

To register for programs or find out more:

Website: [frcportage.ca](http://frcportage.ca)

Call or Text: (204) 595-5005

E-mail: [info@frcportage.ca](mailto:info@frcportage.ca)

234 Princess Ave, Portage la Prairie

## February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	<p>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!</p>				Need transportation to program? Contact FRC & we can arrange a shuttle!	
1	<b>2</b> Toddler Shenanigans 9 am or 11 am  Drop In Play 1-4 pm	<b>3</b> Toddler Open Gym *SOUTHPORT* 10 - 11 am (No need to register!)  Babies & Babble Newborn 9:30 am Babies 11:30 am	<b>4</b> Grand Pals 10:30 am *Dufferin Villa*	<b>5</b> Musical Mornings 9 am or 11 am  <b>Morning Stroll</b> 11 am *Stride Place*  Nobody's Perfect 1:30 pm	<b>6</b> Kids in the Kitchen 10 am or 1 pm	<b>7</b> Super Dads, Super Kids 10 am
8	<b>9</b>  Wiggle, Giggle, Munch 9 am or 11 am 4:30 pm  Drop In Play 1-4 pm	<b>10</b> Toddler Open Gym *SOUTHPORT* 10 - 11 am (No need to register!)  Stay 'N Play 10 am *AUSTIN*  Healthy Baby 11 am	<b>11</b> Preschool Party 9 am  Chest/Breastfeeding Group 11 am  Parenting Conversation 1:30 - 3 pm	<b>12</b> Book Buddies 9 am or 11 am  <b>Morning Stroll</b> 11 am *Stride Place*  Nobody's Perfect 1:30 pm  Mom's Time 7:30 pm	<b>13</b> Healthy Cooking 10 am or 1 pm	<b>14</b>
15	<b>16</b> <b>CLOSED</b> for Louis Riel Day	<b>17</b> Toddler Open Gym *SOUTHPORT* 10 - 11 am (No need to register!)  Babies & Babble Newborn 9:30 am Babies 11:30 am	<b>18</b> Grand Pals 10:30 am *Dufferin Villa*  Homeschool Co-Op 1:30 pm	<b>19</b> Musical Mornings 9 am or 11 am 4:30 pm  <b>Morning Stroll</b> 11 am *Stride Place*  Nobody's Perfect 1:30 pm	<b>20</b> Our Neighbourhood 10 am	<b>21</b> Family Open Gym @ SOUTHPORT 11 am - 1 pm  No need to register, see you there!
22	<b>23</b> Wiggle, Giggle, Munch 9 am or 11 am  Drop In Play 1-4 pm	<b>24</b> Toddler Open Gym *SOUTHPORT* 10 - 11 am (No need to register!)  Stay 'N Play 10 am *AUSTIN*  Healthy Baby 11 am	<b>25</b> Chest/Breastfeeding Group 11 am  Homeschool Co-Op 1:30 pm	<b>26</b> Book Buddies 9 am or 11 am  <b>Morning Stroll</b> 11 am *Stride Place*	<b>27</b> Healthy Cooking 10 am or 1 pm	<b>28</b> <b>Community Event:</b> Winterfest Noon - 3 pm

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

# PROGRAMS:

**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 -12 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 1-6 years)

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

**Drop In Play** - Our playroom is open to use for 1-4 pm. Get out of the house and come meet some new friends, play with new toys, or skip cleaning your house and come here for a playdate instead! This is not a program, so no registration is needed. Come when you want and leave when you need to!

**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! Held at Dufferin Villa.

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

**Healthy Cooking** - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at 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 the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

**Mom's Time** - Time committed to focusing on you. A space to try new things and connect with other moms.

**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 & self-esteem; child health & safety; discipline & praise; and healthy child development. (Caregiver of Children Ages 0-5)

**Our Neighbourhood** - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 3 +).

**Parenting Conversation** - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available.

**Preschool Party** - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)

**Stay 'N Play (AUSTIN)** - Join us at Austin Elementary School! We are planning to run it on the first and third Tuesday of each month (with exceptions for when the school is closed). The program will run from 10 - 11:30 am, and will be especially for families with children ages 1-5! Register online!

**Super Dads, Super Kids** - Come meet other dads! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)

**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 by calling  
204-595-5105,  
childcare may be available.



## FEBRUARY TOPICS:

### Kids in the Kitchen - February 6

#### Recipe: Bannock

This simple and easy pan-fried bread is a traditional Indigenous dish and easy to make!

### Parenting Conversation - February 11

#### Topic: Communication Styles

Understand and learn your communication style and how to best communicate with others.

### Mom's Time - February 12

#### Activity: Air Dry Clay Fridge Magnets

Spend time with other moms doing a craft that is for YOU!

### Healthy Cooking - February 13

#### Recipe: Beef Stroganoff

Beef stroganoff is a classic dish featuring sautéed beef and mushrooms in a rich, creamy sauce made with sour cream, often flavored with mustard and served over egg noodles or rice. It's a classic for a reason!

### Our Neighbourhood - February 20

Activity: Still to be announced! Watch our social media to learn more.

### Healthy Cooking - February 27

#### Recipe: Vegetable Barley Soup

Loaded with colorful vegetables and filling pearl barley, this Vegetable Barley Soup is a healthy, freezer-friendly staple recipe for winter!

If you or someone in your family is unwell, please stay home and let us know you won't be attending, so we can fill your spot with someone on the wait list.