



February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>0-6 7-13 13-18 Family Parent Ed</p>						1
2	<p>3 Baby Bits (BLFDS) 10-11:30</p>	<p>4 Books & Cooks (MIRR) 9-11 LAC Afterschool 3:30-5:30</p>	<p>5 Preschool Pals (CLIVE) 9-11</p>	<p>6 Come Together (LAC) 11-11:45 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5:30</p>	<p>7 Moms Matter (BENT) 1-3</p>	<p>8 Family Valentines Party (LAC) 10-12</p>
9	<p>10 Baby Bits (LAC) 10-11:30 Moms Matter (CLIVE) 1-3 5 Alive (LAC) 3:30-4:30</p>	<p>11 Preschool Pals (LAC) 9-11 Books & Cooks (MIRR) 9-11 LAC Afterschool 3:30-5:30</p>	<p>12 Preschool Pals (BLFDS/CLIVE) 9-11 Moms Matter (BLFDS) 1-3</p>	<p>13 Risky Play (CLIVE) 1-3 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5:30</p>	<p>14 Abbey Walking 9-10</p>	15
16	<p>17 HAPPY Family Day</p>	<p>18 Preschool Pals (LAC) 9-11 Books & Cooks (MIRR) 9-11 LAC Afterschool 3:30-5:30</p>	<p>19 Preschool Pals (BLFDS/CLIVE) 9-11 Backyard Friends - Community Dinner (LMC) 5:00 Potluck & Play (BENT) 5:30-7:30</p>	<p>20 Special Needs Support Group (LAC) 9-11 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5:30</p>	<p>21 Art Attack (LAC) 10-12 Risky Play (ALIX) 1-3</p>	<p>22 Saturplay (LAC) 10-12</p>
23	<p>24 Baby Bits (LAC) 10-11:30 Moms Matter (LAC) 1-3</p>	<p>25 Preschool Pals (LAC) 9-11 Books & Cooks (MIRR) 9-11 LAC Afterschool 3:30-5:30</p>	<p>26 IRJC Wellness Day Preschool Pals (BLFDS/CLIVE) 9-11</p>	<p>27 Risky Play (BENT) 1-3 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30- 5:30 Crockpot Meals (CLIVE) 6:30-8:30</p>	<p>28 Abbey Walking 9-10</p>	

Lacombe & Area FRN
#1102-4876A 46St.
403.896.3408 (office)
@lacombeFRN



Alberta Provincial Family
Resource Networks

REGISTRATION REQUIRED FOR ALL PROGRAMS (unless otherwise specified)

To register/information:

frnlacombe@mcmancentral.ca

Carolyn 403.896.3915 OR Hannah 587.679.0544

Baby Bits: All things baby! Meet other mamas and their babies. We'll be discussing the topics of importance during the first 18 months of a child's life.

Books & Cooks: A program where we combine healthy cooking and literacy!

Come Together (Intergenerational): Join us at the Lacombe hospital the first Thursday of every month where we will get together with the seniors in long-term care for fun activities, singing, and crafts.

Preschool Pals/Cub Crew: For preschoolers and their caregivers. Play, do a craft, listen to a story. A great opportunity to be creative, learn a few things and make some new friends!

Risky Play: In this parented class we will provide opportunity to jump, climb, roll, run and develop our gross motor skills. Children will learn how to trust their bodies ability and provide parents with relief as they learn how to guide their child.

5 Alive: 5&6 year olds get their own program! Too old for Preschool Pals, too young for the afterschool program...drop them off for some activities, crafts, and music!

Alix Afterschool: Afterschool fun at the Alix Community Centre. See posters for details!

Lacombe Afterschool: Afterschool fun at the FRN office. See posters for details!

Art Attack: An opportunity to explore a variety of creative, open-ended art avenues. Prepare to have fun and get messy!

Moms Matter: Time to connect with other moms, all while having a coffee, a treat, and doing an activity! In February, it's **GALENTINES!** Registration required 7 days in advance.

Abbey Walking: Walk the Abbey Centre track with other mamas!

Special Needs Support Group: Support and care for caregivers of those with special needs, as well as a time of interaction and play for the children.

Crockpot Meals: In collaboration with the Clive Public Library, make some easy & healthy meals to feed the family!

Family Valentines Party: Family time to celebrate Valentines with crafts, treats, and play.

Potluck & Play: Join us for supper, games, and a chance to meet other families in the community. (Bentley)

Backyard Friends Community Dinner: Everyone welcome to this community dinner at the LMC. Doors open at 5, dinner at 5:30. A chance to play Bingo too!

Saturday Play: Come for Saturday morning play, muffins, and coffee. Meet other families while you're here!

LOCATIONS (unless otherwise specified):

Alix: Alix & Area Community Resource Centre - 5008 50 Ave.

Bentley: Bentley Town Office - 4918 50 Ave.

Blackfalds: Blackfalds Community Centre - 4810 Womacks Rd.

Clive: Clive Baptist Church - 4716 50th St.

Lacombe: FRN Office - #1102 4876A 46 St.

Mirror: Mirror Library - 5003 50 Ave.