

# NOVEMBER 2024

Sun

Mon

Tue

Wed

Thu

Fri

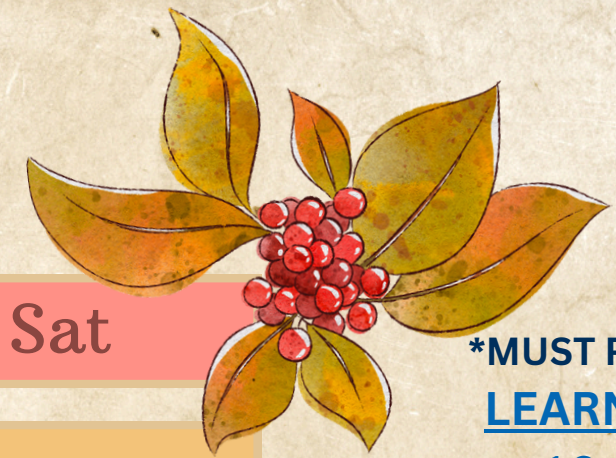
Sat



McMan



Provincial Family Resource Networks



**\*MUST PRE-REGISTER\*  
LEARN AND PLAY**

10:00-12:00

**\*GLOW\***

Wetaskiwin 3:30-5:00

Lakedell 3:45-5:15

**BABY & YOU**

Wetaskiwin

Tuesday's @ 1:30 - 3:00

Thursday's @ 10:30-12:00

**\*BABY & TOT FREE SWIM\***

Ponoka 3:00-4:00

**FAMILY PLAY GROUP**

Wetaskiwin 10:00-12:00

**SUPPORT & PLAY FOR  
FAMILIES WITH CHILDREN**

**WITH DISABILITIES**

Wetaskiwin 10:00-11:30

**\*MOM'S MATTER\***

Wetaskiwin 6:00-7:30

**\*COOKING CLASS\***

Wetaskiwin 1:30-3:00

**PANCAKE BREAKFAST**

9:00 - 12:00



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4

PONOKA L&P  
LAKEDELL GLOW

5

SUPPORT & PLAY  
BABY AND YOU

6

LAKEDELL L&P

7

BABY AND YOU  
WETASKIWIN  
GLOW

8

WETASKIWIN  
L&P  
BABY AND TOT  
FREE SWIM

9

10

11



NO PROGRAMS

12

FAMILY  
PLAY GROUP  
BABY AND YOU

13

RIMBEY L&P  
TEEN WRITERS  
MOMS MATTER

14

BABY AND YOU  
COOKING CLASS

15

WETASKIWIN  
L&P

16

17

18

PONOKA L&P  
LAKEDELL GLOW

19

NO PROGRAMS

20

NO PROGRAMS

21

NO PROGRAMS

22

NO PROGRAMS

23

24

25

MILLET L&P  
MILLET GLOW

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FAMILY  
PLAY GROUP  
BABY AND YOU

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RIMBEY L&P

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BABY AND YOU  
WETASKIWIN  
GLOW

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WETASKIWIN  
L&P

30

IDPD PANCAKE  
BREAKFAST



## Locations:

**Wetaskiwin:** McMan Office- 4415A 49th Street

**Millet L&P and Glow:** Town of Millet- 4528 51st Street

**Rimbey L&P:** Blindman Youth Action Centre- 4907 40th Street

**Winfield L&P:** Winfield Ag. Society- 401 6th Street East

**Winfield Glow:** Winfield School- 401 4th Ave East

**Lakedell L&P:** Lakedell Ag. Society RR 2

**Lakedell Glow:** Lakedell School- 462006 RR 12

**Ponoka L&P:** Youth Centre- 5004 54th Street

## **Community events we will be attending this month:**

**TEEN WRITERS** at Wetaskiwin Public Library

November 13 2:00 pm

**IDPD Pancake Breakfast:** 9:00 AM - 12:00 PM

November 30th @ Wetaskiwin Senior Center

Family activities available

Alberta Provincial Family Resource Networks



McMan

### Learn & Play:

Come on in and let your children play.

Developmental activities, stories, games and more.

Free snacks each week.

For **ages 0-6**, and older siblings are welcome.

**\*Parents must stay for this group and pre-register if group is out of town.**

### Glow:

For **ages 6-12**, come and join us for new activities each week. Free snacks are provided.

**\*Parents are welcome to stay or drop-off for this group; must pre-register if group is out of town.**

### Baby & You:

In collaboration with AHS. This group is a great opportunity to connect with other parents, be you expecting or experienced.

**First Tuesday and Third Thursday** of each month will have an **AHS nurse** present to answer questions and weigh baby!

### Family Play Group:

Get out of the house and come spend some time with your children at our facilities. **All ages welcome!**

### Support & Play Group for Families of Children with Disabilities:

Come connect with other parents and caregivers of children with additional needs. Bring the kids to play or come alone. **All ages welcome!**

### Moms Matter:

Come take some time to yourself. Activities, refreshments, conversations, and awesome company to help decompress.

**\*Child care is limited and they must be independent from mom, pre-registration is required.**

### Cooking Group:

Monthly cooking class, new recipe each month. Kids aged 9-13 can come and try out their cooking skills.

**\*Children must be pre-registered to join this group**