

May 2022

Bower Community Centre (85 Boyce Street)

Mon T W Thu F Sat

2 3 4 5 6 7

Get Crafty 9:30-11:30
*Natasha
Tip Sheets 9:30-11:30
*Timi
Kindermusik for Babies 1:00-3:00
*Shellsey

Baby Buddies 9:30-11:30
*Timi
Preschool Pals 1:00-3:00
*Natasha
Teens 4 Teens 4:00-6:00
*Sherry

9 10 11 12 13 14

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30 31

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9:30-11:30
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Tip Sheets
9:30-11:30
*Timi

To register for programs, please contact the person listed under each program:

SHERRY.ROLLS@MCMANCENTRAL.CA or 403-896-5435
TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419

For general program inquiries please contact Lindsey:
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Red Deer
Family
Resource
Network

May 2022

YMCA (6391-76th Street)

Sun Mo Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

Play & Learn 9:30-11:30
*Timi
Circle of Security 9:30-11:30
*Natasha
Youth @ the Y 3:00-5:30
*Shellsey

Empowered
Youth
3:00-5:00
*Shellsey

8 9 10 11 12 13 14

Play & Learn 9:30-11:30
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Outdoor Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Playground Pals 1:00-2:30 *Natasha	4	5	6 Mother's Day Fun Self-Care Journals 1:00-2:00 *Natasha	7 PCN Fun Run! 9:00-2:00 Canada 150 Square in Capstone
8	9	10 Playground Pals 1:00-2:30 *Natasha	11 Early Exploration 9:30-11:30 *Shellsey Art in The Park 10:00-11:30 *Timi Walk & Play With Parent Resources 1:00-2:30 *Timi	12	13 Friday Fun Times 10:00-12:00 *Shellsey	14 Touch a Truck! 10:00-4:00 Crossroads Church
15	16	17 Playground Pals 1:00-2:30 *Natasha	18 Early Exploration 9:30-11:30 *Shellsey Car Seat Safety 10:00-12:00 *Timi Playground Pals 10:00-12:00 *Natasha	19	20 Friday Fun Times 10:00-12:00 *Shellsey	21
22	23 STAT	24 Playground Pals 1:00-2:30 *Natasha	25 Early Exploration 9:30-11:30 *Shellsey Walk & Play With Parent Resources 1:00-2:30 *Timi	26	27 Friday Fun Times 10:00-12:00 *Natasha	28
29	30	31 Playground Pals 1:00-2:30 *Natasha				

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May 2022

Virtual Programs & Programs at McMan

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

Safety Before Driving
4:00-6:00
*Sherry

Virtual Circle Time
2:00-3:00
*Timi

Virtual Create With Me
10:00-11:00
*Natasha
Virtual Art Attack
2:00-3:00
*Timi

8 9 10 11 12 13 14

Safety Before Driving
4:00-6:00
*Sherry

Virtual Circle Time
2:00-3:00
*Timi

Virtual Youth Book Club
4:00-5:30
*Shellsey

Virtual Create With Me
10:00-11:00
*Natasha
Virtual Art Attack
2:00-3:00
*Timi

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May Youth & Parent Enrichment Program Info

Youth @ the Y: Let's have some fun. We will have board games, crafts and learning experiences, all with friends our age. We have different themes for each get together to keep us learning and interested.

Empowered Youth: This is a youth program for children ages 7-13yrs old. It is a group that will share ways to feel more comfortable with who they are, what they do and like, and how to stand tall and strong in their own bodies. We will be using the Big Life Journals to help us to move forward in our awesome lives.

Youth Book Club: Book club is a way to share the love of reading and imagination together with others who love it. It's also a great opportunity for youth who are wanting to give a book club a shot. 2-3 chapters will be read by Shellsey, and then there will be a craft or experience to share afterward.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419**

Safety Before Driving: Teens ages 13 and up. In this Safety Driving Workshop, teens will feel more prepared and confident to write and pass their learner's license GLD test. Most young drivers overestimate their driving abilities and underestimate the risks of driving. Crash rates are especially high during the first year of unsupervised driving. Teens will learn the importance of Safety Before Driving. Included in this safety before driving program, parents and teens will be required to sign a contract. This contract is to give teens obligations that will support their parent's requests. The RCMP will be attending the group to share/teach teens some skills to develop the experience to be consistent and improve their driving ability.

Teens 4 Teens: is designed for youth ages 13 to 18. This free Teens 4 Teens Youth Club will demonstrate the value of healthy friendships and increase the teen's confidence, as they connect with positive peers. Youth will aim to have fun, laugh, and make new friends, crafts, fun games, and snacks. No cell phone use during the teens 4 teens group time please.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
SHERRY.ROLLS@MCMANCENTRAL.CA OR 403-896-5435**

Car Seat Safety: Have questions about your car seat installation? Book a time slot with our car seat safety technician to have it checked!

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT
TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820**

May ECD Program Info

Sing & Play: This three-week program is a baby program that introduces sounds, dance, and instruments to children ages 0-2yrs old. Join us for different themes, songs, and instruments weekly, and meet some new families.

Early Exploration: This is a program that is aimed for children ages 0-6yrs old. It has cute educational themes such as emotions, sharing, and books. It also offers time to play with toys, make crafts, and meet new friends. Parents stay with the child(ren) and have a chance to meet new families and other adults.

Friday Fun Times: This is a program for families with children 0-6 yrs old. It gives a chance for families to meet new friends, play in new areas, and to explore our different senses, each Friday is in different spaces, some outdoor some indoor.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419

Preschool Pals: Come join me Thursday afternoons for some fun. We will have different activities each week.

Playground Pals: Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week.

Create with Me (Virtual): Join me in some fun activities. Each week we will be creating new and creative art. Kits available for pick up or delivery.

Mothers Day Fun: Come join us at Kiwanis park to make a craft for our moms and have some fun on at the park.

Friday Fun Times: Come join us at Kin Canyon Park for some Friday fun. We will have a craft and toys to play with.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA OR 403-896-6401

Virtual Art Attack: Join us virtually to create a new art project each week. Kits containing required supplies will be provided.

Get Crafty: Come join us on Monday mornings from 9:30-11:30 at the Bower Community Centre (85 Boyce Street). There will be crafts, sensory and a circle time. Tip sheets will also be available!

Play & Learn: Come join us at the YMCA for some indoor play, crafts, and circle time.

Virtual Circle Time: Join us virtually for a morning of reading, singing and dancing!

Art in the Park: Join us for an art project at McKenzie Trails and then spend some time playing at the playground

Walk & Play: Join us for a walk and some park play. We will be at a different location each week! We will be leaving for our walk at 1:05pm

Baby Buddies: This program is for our littles (under 18 months). Join us for some socialization for yourself and your little. Meet new friends and enjoy quality time together!

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820