



MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION GUIDE: INN - INNISFAIL PL - PINE LAKE SPR - SPRINGBROOK SV - SPRUCE VIEW DEL - DELBURN ELN - ELNORA BOW - BOWDEN PEN - PENHOLD				1 Innisfail Programs: The Morning Reset 9-11am FRN Friday (0-6 yrs) 9-12pm Hello Spring (all ages) 1-2:30pm Innovation Station (10+) 3-4:30pm	2
3 Home Alone (8-11 yrs) 9-12 pm Youth Week: Disc Golf 1-3pm	4 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Nurtured Newborns (0-12m) 1-2:30pm After The Bell Cafe (7-12 yrs) 3-5pm Youth Club (7-12 yrs) 3-5pm Teen Lounge (13+) 5-7pm	5 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Unplugged Parent, 9-11am Little Sprouts (0-3 yrs) 1-2:30pm Skate & Scoot (7-12 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm	6 Innisfail Programs: Breathe Mamas 12:30-2:30pm Catching Vibes (7-12 yrs) 3-4:30pm Bookworms (0-6 yrs) 10-1pm (DEL) Elnora Youth (7-12 yrs) 3-4:30pm (ELN)	7 Innisfail Programs: Mugs & Minis 1-2:30pm Grandparents Who Parent 1-2:30pm Art in the Dark (7-12 yrs) 3-4:30pm Brick Breakers (7-12 yrs) 3-4:30pm Spruce View Playgroup 10-11:30am (SV)	8 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Family Connect Night, 5-6:30pm (SV)	9
10	11 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Nurtured Newborns (0-12m) 1-2:30pm Youth Club (7-12 yrs) 3-5pm	12 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Inbetweeners (10-15 yrs) 3-5pm	13 Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Catching Vibes (7-12 yrs) 3-4:30pm	14 Innisfail Programs: Mugs & Minis 1-2:30pm Brick Breakers (7-12 yrs) 3-4:30pm Little Moments (0-6 yrs) 9-12pm	15 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm The Lunch Club (7-12 yrs) 12:30-2:30 Innovation Station (10+) 3-4:30pm	16
17	18 Office Closed	19 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Unplugged Parent, 9-11am Skate & Scoot (7-12 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm	20 Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Breathe, Mamas 12:30-2:30pm Catching Vibes (7-12 yrs) 3-4:30pm Bookworms (0-6 yrs) 10-1pm (DEL) Elnora Youth (7-12 yrs) 3-4:30pm (ELN)	21 Innisfail Programs: Mugs & Minis 1-2:30pm Strength Through Sharing, 1-2:30pm Art in the Dark (7-12 yrs) 3-4:30pm Brick Breakers (7-12 yrs) 3-4:30pm Catching Glimmers, 6-7:30pm Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV)	22 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Healthy Bento Boxes (9-12 yrs) 3-4:30pm Youth Action - Science Day 5-6:30pm	23
24 31	25 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Nurtured Newborns (0-12m) 1-2:30pm Youth Club (7-12 yrs) 3-5pm	26 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Unplugged Parent, 9-11am Skate & Scoot (7-12 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm	27 Baby & Me Yoga (0-3 yrs) 10:30-12pm Breathe, Mamas 12:30-2:30pm Catching Vibes (7-12 yrs) 3-4:30pm Kimochis (6-8 yrs) 3-4:30pm	28 Innisfail Programs: Walk & Roll, 9-10:30am Mugs & Minis 1-2:30pm Art in the Dark (7-12 yrs) 3-4:30pm Brick Breakers (7-12 yrs) 3-4:30pm	29 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Safe Lines Pop-Up 10-12pm Happy Trails, 1-2:30pm Innovation Station (10+) 3-4:30pm	30 Dadurday, 9-12pm The Great Puzzle Palooza, 1-4pm

Innisfail:

Babies, Toddlers and Children aged 0-6 and their caregivers, and other parented programs

(All Innisfail programs held at the FRN Office, 5035 49 Street, unless otherwise noted)

Baby Buddies (0-2 years): For babies aged 0-2 and their caregivers. Join us for age appropriate activities and a chance to connect with other caregivers.

Nurtured Newborns (0-12 months): For babies aged 0-12 months and their caregivers. Join us for tummy time, connection with other caregivers and conversation about supports you may find helpful, including Triple P Tipsheets for caregivers and infants.

Stay, Play and Learn (0-6 years): Join us in this beautiful location where we have plenty of room to run and play!
Where: Innisfail Public Library (Community Room)

Little Sprouts (1-3 years): Creative playtime for our little friends!

FRN Friday! (0-6 years): Pop in throughout the morning for a variety of open-ended activities, such as stories, free play, sensory and art!

Bumble & Bounce (0-6 years): A gentle, low-sensory morning drop-in with calm play, soft sounds and relaxed vibes for little ones to explore at their own pace.

