



Goulds Family Resource Centre 709-747-8530

August 2026

Family Resource Educator: Lesa Healthy Baby Facilitator: Michelle 
 FRC Goulds Resource Centre: 537 Main Rd GRC Goulds Rec Centre: 509 Main Rd



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN MAIN RD, GOULDS COFFEE & CONNECT 1:00-3:00 FRC	4 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	5 CLOSED for REGATTA DAY	6 PLAYGROUND FUN 9:30-10:30 (NEXT TO FIRE STN) STORYTIME & CRAFT 10:30-11:30 GOULDS LIBRARY	7 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	8
9	10 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN MAIN RD, GOULDS COFFEE & CONNECT 1:00-3:00 FRC	11 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	12 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC NLH BF CLINIC 2:00-3:30 FRC	13 PLAYGROUND FUN 9:30-10:30 (NEXT TO FIRE STN) STORYTIME & CRAFT 10:30-11:30 GOULDS LIBRARY	14 SUMMER SPLASH! 11:00-1:00 BOWRING PARK *SIGN-UP REQUIRED*	15 
16 	17 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN MAIN ROAD, GOULDS COFFEE & CONNECT 1:00-3:00 FRC	18 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	19 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC NLH BF CLINIC 2:00-3:30 FRC	20 PLAYGROUND FUN 9:30-10:30 (NEXT TO FIRE STN) STORYTIME & CRAFT 10:30-11:30 GOULDS LIBRARY	21 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	22
23	24 LITTLE GARDENERS 10:00-12:00 MORRY'S FARM TOUR 123 COCHRANE PD RD COFFEE & CONNECT 1:00-3:00 FRC	25 STAFF EVENT NO DAYTIME PROGRAMS HEALTHY BABY CLUB 8:00PM VIRTUAL	26 BABY & ME 9:30-11:30 FRC HBC 12:30 FRC NLH BF CLINIC 2-3:30 FAMILY INFO SESSION HEALTHY LUNCHES 6-7:30	27 PLAYGROUND FUN 9:30-10:30 (NEXT TO FIRE STN) STORYTIME & CRAFT 10:30-11:30 GOULDS LIBRARY	28 LITTLE EXPLORERS BLUEBERRY PICKING! 10:00-12:00 POWERS ROAD	29 
30  NLH BF CLINIC = NL HEALTH BREASTFEEDING CLINIC	31 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN MAIN RD, GOULDS COFFEE & CONNECT 1:00-3:00 FRC	~ FOR ALL OUTDOOR PROGRAMS, PLEASE REMEMBER TO BRING YOUR WATER BOTTLES, HATS AND SUNSCREEN. ~ COMMUNITY GARDEN IS LOCATED ACROSS FROM ST. PAULS CHURCH, 202 MAIN ROAD, GOULDS. ~ SUMMER SPLASH @ BOWRING PARK AUGUST 14 (WEATHER PERMITTING) - JOIN US FOR SPLASH PAD AND PLAYGROUND FUN, FOLLOWED BY A PICNIC LUNCH. SIGN UP REQUIRED. ~ BLUEBERRY PICKING AUGUST 28 (WEATHER PERMITTING) – MEET AT BEGINNING OF POWER'S ROAD @ 10:00AM ~ CAR SEAT INSTALLATIONS/CHECKS – CONTACT US TO BOOK AN APPOINTMENT, EMAIL admin@kffrc.com				