

Red Deer
Family
Resource
Network

December 2022

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

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

TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
SHELLSEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419
TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348
NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401
For general program inquiries please contact Lindsey:
LINDSEY.DIEBOLT@MCMANCENTRAL.CA or 403-896-6543

| Mon (Bower) | Tue (YMCA) | Wed (Online) | Thu | Fri (YMCA) | Sat |
|--|---|---|---|--|--|
| | | | 1 Baby Buddies- Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Painting Lessons with Greg Swainson- Bower 4:00-6:00 *Sherry Online Book Club 5:30-6:30 *Shellsey | 2 | Parent Enrichment Programs for Parents/ Caregivers |
| 5 Get Crafty 9:30-11:30 *Natasha | 6 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey | 7 Online Book Club 4:00-5:30 *Shellsey | 8 Fun at the YMCA 9:30-11:30 *Natasha Baby Buddies- Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Online Book Club 5:30-6:30 *Shellsey | 9 Christmas Baking @ the Y for ages 10-16 1:00-3:00 *Shellsey | ECD Programs for Children Ages 0-6 and their Parents/ Caregivers |
| 12 Get Crafty 9:30-11:30 *Natasha | 13 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey | 14 Online Book Club 4:00-5:30 *Shellsey | 15 Baby Buddies- Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha Online Book Club 5:30-6:30 *Shellsey | 16 | Programs for Youth Ages 7-13 |
| 19 Get Crafty 9:30-11:30 *Natasha | 20 Play & Learn 9:30-11:30 *Tammy Youth @ the Y 3:00-5:00 *Shellsey | 21 | 22 Fun at the YMCA 9:30-11:30 *Natasha Baby Buddies- Bower 9:30-11:30 *Timi Preschool Pals-Bower 1:00-3:00 *Natasha | 23 | Programs for Youth Ages 14-18 |
| | | | 29 | 30 | 31 |

A VERY MERRY
CHRISTMAS
and Happy New Year!

December 2022

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

Mon Tue Wed Thu Fri Sat

**Street parking is available, but limited.
In addition to street parking there are
parking spots available at Streams Church
5350-46 Ave
(one block North of the Family Resource
Network).
Please do not park in the parking lots South
(old co-op) or West (RDPSD) of the FRN.**

1
Virtual Art Attack
2:00-3:00
*Timi

2
Stepping Stones
Triple P
9:00-11:00
*Tammy
Play Learn Grow
9:30-11:00
*Timi
Holiday Helpers
1:30-3:00
*Tammy

3
Grinchmas
Party!
11:00-1:00
*Shellsey



5
Baby
Kindermusik
1:30-3:00
*Shellsey
Stepping
Stones Triple P
3:30-4:30
*Tammy
Teens Time
4:00-6:00
*Shellsey

6
Sensory Time
9:30-11:30
*Natasha
Holiday Fun!
1:30-3:00
*Timi

7
Triple P: Raising
Resilient Children
9:00-10:30
*Tammy
Ages, Stages & Fun
9:30-11:00
*Timi
Teen Triple P: Raising
Competent Teenagers
11:00-12:30
*Tammy
Baby & Me
1:30-3:00
*Tammy

8
Virtual Art Attack
2:00-3:00
*Timi
Empowered Youth
3:00-5:00
*Shellsey

9
Stepping Stones
Triple P
9:00-11:00
*Tammy
Play Learn Grow
9:30-11:00
*Timi
Holiday Helpers
1:30-3:00
*Tammy

12
Baby
Kindermusik
1:30-3:00
*Shellsey
Stepping
Stones Triple P
3:30-4:30
*Tammy
Teens Time
4:00-6:00
*Shellsey

13
Sensory Time
9:30-11:30
*Natasha
Holiday Fun!
1:30-3:00
*Timi
Bump Club
5:30-7:00
*Timi

14
Ages, Stages & Fun
9:30-11:00
*Timi
Teen Triple P: Raising
Responsible Teenagers
10:00-11:30
*Tammy
Baby & Me
1:30-3:00
*Tammy

15
Virtual Art Attack
2:00-3:00
*Timi
Empowered Youth
3:00-5:00
*Shellsey

16
Play Learn Grow
9:30-11:00
*Timi
Holiday Helpers
1:30-3:00
*Tammy

17
Holiday
Cookie
Exchange
1:00-3:00
*Tammy



19
Baby
Kindermusik
1:30-3:00
*Shellsey
Stepping
Stones Triple P
3:30-4:30
*Tammy
Teens Time
4:00-6:00
*Shellsey

20
Sensory Time
9:30-11:30
*Natasha
Holiday Fun!
1:30-3:00
*Timi

21
Ages, Stages & Fun
9:30-11:00
*Timi
Teen Triple P: Getting
Teenagers Connected
10:00-11:30
*Tammy
Parents Book Club
6:30-8:30
*Tammy

