

Red Deer  
Family  
Resource  
Network

# October 2022

Bower Community Centre (85 Boyce Street) &  
YMCA (6391-76th Street)

Mon (Bower)      Tue (YMCA)      W      Thu (Bower)      F      Sat

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  
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419  
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348  
For general program inquiries please contact Lindsey:  
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

Mon (Bower)	Tue (YMCA)	W	Thu (Bower)	F	Sat
					1
3 Get Crafty 9:30-11:30 *Shellsey Fine Motor Fun 1:00-2:30 *Tammy	4 Play & Learn 9:30-11:30 *Timi Youth @ the Y 3:00-5:00 *Shellsey	5	6 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Teens 4 Teens 4:00-6:00 *Sherry	7	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
10 Happy Thanksgiving	11 Play & Learn 9:30-11:30 *Timi Youth @ the Y 3:00-5:00 *Shellsey	12	13 Baby Buddies 9:30-11:30 *Timi Teens 4 Teens 4:00-6:00 *Sherry	14	Programs for Youth Ages 7-13
17 Get Crafty 9:30-11:30 *Shellsey Fine Motor Fun 1:00-2:30 *Tammy	18 Play & Learn 9:30-11:30 *Timi Youth @ the Y 3:00-5:00 *Shellsey	19	20 Baby Buddies 9:30-11:30 *Timi Teens 4 Teens 4:00-6:00 *Sherry	21	Programs for Youth Ages 14-18
24 Get Crafty 9:30-11:30 *Shellsey Fine Motor Fun 1:00-2:30 *Tammy	25 Play & Learn 9:30-11:30 *Timi Youth @ the Y 3:00-5:00 *Shellsey	26	27 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Tammy Teens 4 Teens 4:00-6:00 *Sherry	28	29
31 Get Crafty 9:30-11:30 *Shellsey Fine Motor Fun 1:00-2:30 *Tammy					

**HAPPY HALLOWEEN!**

# October 2022

Red Deer Family Resource Network : 103, 5214-47 Ave

Mon Tue Wed Thu Fri Sat

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3	4	5	6	7	8
Story Sacks 9:30-11:30 *Tammy Stepping Stones Triple P 3:30-4:30 *Tammy	Play Learn Grow 1:30-3:00 *Timi Teen Triple P 1:00-3:00 *Tammy Driving Safe Workshop 5:30-7:30 *Sherry	Group Triple P 10:00-12:00 *Tammy Baby & Me 1:30-3:00 Drop In Group Triple P 5:30-7:30 *Tammy	Empowered Youth 3:00-5:00 *Shellsey	Stepping Stones Triple P 9:30-11:30 *Tammy Little Helpers 1:30-3:00 Drop In	
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17 Story Sacks 9:30-11:30 *Tammy Baby Kindermusik 1:30-3:00 *Shellsey Stepping Stones Triple P 3:30-4:30 *Tammy	18 Play Learn Grow 1:30-3:00 *Timi Stepping Stones Triple P 1:00-3:00 *Tammy Driving Safe Workshop 5:30-7:30 *Sherry	19 Group Triple P 5:30-7:30 *Tammy	20 Empowered Youth 3:00-5:00 *Shellsey	21 Little Helpers 1:30-3:00 Drop In	22
24 Baby Kindermusik 1:30-3:00 *Shellsey	25 Play Learn Grow 1:30-3:00 *Timi Stepping Stones Triple P 1:00-3:00 *Tammy Driving Safe Workshop 5:30-7:30 *Sherry	26 Baby & Me 1:30-3:00 Drop In Group Triple P 5:30-7:30 *Tammy	27 Empowered Youth 3:00-5:00 *Shellsey	28 Stepping Stones Triple P 9:30-11:30 *Tammy	29 Youth Saturday Halloween Bingo 1:00-3:00 *Sherry
31 Story Sacks 9:30-11:30 *Tammy Baby Kindermusik 1:30-3:00 *Shellsey Stepping Stones Triple P 3:30-4:30	<div style="border: 2px solid purple; padding: 10px; text-align: center;"> <p><b>Street parking is available, but limited.</b>  <b>In addition to street parking there are parking spots available at</b>  <b>Streams Church 5350-46 Ave</b>  <b>(one block North of the Family Resource Network).</b>  <b>Please do not park in the parking lots South (old co-op) or West</b>  <b>(RDPSD) of the FRN.</b></p> </div>				

Red Deer  
Family  
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# October 2022

