

Goulds Family Resource Centre 709-747-8530

October 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
~ HALLOWEEN HIKE OCTOBER 31 ST ! CHILDREN ARE ENCOURAGED TO WEAR THEIR COSTUME - NO MASKS PLEASE. ~ EVENING ACTIVE PLAY FOR AGES 18 MONTHS+ WITH TAKE-HOME SNACK. ~ PLEASE NOTE LOCATION CHANGE ON OCTOBER 9 TH DUE TO ELECTION. ~ COFFEE & CONNECT - NEW! A CASUAL SETTING FOR PARENTS AND CAREGIVERS TO VISIT AND CONNECT OUTSIDE OF REGULAR PLAYGROUPS HBC= HEALTHY BABY CLUB EH BF= EASTERN HEALTH BREASTFEEDING CLINIC			1 BABY&ME 10-12 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 Parent-Child Craft Night 6:00-7:30 FRC *SIGN-UP (ages K-Gr5)	2 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	3 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30	4 
5 	6 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK CAR SEAT CLINIC 1:00-3:00 FRC	7 DROP-IN PLAY 10:00-12:00 FRC NATURE BABIES 1PM BIDGOOD PARK HEALTHY BABY CLUB 8PM VIRTUAL	8 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 FAMILY FUN NIGHT 6:00-7:30 FRC	9 DROP-IN PLAY 9:30-11:00 *FRC* MOTHER GOOSE 1:00-2:00 KILBRIDE CC	10 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30	11
12 	13 * CLOSED * for THANKSGIVING	14 DROP-IN PLAY 10:00-12:00 FRC NATURE BABIES 1PM BIDGOOD PARK HEALTHY BABY CLUB 8PM VIRTUAL	15 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	16 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	17 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30	18 
19	20 NO PROGRAMS DUE TO NLFRP CONFERENCE	21 DROP-IN PLAY 10:00-12:00 FRC	22 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30	23 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	24 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30	25
26 	27 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK PARENT NIGHT 7:00-9:00PM FRC	28 DROP-IN PLAY 10:00-12:00 FRC NATURE BABIES 1PM BIDGOOD PARK HEALTHY BABY CLUB 8PM VIRTUAL	29 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	30 HALLOWEEN FUN! ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC 	31 HALLOWEEN HIKE! 10:00-12:00 BIDGOOD PARK COFFEE & CONNECT 1:00-2:30	HAPPY HALLOWEEN 