

# APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Bookworms (0-6 yrs) 10-1pm (DEL) Elnora Easter Jam (Family) 3-4:30pm (ELN)	<b>2</b> Innisfail Programs: Bunny Bash (0-6 yrs) 9-12pm Mugs & Minis, (0-6yrs) 1-2:30pm Grandparents Who Parent, 1-2:30pm Brick Breakers (7-12 yrs) 3-4:30pm Big Life Journals (7-10 yrs) 3-4:30pm Spruce View Playgroup 10-11:30am (SV)	<b>3</b> Office Closed	<b>4</b>
<b>5</b>	<b>6</b> Office Closed	<b>7</b> Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Little Sprouts (0-3 yrs) 1-2:30pm Fairytale Friends (3-8 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm Bird Nerds (4-10 yrs) 5-7pm	<b>8</b> Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Catching Vibes (7-12 yrs) 3-4:30pm Bookworms (0-6 yrs) 10-1pm (DEL) Elnora Youth (7-12 yrs) 3-4:30pm (ELN)	<b>9</b> Innisfail Programs: Big Life Journals (7-10 yrs) 3-4:30pm Brick Breakers (7-12 yrs) 3-4:30pm Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV)	<b>10</b> Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Youth Action: Cookie Baking 5-6:30pm	<b>11</b>
<b>12</b>	<b>13</b> Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Nurtured Newborns (0-12m) 1-2:30pm Youth Club (7-12 yrs) 3-5pm After the Bell Cafe (10+) 3-5pm Teen Lounge (13+) 5-7pm	<b>14</b> Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am Little Sprouts (0-3 yrs) 1-2:30pm Fairytale Friends (3-8 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm Triple P Fearless, 5-7pm (ZOOM)	<b>15</b> Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Catching Vibes (7-12 yrs) 3-4:30pm Bookworms (0-6 yrs) 10-1pm (DEL) Elnora Youth (7-12 yrs) 3-4:30pm (ELN)	<b>16</b> Innisfail Programs: Brick Breakers (7-12yrs) 3-4:30pm Big Life Journals (7-10 yrs) 3-4:30pm Catching Glimmers, 6-7:30pm Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV)	<b>17</b> Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Safe Lines Pop-Up, 10-12pm Hello Spring (all ages) 1-2:30pm Youth Action: Jewelry Making 5-6:30pm Innisfail Trade Show, 3-8pm	<b>18</b> Innisfail Trade Show, 9-5pm
<b>19</b>	<b>20</b> Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Baby Sitting Course (12-14 yrs) 9-5pm Handle With Care (9-12 yrs) 2-4pm	<b>21</b> Innisfail Programs: Skate & Scoot Pre-season (7-12 yrs) 9-10:30AM **FRN OFFICE** Stay, Play & Learn (0-6 yrs) 9-10:30am Job Ready Boot Camp (12+) 12-1:30pm Inbetweeners (10-15 yrs) 2-4pm	<b>22</b> Innisfail Programs: Bumble & Bounce (0-6 yrs) 9-12pm Breathe, Mamas 12:30-2:30pm Slurpee Walk (7-12 yrs) 3-4:30pm	<b>23</b> Innisfail Programs: Social Skills 4 Teens On The Spectrum (13+) 12:30-2:30pm Strength Through Sharing: Neurodiversity Support Group, 1-2:30 Big Life Journals (7-10 yrs) 3-4:30pm Springbrook Playgroup 9-11am (SPR) Spruce View Playgroup 10-11:30am (SV)	<b>24</b> Innisfail Programs: FRN Friday (0-6 yrs) 9-12pm Home Alone (8-11 yrs) 1-4pm Red Deer County: Youth Winter Adventure - Sports Hall of Fame 10-2pm	<b>25</b>
<b>26</b>	<b>27</b> Innisfail Programs: Baby Buddies (0-2 yrs) 9-12pm Homeschool Hub (7+) 12-2pm Nurtured Newborns (0-12m) 1-2:30pm Youth Club (7-12 yrs) 3-5pm After the Bell Cafe (10+) 3-5pm Teen Lounge (13+) 5-7pm	<b>28</b> Innisfail Programs: Stay, Play & Learn (0-6 yrs) 9-10:30am The Home Hub 12:30-2:30 Skate & Scoot (7-12 yrs) 3-4:30pm Inbetweeners (10-15 yrs) 3-5pm Triple P Fearless, 5-7pm (ZOOM)	<b>29</b> SITE/STAFF MEETING Breathe, Mamas 12:30-2:30pm Catching Vibes (7-12 yrs) 3-4:30pm Family Connect Night: Sweet Escape, 4:30-6pm (SV)	<b>30</b> The Color Lab (1-6 yrs) 9-10:30am Mugs & Minis, 1-2:30pm Brick Breakers (7-12 yrs) 3-4:30pm Big Life Journals (7-10 yrs) 3-4:30pm Springbrook Playgroup 9-11am (SPR)	<b>LOCATION GUIDE:</b> INN - INNISFAIL PL - PINE IAKE 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

(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.

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

**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.

**Bunny Bash (0-6 years):** Let's celebrate easter by doing all sorts of egg-citing activities, such as easter egg hunt, crafts and stories.

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

**Bird Nerds (4-10 years):** Let's great creative while we learn about birds!  
\*Pre-registration required.

### Independent Youth aged 7-18 years

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

**Skate & Scoot (7-12 years):** We're back! Bring your scooter to the FRN for our first session of the season to give your scooter a tune up. The second session we'll be meeting at the park (the April 28 program will be cancelled if the weather isn't ready for us yet).

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

\*Pre-registration required, spaces limited.

**Big Life Journals (7-10 years):** Let's talk about mindset as we work through the Big Life Journal together.

\*Pre-registration for all 5 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.

**Babysitters Course (12-14 years):** A full day course with training provided from the Canada Safety Council. Please bring a baby sized doll to the program, and a bagged lunch with you.

\*Pre-registration required\*

# Program Info & Locations

## April 2026

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

\*Pre-registration required, spaces limited. Additional program to be offered in May.

**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\*

**Job Ready Bootcamp (12+)** Looking for your first job? Join us to learn interview skills, resume building and more.

\*Pre-registration required\*

**Social Skills 4 Teens On The Spectrum (13+)** Learn to recognize emotions, emotional regulation skills, have fun exploring feelings and develop new communication styles.

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

**Slurpee Walk (7-12 years):** Let's grab a slurpee! If it's nice, we'll wander around, if it's not we'll head back to the FRN for games.

\*Pre-registration required.

**Youth Action: Cookie Baking;**

**Youth Action: Jewelry Making**

\*see the Town of Innisfail's website for more info and to register\*

### Caregiver Programs

**Triple P Fear-Less:** Triple P: Fear-Less is a 6 week program for caregivers of children/youth aged 6-14 years old with anxiety. Program will run via ZOOM.

\*Register for all 6 sessions at [FRNInnisfail@mcmcentral.ca](mailto:FRNInnisfail@mcmcentral.ca)

**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\*

**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.

**The Home Hub:** Come build a family & emergency book with sheets for passwords, emergency contacts and more

\*Pre-registration required & 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\*

**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\*

**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 Easter Jam (Families):** Hotdogs and an Easter Egg Hunt! Yay!

\*Pre-registration required.

**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:** see Red Deer County website for information and to register.

**Red Deer County: Youth Action Winter Adventure;**

**Sports Hall of Fame Check** Red Deer County website for details and registration

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Email: [central@mcmcentral.ca](mailto:central@mcmcentral.ca)

McMan Central ❤️ Foster Care

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

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