## Outdoor & Virtual Programs

Mon Tue Wed Thu Fri Sat

3 Online Youth Homeschool Book Club 1:00-2:00 *Sherry	4	5 Strollercize @ Bower Ponds 1:00-2:30 *Timi Virtual Book Club 4:00-5:30 *Shellsey	6 Virtual Art Attack 2:00-3:00 *Timi	7	8
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10 Happy Thanksgiving	11	12 Strollercize @ Heritage Ranch 1:00-2:30 *Timi Virtual Book Club 4:00-5:30 *Shellsey	13 Virtual Art Attack 2:00-3:00 *Timi	14	Programs for Youth Ages 14-18
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17 Online Youth Homeschool Book Club 1:00-2:00 *Sherry	18	19 Virtual Book Club 4:00-5:30 *Shellsey	20	21	Programs for Youth Ages 7-13
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24	25	26 Strollercize @ Bower Ponds 1:00-2:30 *Timi Virtual Book Club 4:00-5:30 *Shellsey	27 Virtual Art Attack 2:00-3:00 *Timi	28	ECD Programs for Children Ages 0-6 and their Parents/ Caregivers
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# HAPPY HALLOWEEN!

## September Youth & Parent Enrichment Program Info

**Youth @ the Y:** This is a program for youth ages 7-13 years old. It offers a friendly group setting to meet new friends, be creative with art and games, and to play and participate in new activities.

**Virtual Book Club:** This is an online Book Club for children ages 7-13 years old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home addresses are required to deliver the activity envelopes to homes. Right now, we are reading Harry Potter and the Philosopher's Stone, and Harry Potter and the Chamber of Secrets.

**Empowered Youth:** This is a youth program for children ages 7-13 years 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.

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

**Driving Safety:** Is your teenager ready and responsible enough to learn how to drive? Do they know all the dangers that come along with driving? Like having friends in the car, distractions, and bad weather – just to mention a few. Are they responsible enough to be on the road? As a parent, it's normal to experience uneasy feelings and thoughts.

In this workshop, the youth will focus on some dangers and what to watch for when driving. Plus, teens will learn about road safety, road signs, and the secrets to passing their learner's test. In this workshop, a retired Police Chief and an RCMP Officer will be supporting the students by providing knowledge. No cell phones during this course, please.

**Online Youth Homeschool Book Club:** This amazing Online Book Club is designed for homeschool students or students that have spares in between classes. The students will be able to indicate the book of their preference.

**Teens 4 Teens:** Teens will participate in all kinds of craft activities and a snack will be provided. Oct. 6<sup>th</sup> - Thanksgiving Craft, Oct. 13<sup>th</sup> - Halloween Crafts, Oct. 20<sup>th</sup> - Youth Fun and Games, Oct. 27<sup>th</sup> - Spooky Halloween Youth Fun. Please be sure to register for all youth groups. No cell phones, please.

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**Group Triple P:** Raise happy, confident kids. Learn strategies to manage misbehavior so everyone in the family enjoys life more. Set rules and routines that everyone respects and follows. Encourage behavior you like and take care of yourself as a parent. Feel confident you're doing the right thing!

**Teen Triple P:** This program provides a great opportunity to meet other parents who are struggling with their teens behavior. Gain tips and suggestions to suit the needs of your family unit!

**Stepping Stones Triple P:** This program is for families with children who have a disability and also have disruptive behavior.

**FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT  
TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348**

## September ECD Program Info

**Get Crafty:** This is an early childhood program for children between the ages of 0-6 years old. Every week we offer crafts to create, plus toy centers, and play areas. We end every group with a story time and dance party.

**Baby Kindermusik:** This is a baby program for children ages 0-2 years old. We provide instruments, we sing songs, we play with new friends and sometimes we even have a small baby friendly craft.

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SHELLSEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419

**Strollercize:** Join us for a walk with your littles in strollers. This is a great chance to socialize with other parents while enjoying some of the great trails that Red Deer has to offer.

5th – Bower Ponds, 12th – Heritage Ranch, 26th – Bower Ponds.

\*Please note that we will be leaving for the walk at 10:05am.\*

**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. Registration required 48 hours in advance.

**Play, Learn, Grow:** Join us for an afternoon full of learning, playing and growing with your child. Registration is required.

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

**Stay & Play:** Join us on Saturday the 15th for some indoor play and crafts with your child(ren). Registration required by October 12th.

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

**Baby & Me Drop In:** A program for prenatal and postnatal moms and caregivers of infants 0-18 months of age. Each week we will discuss new topics of interest and provide various resources to support. Older siblings welcome to attend. It takes a village to raise a child, let us help you widen your village circle.

**Little Helpers Drop In:** 'Oh the places you will go!' Little Helpers provides little ones ages 2-5, and their caregivers, the opportunity to practice being community helpers by exploring different helping roles each week with dramatic play and an activity.

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

**Story Sacks:** What will be in the story sack this week? In this family literacy program, we will explore a new book each week using puppets, games, activities, etc. that correspond with the story. A great way to encourage an early love of reading for our little ones, ages 0-6. Registration is required for this program.

**Fine Motor Fun:** Cut, scribble, draw, play & build. Join us for all the activities this month that promote fine motor development for your little ones. This program is for ages 2-4.

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