Hello Spring (parented, all ages): Come explore the fresh air of spring with a walk and play.
Where: Centennial Park

Baby & Me Yoga (0-3 years): Guest Instructor teaching yoga for caregivers and their littles to roll around and explore with simple stretches. 10:30-11:15am then free play for the littles till 12pm.

Happy Trails (parented, 2-8 years) Join us at this child-led wander through the trees and trails of Centennial Park/Napoleon Lake! Dress/shoes for trail walking.

Independent Youth aged 7-18 years

Youth Club (7-12 years): Art, games, Lego, snacks and friends! Walk over after school and hang out!

Art in the Dark (7-12 years): Over 3 sessions, we will learn new skills while creating a mixed media canvas inspired by the nighttime forest floor!

*Pre-registration for all 3 sessions required, spaces limited.

In-Betweeners (10-15 years): A program for the kids in the middle! Let's talk, craft, play games and hang out with other kids your age!

Catching Vibes (7-12 years): A chill low-sensory hangout for youth with calming activities: yoga, music, reading and more.

Brick Breakers (7-12 years): A LEGO club for youth to build, experiment and bring ideas to life brick by brick.

After the Bell Cafe (10+ years): Unwind after school by cooking together and making basic meals, snacks and treats.
Pre-registration required

Healthy Bento Boxes (Ages 9-12 yrs): We're making snack boxes together while we learn about healthy choices.
*Pre-registration required, spaces limited.

Program Info & Locations

May 2026

Home Alone (8-11 years): Come and learn the skills to safely stay home alone.

Pre-registration required

The Lunch Club (7-12 years): Join us on your PD day to make a nutritious lunch, and enjoy it with your friends.

Pre-Registration Required

Teen Lounge (13+ years): Join us for the evening hangout where teens can relax, connect with friends and enjoy a evening just for them.

Innovation Station (10+): A STEM group (Science Technology Engineering and Mathematics. Explore, create & Build.

Pre-registration required

Skate & Scoot (7-12 years): We're back! Meet at the skatepark afterschool. The program will be cancelled in the case of rain, snow or temperatures below +5.

*This program is for safe, supervised fun. Skills will NOT be taught at this program.

*Pre-registration required, spaces limited.

Kimochis (6-8 years): Helping your children understand their emotions and feelings through play, stories and some lovable stuffed friends.

Each week we will learn about a new emotion and send caregivers with tools to continue the learning at home.

Registration Required

Youth Action:

May 22: Science Day

See the Town of Innisfail's website for information on registration, waiver and location

Caregiver Programs

Unplugged Parent: Embracing human connection, mental well-being and life off-line. Children welcome to play independently while caregivers meet and focus on themselves through creative self-care activities.

Catching Glimmers: At this program, join other caregivers in sharing and journaling the good things that happen every day. Program meets monthly. New members welcome!

Pre-registration required

Breathe, Mamas: At this drop-in program, moms can unwind with gentle yoga, slow vibes, creative art and nourishing self-care practices.

Childcare available downstairs

Grandparents Who Parent: Are you a grandparent who has taken a lead role in your grandchild's life? Come and connect with others in the same situation.

Strength Through Sharing: Neurodiversity Support Group: Join us in this welcoming, judgement-free space where caregivers of kids with special needs can connect and share. Together. Children welcome.

Dadurday (All ages): A Saturday morning dedicated to dads and kids to connect, play and get creative together

Mugs & Minis: Drop-in at the Coffee Cottage where caregivers can enjoy a complimentary small coffee while connecting with others and calmy recharge while the little ones play and explore.

Where: The Coffee Cottage, 5112 49 Ave #3

Pre-registration required

Walk & Roll: Let's walk and chat about what's going on in your world. Children in strollers or able to keep up to a grown-up pace welcome. Meet in the Centennial Park Parking Lot.

Safe Lines Pop-Up: Is focused on strengthening boundaries, building self-respect and learning to communicate with confidence

Pre-registration required & Childcare available downstairs with FRN Friday

The Morning Reset: Come build smoothies or smoothie bowls with other caregivers and connect

Pre-registration required & Childcare available during FRN

The Great Puzzle Palooza (All ages): A gather your family and come compete in a challenge on which team can complete a 350 piece, family friendly puzzle the fastest!

Pre-registration required

Delburne, Drop In Center:

Bookworms (0-6 yrs): Pop in for playtime, crafts, friends and connections with a fabulous group of caregivers!

Elnora, Elnora Legion:

Elnora Youth (7-12 yrs): Art, games, snacks and fun with your friends!

Springbrook, Family Resource Center:

Springbrook Playgroup (0-6 yrs): Together with Red Deer County, we have playtime, crafts and time with friends!

Spruce View, Spruce View Community Hall:

Spruce View Playgroup: Together with Red Deer County, join us for playtime, snacks, fun and crafts!

Family Connect Night: Blooming With Love. See Red Deer County website for information and to register.

Bowden, Park Place:

Little Moments (parented all ages): A Family friendly program dedicated to caregivers taking time to connect with each other while the littles enjoy self directed play.

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Pre-registration info:
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Family Resource Network