

Red Deer
Family
Resource
Network

June 2022

Bower Community Centre (85 Boyce Street)

Mon T W Thu F Sat

1

2

3

Baby Buddies 9:30-11:30

*Timi

Preschool Pals 1:00-3:00

*Natasha

Teens 4 Teens 4:00-6:00

*Sherry

ECD
Programs
for
Children
Ages 0-6
and
Parents/
Caregivers

6

7 8

9

10

11

Kindermusik 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

13

14 15

16

17

Sensory Time

Tip Sheets

9:30-11:30

*Natasha

Kindermusik

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

Parent
Enrichment
Programs
for Parents/
Caregivers

20

21 22

23

24

25

Sensory Time

Tip Sheets

9:30-11:30

*Natasha

Kindermusik

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

27

28 29

30

Sensory Time

Tip Sheets

9:30-11:30

*Natasha

Kindermusik

1:00-3:00

*Shellsey

Preschool Pals 1:00-3:00

*Natasha

Teens 4 Teens 4:00-6:00

*Sherry

Programs
for Youth
Ages
14-18

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

June 2022

YMCA (6391-76th Street)

Sun	Mo	Tue	Wed	Thu	Fri	Sat
			1	2	3	ECD Programs for Children Ages 0-6 and Parents/Caregivers
5	6	7	8	9	10	11
		Play & Learn 9:30-11:30 *Timi Circle of Security 9:30-11:30 *Natasha Youth @ the Y 3:00-5:30 *Shellsey				
12	13	14	15	16	17	Parent Enrichment Programs for Parents/Caregivers
		Play & Learn 9:30-11:30 *Timi Kids Have Stress Too 9:30-11:30 *Natasha Youth @ the Y 3:00-5:30 *Shellsey		Empowered Youth 3:00-5:00 *Shellsey		
19	20	21	22	23	24	25
		Play & Learn 9:30-11:30 *Timi Kids Have Stress Too 9:30-11:30 *Natasha Youth @ the Y 3:00-5:30 *Shellsey		Empowered Youth 3:00-5:00 *Shellsey		
26	27	28	29	30		Programs for Youth Ages 7-13
		Play & Learn 9:30-11:30 *Timi Kids Have Stress Too 9:30-11:30 *Natasha Youth @ the Y 3:00-5:30 *Shellsey		Empowered Youth 3:00-5:00 *Shellsey		

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June 2022

Outdoor Programs

M Tue Wed Th Fri Sat

		1		3	4
	Programs for Youth Ages 14-18	<p>Early Exploration 9:30-11:30 *Shellsey</p> <p>Muscle & Movement 10:00-11:00 *Timi</p> <p>Walk & Play and ASQ's 1:00-3:00 *Timi</p> <p>Youth Dog Walk 3:00-5:00 *Sherry</p> <p>Youth Book Club 4:00-5:30 *Shellsey</p>		<p>You can find us at the Central Alberta Children's Festival @ Rotary Recreation Park from 10:00-4:00</p>	

7	8		10	11
<p>Playground Pals 1:00-2:30 *Natasha</p>	<p>Early Exploration 9:30-11:30 *Shellsey</p> <p>Muscle & Movement 10:00-11:00 *Timi</p> <p>Walk & Play and ASQ's 1:00-3:00 *Timi</p> <p>YMCA Skate Park 3:00-5:00 *Sherry</p>		<p>Blooming Imagination 1:00-3:00 *Natasha</p>	

	15		17	18
	Programs for Youth Ages 7-13	<p>Early Exploration 9:30-11:30 *Shellsey</p> <p>Muscle & Movement 10:00-11:00 *Timi</p> <p>Youth Dog Walk 3:00-5:00 *Sherry</p> <p>Youth Book Club 4:00-5:30 *Shellsey</p>	<p>Friday Fun Times 10:00-12:00 *Shellsey</p> <p>Fathers Day Craft Resources for Dads 1:00-3:00 *Natasha</p>	

