

# MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Making Cents, 1-2:30pm Youth Club (7-12 yrs) 3-5pm After the Bell Cafe (10+) 3-5pm Teen Lounge (13+) 5-7pm	3 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Tea & Tales 12:30-2:30pm Little Makers (1-3 yrs) 1-2:30pm Fairytale Friends (3-8 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm Innisfail Registration Night, 6-8pm	4 Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Breathe, Mamas 12:30-2:30pm Catching Vibes (7-12 yrs) 3-4:30pm  Elnora Youth (7-12 yrs) 3-4:30pm (ELN)	5 Innisfail Programs: Artrageous (7-12 yrs) 3-4:30pm  Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV) Bowden Zen Garden 6-8pm (BOW)	6 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Youth Action: Air Dry Sculpting 1:30-3:30pm	7
8	9 Innisfail Programs: Baby Buddies (0-2 years) 9-12pm Homeschool Hub (7+) 12-2pm After the Bell Cafe (10+) 3-5pm Teen Lounge (13+) 5-7pm	10 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Inbetweeners (10-15 yrs) 3-5pm	11 No Programs	12 Innisfail Programs: Mugs & Minis (0-6yrs) 1-2:30pm Brick Breakers (7-12 yrs) 3-4:30pm  Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV)	13 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Winter Walk (Parented, all ages) 1-2:30pm The Unlucky Art Lab, Again (7-12yrs) 3-4:30pm	14
15	16 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Homeschool Hub (7+) 12-2pm Making Cents, 1-2:30pm Youth Club (7-12 yrs) 3-5pm After the Bell Cafe (10+) 3-5pm Teen Lounge (13+) 5-7pm	17 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Unplugged Parent, 9-11am Tea & Tales 12:30-2:30pm Fairytale Friends (3-8 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm	18 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)	19 Innisfail Programs: Strength Through Sharing: Parent Support, 9-11am Artrageous (7-12 yrs) 3-4:30pm Catching Glimmers, 6-7:30pm  Spruce View Playgroup 10-11:30am (SV)	20 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Youth Bowling (8-13 yrs) 1-3pm	21 Innisfail Program: Stay and Play SATURDAY (0-6 yrs) 9:30-11:30am
22	23 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Homeschool Hub (7+) 12-2pm Making Cents, 1-2:30pm Youth Club (7-12 yrs) 3-5pm After the Bell Cafe (10+) 3-5pm Teen Lounge (13+) 5-7pm	24 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Unplugged Parent, 9-11am Little Makers (1-3 yrs) 1-2:30pm Fairytale Friends (3-8 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm	25 Innisfail Programs: Breathe, Mamas 12:30-2:30pm Catching Vibes (7-12 yrs) 3-4:30pm Earthings (7-12 yrs) 3-5pm	26 Innisfail Programs: Mugs & Minis (0-6yrs) 1-2:30pm Take a Trip Thursday, 1-3pm Artrageous (7-12 yrs) 3-4:30pm Brick Breakers (7-12 yrs) 3-4:30pm  Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV)	27 Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Weirding Woods (8-13 yrs) 3-4:30pm Youth Action: Outdoor Activity 5-7pm  Family Connect Night, 4:30-6pm (SPR)	28
29	30 Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Making Cents, 1-2:30pm Youth Club (7-12 yrs) 3-5pm	31 Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Unplugged Parent, 9-11am Tea & Tales 12:30-2:30pm Fairytale Friends (3-8 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm	LOCATION GUIDE: INN - INNISFAIL PL - PINE LAKE SPR - SPRINGBROOK SV - SPRUCE VIEW DEL - DELBURNE ELN - ELNORA BOW - BOWDEN PEN - PENHOLD			

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

# Program Info & Locations

## March 2026

(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. Watch for special guests!

**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)

**Fairytale Friends (3-8 years):** Let's visit the classic fairytales together! Storytime, dramatic play and crafts!

**Little Makers (1-3 years):** Art time for our littlest artists! Siblings welcome.

**FRN Fridays (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.

**Take A Trip Thursday (parented, family):** Let's go on a field trip! and learn about the fabulous people and places in our community!  
\*Pre-registration required\*  
Where: TBA

**Winter Walk (parented, all ages):** Let's enjoy the last days of winter together at a child-led snowy adventure!  
Where: Centennial Park

**Stay & Play SATURDAY! (0-6 years)** Join your kiddo for some Saturday morning fun, and meet some new friends while you're at it!  
Where: Innisfail Public Library Community Room

### Independent Youth aged 7-18 years

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

**Artrageous (7-12 years):** Unleash your creativity! Painting, drawing, sculpting and more!  
\*Pre-registration required

**The Unlucky Art Lab, Again (7-12 years):** Art program where youth get spooky, creative with a eerie and fun art project.

**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!  
\*Pre-registration required for March 10<sup>th</sup> & 24<sup>th</sup> \*

**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.

**Earthlings (7-12 years):** Earth friendly activities for our nature loving kids!  
\*Pre-registration required\*

**Youth Bowling (8-13 years):** First, bowling. Then, pizza!  
Where: Innisfail Bowling Alley  
\*Pre-registration required\*

**Weirding Woods (8-13 years):** A storytelling role play game set inside the world of Grimm's fairytales.  
\*Pre-registration required

**Homeschool Hub (7+ years):** A program dedicated for homeschool youth. Come out to meet new friends and bond with other homeschoolers over art, games and science experiments.

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

**Youth Action: Air Dry Sculpting;**  
**Youth Action: Outdoor Activities**  
\*see the Town of Innisfail's website for more info and to register\*

### Caregiver Programs

**Unplugged Parent:** Embracing human connection, mental well-being and life off-line. Children welcome to play independently while caregivers meet.

**Catching Glimmers:** At this program, join other caregivers in sharing and journaling the good things that happen every day. Program meets monthly.  
\*Pre-registration required\*

**Making Cents:** Let's talk money at this 4 week series, beginning with the basics, moving up to saving for emergencies.  
\*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 not available\*

**Mugs & Minis:** Drop-in at the Coffee Cottage where caregivers can enjoy a complimentary small coffee while connecting with others and calm recharge while the little ones play and explore.  
Where: The Coffee Cottage, 5112 49 Ave #3  
\*Pre-registration required\*

**Tea & Tales:** A Caregivers book club and quiet play for the little ones ages 0-6. Book of the month is Hold on, But Don't Hold Still by Kristina Kumzic. Delivering inspiration and "parenting comedy at its finest," here is one woman's story of ditching her fairytale dreams and falling in love with her unpredictable, chaotic, imperfect life.  
\*Pre-registration required\*

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

**Innisfail Registration Night:** Pop by to say hello while you check out all of the great agencies and activities our town has to offer!  
Where: Innisfail Legion

**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!

**Family Connect Night:**  
**Hop, Hunt & Race Family Challenge Ages 3+ :** Bring the family for springtime fun with an Easter Egg Hunt, egg-and-spoon races, and potato sack races that will have everyone laughing, so grab your baskets and best bunny hops for an event you won't want to miss.  
\*Register through Red Deer County\*

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

**Bowden, Park Place:**  
**DIY Zen Garden Night:** Caregivers join us in Bowden for a relaxing DIY Zen Garden Night. Create peaceful mini landscapes while taking time to unwind and recharge.  
\*Pre-registration Required & Childcare not available\*\*

**Pre-registration info:**  
[FRNInnisfail@mcmancentral.ca](mailto:FRNInnisfail@mcmancentral.ca)

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