



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Preschool Pals (BLFDS/CLIVE) 9-11	2 Mom & Baby Yoga (LAC) 9:30-10:15 Mom & Preschoolers Yoga (LAC) 10:15-11 Confident Squad (ALIX) 3:30-5	3 	4
5 	6	7 NO Preschool Pals (LAC) 9-11 Preschool Pals (MIRR) 1-3 Afterschool (MIRR) 3:30-5	8 Preschool Pals (CLIVE ONLY) 9-11 Risky Play (BLFDS) 1-3	9 Mom & Baby Yoga (LAC) 9:30-10:15 Mom & Preschoolers Yoga (LAC) 10:15-11 Rainbows (ALIX) 3:30-5	10	11 Saturplay (LAC) 10-12
12	13 Baby Bits (BLFDS) 10-11:30 Kidz Klub (BENT) 3:15-5 TBA Parent Ed (LAC) 6-8	14 Preschool Pals (LAC) 9-11 Afterschool (ALIX/MIRR) 3:30-5	15 Preschool Pals (BLFDS/CLIVE) 9-11	16 Special Needs Support (LAC) 1-3 Rainbows (ALIX) 3:30-5	17 Moms Matter (BLFDS) 1-3	18
19	20 Baby Bits (LAC) 10-11:30 5 Alive (LAC) 4-5 Kidz Klub (BENT) 3:15-5 TBA Parent Ed (LAC) 6-8	21 Preschool Pals (LAC) 9-11 Preschool Pals (MIRR) 1-3 Afterschool (ALIX/MIRR) 3:30-5	22 Preschool Pals (BLFDS/CLIVE) 9-11 Moms Matter (LAC) 1-3	23 Rainbows (ALIX) 3:30-5	24	25 Saturplay (BENT) 10-12
26	27 Baby Bits (BLFDS) 10-11:30 Kidz Klub (BENT) 3:15-5 TBA Parent Ed (LAC) 6-8	28 Preschool Pals (LAC) 9-11 Afterschool (ALIX/MIRR) 3:30-5	29 Preschool Pals (BLFDS/CLIVE) 9-11	30 Rainbows (ALIX) 3:30-5		0-6 7-13 13-18 Family Parent/Caregiver



To register/information:
frnlacombe@mcmancentral.ca
Carolyn 403.896.3915 OR Hannah 587.679.0544

Preschool Pals: Come and let the kiddos play! Developmental activities, stories, games, and more.

5 Alive: 5&6 year olds get their own program! Too old for Preschool Pals, too young for the Afterschool program...drop them off to practice a little independence and participate in activities, crafts, and games!

Afterschool: Activities, snacks, and connection time for kiddos 6-12.

Confident Squad: A program for preteen/teen girls to celebrate uniqueness, friendship, and empowerment. We will talk about peer concerns, play games, build relationships, learn healthy skills and do fun activities.

Kidz Klub: Afterschool club in Bentley.

Rainbows: A program that provides a safe environment and that encourages communication while identifying, navigating and discussing difficult feelings that accompany loss. See poster for ages and times.

Saturplay: Enjoy a muffin and a coffee while the kids play! Have conversation with other parents.

Baby Bits: Great opportunity to connect with other new moms. Different topics discussed each week.

Mom & Baby (newborn to walking)/Mom & Preschooler (walking to age 5) Yoga: 6 weeks of Yoga with Natasha Young of Mind Body Bliss. No equipment required.

Moms Matter: Take some time to be with good company, doing activities, having a snack and good conversation. Your kiddos will be nearby with another staff.

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

Monday Night Parenting: *Registration required, limited childminding available upon request. Topics TBA. Watch for poster.

LOCATIONS (unless otherwise specified):

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

Bentley: Bentley Town Office basement - 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.

*****In school programming does not appear on this calendar.**