21	22		24	
<p>Playground Pals 1:00-2:30 *Natasha</p>	<p>Early Exploration 9:30-11:30 *Shellsey</p> <p>Muscle & Movement 10:00-11:00 *Timi</p> <p>Walk & Play and ASQ's 1:00-3:00 *Timi</p> <p>YMCA Skate Park 3:00-5:00 *Sherry</p>		<p>Blooming Imagination 1:00-3:00 *Natasha</p>	

28	29	ECD Programs for Children Ages 0-6 and Parents/ Caregivers		
<p>Playground Pals 1:00-2:30 *Natasha</p>	<p>Early Exploration 9:30-11:30 *Shellsey</p> <p>Muscle & Movement 10:00-11:00 *Timi</p> <p>Walk & Play and ASQ's 1:00-3:00 *Timi</p> <p>Youth Dog Walk 3:00-5:00 *Sherry</p> <p>Youth Book Club 4:00-5:30 *Shellsey</p>			

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June 2022

Virtual Programs

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4

Virtual Create
With Me
10:00-11:00
*Natasha

5 6 7 8 9 10

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

Online Book Club
4:00-5:30
*Shellsey

Virtual Art
Attack
2:00-3:00
*Timi

Programs
for Youth
Ages 7-13

12 13 14 15 16 17 18

Virtual Create
With Me
10:00-11:00
*Natasha

Virtual Art
Attack
2:00-3:00
*Timi

19 20 21 22 23 24

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

Virtual Create
With Me
10:00-11:00
*Natasha
Online Book Club
4:00-5:30
*Shellsey

ECD
Programs
for
Children
Ages 0-6
and
Parents/
Caregivers

26 27 28 29 30

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

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June 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**

Youth Dog Walk: With or without your dog, all teens are welcome. This Teen & Dog Walk is designed for Youth ages 13 and up. Bring your best furry buddy (or no dog, no worries). Youth will have to trust their buddy to help look for some clues to solve a mystery, as you walk the Kerry Wood path. This hike is a great way to enjoy the outdoors and have fun with your furry friend. No cell phones please.

Teens 4 Teens: 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.

YMCA Skate Park Fun: Calling all teens/youth! Join your friends for some competition and fun at the YMCA Skate Park. There will be prizes! No cell phone use during the program please.

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Kids Have Stress Too!: This program provides a comprehensive introduction to key aspects of early childhood and brain development, as well as the crucial role caregivers and educators play in helping children learn effective stress-management strategies.

ASQ's: Have questions regarding your child's development? ASQ's are a great tool to track your child's development and see if they are hitting their developmental milestones! ASQ's are available for a child's first five years.

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

Resources for Dads: We will have a variety of ideas for bonding with your child and information regarding positive affirmations for the little in your life.

Tip Sheets: There are currently 62 Triple P Tip Sheets that give parents and caregivers practical advice on positive approaches to parenting. These Tip Sheets are full of suggestions for preventing and managing common developmental issues and behaviors.

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

June ECD Program Info

Kindermusik: This 4 week program is a pre-school program that introduces sounds, dance, and instruments to children ages 3-5 yrs 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.

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Sensory Time: Join us Mondays for all things sensory. We will end each group with a story and circle time.

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.

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

Blooming Imagination: Join us at Kiwanis park on the 10th or McKenzie Trail on the 24th. We will be doing all things spring. Registration is Required.

Fathers Day Craft: Come join us at Kin Canyon, we will be making a craft for the father figure in your life. Registration is Required.

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NATASHA.WILTON@MCMANCENTRAL.CA OR 403-896-6401**

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

Muscle & Movement: Come explore a new park around the city on Wednesday mornings!

1st – Rotary Park, 8th – Kin Canyon, 15th – Bower Ponds, 22nd – Parkland Class, 29th – Kiwanis Picnic Park

Walk & Play: Join us for a walk and some park play. We will be at a different location each week! 1st – Bower Ponds, 8th – Rotary Park, 22nd – Heritage Ranch, 29th – Kerrywood Nature Centre (**please note that this location is not stroller friendly**). 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!

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

Virtual Circle Time: Join us virtually for an afternoon of reading, singing and dancing!

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