer available! If you would prefer staff wear a mask when interacting in close contact with your children/yourself, please let us know.