

November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>0-6 7-13 13+ Family Parent Education</p>			<p>1 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Motor Time (BENT) 1-2</p>	<p>2 Come Together (LAC) 11-11:45 Moms Matter (BLFDS) 1-3 Ignite (BLFDS) 3:30-5 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5</p>	<p>3 Moms Matter (BENT) 1-3 Ignite (BENT) 3:30-5</p>	<p>4 Saturday (LAC) 10-12</p>
5	<p>6 Baby Buddies (BLFDS) 10-11:30 Homeschool Heroes (LAC) 1-2:30 Little Chefs (BENT) 3:30-5</p>	<p>7 Preschool Pals (LAC) 9:30-11:30 Tip Sheet Tuesday (BENT) 1-2</p>	<p>8 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Sensory Time (BLFDS) 1-2:30 5 Alive (LAC) 3:30-4:30</p>	<p>9 All Booked Up (ONLINE) 1-3 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5</p>	<p>10 Ignite (LAC) 1-2:30</p>	<p>11 </p>
12	<p>13 <i>OFFICE CLOSED In lieu of Remembrance Day</i></p>	<p>14 Baby Buddies (LAC) 10-11:30 Stay & Play (LAC) 1-3 Investing 101 (LAC) 7-8:30</p>	<p>15 Preschool Pals (CLIVE ONLY) 9:30-11:30</p>	<p>16 Special Needs Support (BLFDS) 9:30-11:30 Moms Matter (LAC) 1-3 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5</p>	<p>17 Moms Matter (CLIVE) 1-3 Ignite (CLIVE) 3:30-5 Blackfalds Youth Night Out 5-7</p>	18
19	<p>20 Baby Buddies (BLFDS) 10-11:30 Little Chefs (BENT) 3:30-5 Ignite (ALIX) 3:30-5</p>	<p>21 Preschool Pals (LAC) 9:30-11:30 Tip Sheet Tuesday (ALIX) 1-2</p>	<p>22 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Potluck & Play (BENT) 6-8</p>	<p>23 All Booked Up (ONLINE) 1-3 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5</p>	<p>24 Art Attack (LAC) 10-12 Teen Skills (LAC) 1-3</p>	<p>25 Dadurday (LAC) 10-12</p>
26	<p>27 Stay & Play (BLFDS) 10-11:30 Grandparents Support (LAC) 1-3 Little Chefs (BENT) 3:30-5 Connecting Clans (ALIX) 6:30-8:30</p>	<p>28 Baby Buddies (LAC) 10-11:30 Sensory Time (LAC) 1-2:30 Tip Sheet Tuesday (CLIVE) 1-2</p>	<p>29 Preschool Pals (CLIVE/BLFDS) 9:30-11:30 Motor Time (Maddox Dance) 1-3</p>	<p>30 Cub Crew (ALIX) 1-3 Alix Afterschool 3:30-5</p>		

Lacombe & Area FRN
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REGISTRATION REQUIRED FOR ALL PROGRAMS

(unless otherwise specified)

To register/information:

frnlacombe@gmail.com/403.896.3915

Baby Buddies: For caregivers and only babies 0-18 months. Learn, play, and grow with baby while connecting with other caregivers.

Preschool Pals: For caregivers and preschoolers. Play, do a craft, listen to a story. A great opportunity to be creative, learn a few things and make some new friends!

Cub Crew: Same as Preschool Pals.

Come Together (Intergenerational): Join us at the Lacombe hospital the first Thursday of every month where we will get together with the seniors in long-term care for fun activities, singing, and crafts.

Motor Time: Mini bouncy castle, ride on toys, parachute, hula hoops and more! Let's move!

Sensory Time: A developmental program for children to learn sensory development and fine motor skills through fun and messy play. Sensory bins, games, and activities with a circle time and story to end the program.

5 Alive: 5&6 year olds get their own program! Too old for Preschool Pals, too young for Ignite...drop them off for some activities, crafts, and music!

Stay & Play: NO REGISTRATION REQUIRED. Come, stay, PLAY!!!

Ignite: Different activities each month for 7-13 year olds.

Alix Afterschool 8+: Afterschool programming at the Alix Community Centre. Program type will change every 6 weeks.

Art Attack: An opportunity to explore a variety of creative, open-ended art avenues. Prepare to have fun and get messy!

Little Chefs: FULL A fun and interactive program combining literacy, crafts, games, social skills & cooking!

Teen Skills: Different life skill offered every month! Resume writing, cooking, managing money, fixing your car, solve problems, handle emotions and more!

Blackfalds Youth Night Out: blackfalds.ca/events

Tip Sheet Tuesday: Being a parent is not always easy. Join us and other parents to discuss common struggles in raising our children. Each week we will dive into a different topic using Triple P Positive Parenting curriculum.

Moms Matter: Spend time crafting, doing a fun activity, meeting other moms and getting a break. New this fall, we are offering one evening Moms Matter so if you are a working mom, we got you! Each month the evening Moms Matter will be offered in a different community.

Investing 101: Whether you're retiring now or a few years down the road, make sure you're on track to live the retirement of your dreams. Join us to learn how to avoid the mistakes so many others make on their way to their retirement.

Homeschool Heroes: An opportunity to meet other families who are homeschooling, share your knowledge and resources with new families on their homeschooling journey, to meet others in the homeschooling world and find support, encouragement in a neutral environment. Children are welcome to come play in our play area.

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

All Booked Up: FULL An online book club that is over 6-8 weeks. We will meet every other week to talk about the book. The books range from self reflection, parenting and inspiring best sellers. We keep this group small to build trust and provide a safe and open environment.

Dadurday: Activities (and FOOD) for dads and their littles.

Grandparents Parenting Grandkids Support Group: Support and care for grandparents who are parenting their grandchildren. You're not alone! Come meet other grandparents who are doing the same!

Saturplay: Spend quality time with your family and other families doing activities while enjoying a coffee and a muffin!

Potluck & Play: Join us for supper, games, and a chance to meet other families in the community. (Bentley)

LOCATIONS (unless otherwise specified):

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

Bentley: Bentley Town Office - 4918 50th Ave.

Blackfalds: Blackfalds Community Centre - 4810 Womacks Rd.

Clive: Clive Baptist Church - 4716 50th St./**Ignite** - Clive School library

Lacombe: FRN Office - #4, 4725 49B. Ave.