

# July 2024

## LEARN AND PLAY

MILLET 10:00-12:00  
 RIMBEY 10:00-12:00  
 WETASKIWIN 10:00-12:00  
 PONOKA 10:00-12:00  
 LAKEDELL 10:00-12:00  
 WINFIELD MOMS & TOTS 9:00-11:00

## GLOW

MILLET 1:00-2:30  
 WINFIELD 1:00-2:30  
 WETASKIWIN 1:00-2:30

## COPE Series

Sexual Exploitation July 9 - 6:00-7:30 PM  
 Online Safety July 23 - 6:00-7:30 PM  
 Healthy Relationships August 6 - 6:00-7:30 PM  
 Resources & Wrap-Up August 20 - 6:00-7:30 PM

## COOKING GROUP

WETASKIWIN 2:00-3:30

## BABY & YOU

WETASKIWIN 1:30-3:00 (Tuesday)  
 WETASKIWIN 10:30-12:00 (Thursday)

## FAMILY PLAY GROUP

WETASKIWIN (July 2nd, 16th, 30th) 10:00-12:00

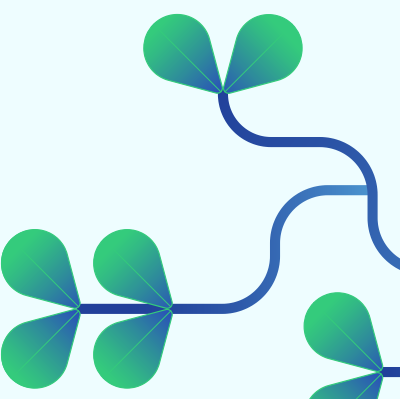
**SUPPORT & PLAY GROUP FOR FAMILIES  
 WITH CHILDREN WITH DISABILITIES**

(July 9th, 23rd) 10:00-11:30

## INCREDIBLE FLEXIBLE YOU

WETASKIWIN-MORNINGS

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <b>NO PROGRAMS</b>	2 <b>FAMILY PLAY GROUP</b> <b>BABY &amp; YOU</b>	3 WINFIELD MOMS & TOTS RIMBEY L&P WINFIELD GLOW <b>INCREDIBLE FLEXIBLE YOU</b>	4 <b>BABY &amp; YOU</b> <b>WETASKIWIN GLOW</b>	5 WETASKIWIN L&P LAKEDELL L&P	6 
7	8 MILLET L&P PONOKA L&P MILLET GLOW WETASKIWIN <b>COOKING GROUP</b>	9 <b>SUPPORT &amp; PLAY GROUP</b> <b>BABY &amp; YOU</b> <b>COPE SERIES</b>	10 WINFIELD MOMS & TOTS RIMBEY L&P WINFIELD GLOW <b>INCREDIBLE FLEXIBLE YOU</b>	11 <b>BABY &amp; YOU</b> <b>WETASKIWIN GLOW</b>	12 WETASKIWIN L&P LAKEDELL L&P	13
14	15 MILLET L&P PONOKA L&P MILLET GLOW WETASKIWIN <b>COOKING GROUP</b>	16 <b>FAMILY PLAY GROUP</b> <b>BABY &amp; YOU</b>	17 WINFIELD MOMS & TOTS RIMBEY L&P WINFIELD GLOW <b>INCREDIBLE FLEXIBLE YOU</b>	18 <b>BABY &amp; YOU</b> <b>WETASKIWIN GLOW</b>	19 WETASKIWIN L&P LAKEDELL L&P	20
21	22 MILLET L&P PONOKA L&P MILLET GLOW WETASKIWIN <b>COOKING GROUP</b>	23 <b>SUPPORT &amp; PLAY GROUP</b> <b>BABY &amp; YOU</b> <b>COPE SERIES</b>	24 WINFIELD MOMS & TOTS RIMBEY L&P WINFIELD GLOW <b>INCREDIBLE FLEXIBLE YOU</b>	25 <b>BABY &amp; YOU</b> <b>WETASKIWIN GLOW</b>	26 WETASKIWIN L&P LAKEDELL L&P	27
28	29 MILLET L&P PONOKA L&P MILLET GLOW	30 <b>FAMILY PLAY GROUP</b> <b>BABY &amp; YOU</b>	31 WINFIELD MOMS & TOTS RIMBEY L&P WINFIELD GLOW <b>INCREDIBLE FLEXIBLE YOU</b>			



**LEARN & PLAY:** Come on in and let your children play. Developmental activities, stories, games and more. Snacks and drinks provided each week! For ages 0-6 and older siblings are welcome. Parents must stay for this group.

**GLOW:** Come on in and join us for new activities each week. This group is for kids ages 6-12. Snack and drink is provided each week. Parents are welcome to stay or they can drop off for this group.

**BABY & YOU:** In collaboration with AHS. This group is a great opportunity to connect with other mothers, breastfeeding support, options to have your baby weighed, tips and advice from a public health nurse. Thursdays baby group will not have a nurse present.

**COOKING GROUP:** We have a cooking group that you can sign up for once per month, where kids age 9-13 can come and try out some cooking skills. We will make a new meal each month. People must pre register to join this group.

**FAMILY PLAY GROUP:** Get out of the cold and come spend some time with your children at our facilities. All ages welcome

**MOMS MATTER:** Come take some time to yourself. Projects, snacks and some awesome company to help decompress. Child care is limited

**SUPPORT AND PLAY GROUP FOR FAMILIES WITH CHILDREN WITH DISABILITIES:** Come connect with other parents and caregivers of children with additional needs. Bring the kids to play or come alone, all ages welcome.

### **Locations:**

**WETASKIWIN:** McMan Office- 4415A 49 Street

**MILLET:** Town of Millet (The old school gym) 4528 51st Street

**RIMBEY L&P:** Blindman Youth Action Centre- 4907 40th Street

**WINFIELD GLOW:** Winfield Ag Society-401 6 St E

**WINFIELD MOMS & TOTS:** Winfield Ag Society-401 6 St E

**LAKEDELL L&P:** Lakedell Agricultural Society RR 2, Westeros

**PONOKA L&P:** Youth Centre- 5004 54 ST

### **Other programs we will be attending:**

Play in the Park

July 2 & 4 - 47th Street Toddler Park

July 9 & 11 - Parkside Community Park

July 16 & 18 - Centennial School Park

July 23 & 25 - Parkdale School Park

July 30 & August 1 - Queen Elizabeth School Park

August 6 & 8 - Norwood School Park

August 13 & 15 - Lynn Alta Park (37 Ave & 54 St)

August 20-& 22 - Clear Vista School Park