22
Empowered Youth
3:00-5:00
*Shellsey

23
Stepping Stones
Triple P
9:00-11:00
*Tammy
Christmas Fun!
9:30-11:00
*Shellsey
Holiday Helpers
1:30-3:00
*Tammy

29
Winter Break Fun!
10:00-11:30
*Shellsey
Youth Winter
Break Fun!
1:30-3:00
*Shellsey

30
Youth Winter
Break Fun!
10:00-11:30
*Shellsey
Winter Break
Fun!
1:30-3:00
*Shellsey

31

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December 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 Young Youth 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.

Virtual Older Youth Book Club: This is an online Book Club for children ages 14-18yrs old. We will read 1-2 chapters a sitting, and then participate in discussion about what was read. We will be reading Lord of the Rings: Fellowship of the Rings.

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.

Teens Time: This is a program for teenagers ages 14-18 yrs old. We meet and interact with each other, play games, craft, or watch a movie. It gives the teens a chance to meet others and have some fun.

Youth Christmas Cooking: This is a chance for your children ages 10-16yrs, to join us for an afternoon of Christmas Cookie Baking. We will be making 3 different kinds of cookies, and then each taking some home with us. Learn how to measure, bake and be safe in the kitchen while getting in the holiday spirit.

Youth Break Fun: Does your youth have a need to get out and have some fun during school break? Well bring them here and join us for some board games, crafts, and hangout time. It's for youth aged 7-13yrs old.

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

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

Triple P Seminar Series: Do you have a few minor concerns about your child's development? These one-time sessions are a great option for you! Limited number of child-minding spaces are available.

Parents Book Club: A book club for parents, meeting monthly starting in November. Our first book will be **Where the Crawdads Sing**, by Delia Owens. Please contact Tammy for more details and to register.

Teen Triple P Seminar Series: Parenting seminars for parents & caregivers of teens ages 13-16 years. Triple P strengthens families by promoting positive relationships.

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

December ECD Program Info

Baby Kindermusik: This is an early childhood program for children ages 0-2yrs old. We provide instruments, and we sing songs, play with new friends and sometimes we have a craft to create.

ECD Christmas Party: Join us for a Christmas party. Families with children ages 0-6yrs old can come and play games, make crafts, and maybe even have a visit from the big man himself.

Winter Break Fun: Need a new place to hang out during your child's holiday break, come and join us. We will have toys, crafts, and friends to play with in our warm space. For families with children ages 0-6yrs old.

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

Holiday Fun: Join us Tuesday afternoons for some holiday fun! We will be doing a different holiday related craft or activity each week (ages 2-6). Registration is required.

Play, Learn, Grow: Join us for a morning of learning, playing and growing with your child. Registration is required.

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! Registration is required.

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.

Ages, Stages & Fun: 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. Registration is required.

Bump Club: Are you pregnant and looking to make some new friends? Join us for an evening of socializing and forming connections with other Moms-to-be. Registration required by December 9.

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

Baby & Me: 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. ****no longer a drop in program, please PRE-REGISTER****

Holiday Helpers: This month, Little Helpers will have a holiday spin; exploring different holiday themed activities, roles, and dramatic play.

Infant Rhyme & Story Time: A program for children ages 0-18months and their caregivers. It's never too early to develop literacy skills. Join us as we sing songs, rhymes, and tell stories to engage our little ones in family literacy and reading readiness.

Play & Learn: Come join us at the YMCA for some indoor play, crafts, and circle time on Tuesday mornings. Registration is required.

Weekend Event: Holiday Cookie Exchange: Sign Up Early, Deadline to register is December 10th! Share cookies and get cookies back to create your very own holiday platter. Cookie exchange size will depend on number of participants. We will also have games, prizes, and activities for both adults and children alike to enjoy some festive fun! For details and to register, contact Tammy.

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

Sensory Time: Join us on Tuesdays for all things sensory and fun! We will end each group with story and circle time.

Fun at the Y: Come join us December 8 and 22 for some indoor play. We will have a craft and circle time fun!

Preschool Pals: Come join us at the Bower Community Hall on Thursday afternoons. There will be different activities each week.

Get Crafty: Come join us for indoor play, crafts, and circle time on Monday mornings at the Bower Community Centre! Registration is required.

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