

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <i>Provincial Family Resource Networks</i>			 <b>McMan</b>	1
2	3 MILLET L&P FINE MOTOR FUN WETASKIWIN BABY ON BOARD MILLET WIN	4 STROLLER-CIZE FAMILY PLAY BABY AND YOU CENTENNIAL WIN COPE	5 WINFIELD L&P RIMBEY L&P	6 BABY AND YOU COOKING CLASS B.Y.O.P	7 WETASKIWIN L&P D.E.A.R. TEEN ANTI-VALENTINE	8 DAD-UR-DAY MEDICINE WHEEL TEACHING
9	10 PONOKA L&P ONCE UPON A TIME PONOKA BABY ON BOARD LAKEDELL WIN	11 STROLLER-CIZE SUPPORT & PLAY BABY AND YOU PARK'N'PLAY COPE	12 WINFIELD L&P LAKEDELL L&P STORYTIME FRIENDS MOMS MATTER	13 WETASKIWIN WIN	14 WETASKIWIN L&P	15 SATUR-PLAY
16	17  NO PROGRAMS	18 STROLLER-CIZE FAMILY PLAY BABY AND YOU PARK'N'PLAY CENTENNIAL WIN COPE	19 RIMBEY L&P STORYTIME FRIENDS	20 BABY AND YOU	21 WETASKIWIN L&P	22
23	24 PONOKA L&P ONCE UPON A TIME PONOKA BABY ON BOARD LAKEDELL WIN	25 STROLLER-CIZE SUPPORT & PLAY BABY AND YOU COPE	26 WINFIELD L&P	27 BABY AND YOU WETASKIWIN WIN	28 NO PROGRAMS	

**\*MUST PRE-REGISTER\***  
**LEARN AND PLAY**  
 10:00-12:00  
**\*WIN TIME\***  
 Wetaskiwin 3:30-5:00  
 Lakedell 3:45-5:15  
 Millet 3:45-5:15  
 Centennial 3:15-4:45  
**BABY & YOU**  
 Wetaskiwin  
 Tuesday's @ 1:30 - 3:00  
 Thursday's @ 10:00-11:30  
**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 5:30-7:30  
**\*COOKING CLASS\***  
 Wetaskiwin 1:00 - 2:30  
**SATUR-PLAY**  
 Wetaskiwin 10:00-12:00  
**DAD-UR-DAY**  
 Wetaskiwin 10:00-12:00  
**STORYTIME FRIENDS**  
 Ma-Me-O 1:30 - 3:00  
**\*COPE SESSION\***  
 Wetaskiwin 4:00 - 5:30  
**BRING.YOUR.OWN.PROJECT**  
 Wetaskiwin 3:00-4:30  
**PARK'N'PLAY**  
 Wetaskiwin 1:30-3:00  
**BABY ON BOARD**  
 Wetaskiwin 12:30-1:30  
 Ponoka 12:30-1:30  
**\*FINE MOTOR FUN\***  
 Wetaskiwin 10:00-11:30  
**\*ONCE UPON A TIME\***  
 Wetaskiwin 10:00-11:30  
**STROLLER-CIZE**  
 Wetaskiwin 9:30-10:30  
**\*MEDICINE WHEEL TEACHING\***  
 Wetaskiwin 1:30-3:00

For information or questions  
 please email, text, or call  
[jen.graumann@mcmcentral.ca](mailto:jen.graumann@mcmcentral.ca)  
 780.335.1975

**Monthly Events:**

**D.E.A.R:** Come to the library for a day of reading, sharing stories, and using our imaginations!  
**All ages welcome.**

**Teen ANTI-Valentine:** Join Jen and Kat from the library for an awesome non-valentine valentine celebration  
**Ages 14-18**

**Medicine Wheel Teaching:** Parents are welcomed to come and learn about the Medicine wheel and the impact it has on children's development. Childcare will be provided. Registration is required.

**C.O.P.E Session:** COPE is the Collaborative Outreach Preventing Exploitation program that supports youth and young adults 12-24 who are at risk of or experiencing sexual exploitation in central Alberta. This 4 week session will give parents, caregivers, and service providers the tools to support their youth and young adults. To register, please text or email Jen.

**Winfield Wellness Day:** Adrienne will be out at the tradeshow alongside the Boys and Girls Club to talk about the programs available in the area.

For information or questions  
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780.335.1975



SCAN FOR NEWSLETTER

HAPPY  
VALENTINE'S  
DAY

Locations:

- Wetaskiwin:** McMan Office- 4415A 49th Street
- Millet L&P and WIN TIME:** Town of Millet- 4528 51st Street
- Rimbey L&P:** Blindman Youth Action Centre- 4907 49th Street
- Winfield L&P:** Winfield Ag. Society- 401 6th Street East
- Lakedell L&P:** Lakedell Ag. Society RR 2
- Lakedell WIN TIME:** Lakedell School- 462006 RR 12
- Ponoka L&P:** BGC Youth Centre- 5004 54th Street



McMan

**Learn & Play:** Come on in and let your children play. Developmental activities, stories, games and more. Free snacks are provided. Ages 0-6

**WIN:** Come join us after school for Whatever I Need! Activities, snack, and connection time for ages 6-12. **REGISTRATION IS REQUIRED**

**Baby & You:** 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. Childcare is available. **Registration is required.**

**Cooking Group:** Monthly cooking class, new recipe each month. Kids aged 9-13 can come and try out their cooking skills. **Registration is required.**

**Satur-play:** Drop in play-time for the whole family at our Wetaskiwin facility. All ages and abilities welcome!

**Dad-ur-day:** Bring your dad out to McMan for some activity time for just you and dad! All ages welcome!

**Bring Your Own Project:** Bring your own craft or project you are working on at home for some socialization and fun! All ages welcome!

**Fine Motor Fun:** Bring your 2-5 year old to our office for some cutting, drawing, and building time to strengthen their fine motor skill.  
**Registration is required.**

**Once Upon a Time:** Come to our office for story time with Jen! A craft and activity will also be provided to tie into the story. Ages 2-5.  
**Registration is required.**

**Baby on Board:** This group is for all expecting mothers. Join Adrienne for a visit and to meet other expecting moms in your community.

**Stroller-cize:** Join us at the Wetaskiwin Rec center indoor walking area for some walking and chit-chat! Don't forget your inside shoes!

**Park'N'Play:** Find us at a local park in Wetaskiwin for some outdoor play and gross motor skill development! Be sure to bundle up for the weather! This month we will meet at the park beside the school board office!

**If temperature is below -10 with wind chill, no program will be facilitated.**