



Goulds Family Resource Centre 709-747-8530

July 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
~ INDOOR PROGRAMS WILL BE HELD AT RESOURCE CENTRE FOR THE SUMMER MONTHS DUE TO SUMMER CAMPS AT THE REC CENTRE. ~ DON'T FORGET WATER BOTTLES AND SUNSCREEN FOR OUTDOOR PLAY! ~ COMMUNITY GARDEN - ACROSS FROM ST. PAULS CHURCH (202 MAIN RD) ~ CAR SEAT INSTALLATIONS/ CHECKS - EMAIL ADMIN@KFFRC.COM NLH BF CLINIC = NL HEALTH BREASTFEEDING CLINIC			1 * CLOSED * for CANADA DAY	2 PLAYGROUND FUN 9:30 – 11:30 (NEXT TO FIRE STATION)	3 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	4  HAPPY Canada DAY
	6 RISE & SHINE NURSERY OUTING 10:00-12:00 829 MAIN RD, GOULDS COFFEE & CONNECT 1:00-3:00 FRC	7 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	8 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC NLH BF CLINIC 2:00-3:30 FRC	9 PLAYGROUND FUN 9:30 – 11:30 (NEXT TO FIRE STATION)	10 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	11
12 	13 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN COFFEE & CONNECT 1:00-3:00 FRC	14 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	15 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC NLH BF CLINIC 2:00-3:30 FRC	16 PLAYGROUND FUN 9:30 – 11:30 (NEXT TO FIRE STATION)	17 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	18 
19	20 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN COFFEE & CONNECT 1:00-3:00 FRC	21 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	22 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC NLH BF CLINIC 2:00-3:30 FRC	23 LET'S TALK SCIENCE! Chemistry Magic Show 10:00-12:00 FRC	24 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	25
26 	27 LITTLE GARDENERS 10:00-12:00 COMMUNITY GARDEN COFFEE & CONNECT 1:00-3:00 FRC	28 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	29 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC NLH BF CLINIC 2:00-3:30 FRC	30 PLAYGROUND FUN 9:30 – 11:30 (NEXT TO FIRE STATION)	31 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK (POWERS ROAD PARKING LOT)	