



# Goulds Family Resource Centre 709-747-8530

## July 2024

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
 HAPPY <b>Canada</b> DAY	1 <b>* CLOSED *</b> for <b>CANADA DAY</b>	2 <b>DROP-IN PLAY</b> 10:00-12:00 FRC AGES 0 - PRESCHOOL <b>WALKING &amp; WELLNESS</b> 10:00-11:30 HBC 8PM VIRTUAL	3 <b>BABY &amp; ME</b> AGES 0 -12 MONTHS 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 FRC	4 <b>PLAYGROUND FUN</b> AGES 1 AND UP 9:30-11:30 (NEXT TO FIRE STATION)	5 <b>LITTLE EXPLORERS</b> AGES 1 AND UP 10:00-12:00 <b>BIDGOOD PARK</b> (Powers Road Lot)	
7	8 <b>MOTHER GOOSE</b> AGES 0 - 3 YEARS 10:00-11:30 <b>BIDGOOD PARK</b> (Meet at Backline Parking Lot)	9 <b>DROP-IN PLAY</b> 10:00-12:00 FRC AGES 0 - PRESCHOOL <b>WALKING &amp; WELLNESS</b> 10:00-11:30 HBC 8PM VIRTUAL	10 <b>BABY &amp; ME</b> AGES 0 -12 MONTHS 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 FRC	11 <b>PLAYGROUND FUN</b> AGES 1 AND UP 9:30-11:30 (NEXT TO FIRE STATION)	12 <b>LITTLE GARDENERS</b> AGES 1 AND UP 10:00-12:00 <b>RISE &amp; SHINE NURSERY</b> 859 Main Rd, Goulds	13 
14 	15 <b>MOTHER GOOSE</b> AGES 0 - 3 YEARS 10:00-11:30 <b>BIDGOOD PARK</b> (Meet at Backline Parking Lot)	16 <b>DROP-IN PLAY</b> 10:00-12:00 FRC AGES 0 - PRESCHOOL <b>WALKING &amp; WELLNESS</b> 10:00-11:30 HBC 8PM VIRTUAL	17 <b>BABY &amp; ME</b> AGES 0 -12 MONTHS 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 FRC	18 <b>PLAYGROUND FUN</b> AGES 1 AND UP 9:30-11:30 (NEXT TO FIRE STATION)	19 <b>LITTLE EXPLORERS</b> AGES 1 AND UP 10:00-12:00 <b>BIDGOOD PARK</b> (Powers Road Lot)	20
21	22 <b>MOTHER GOOSE</b> AGES 0 - 3 YEARS 10:00-11:30 <b>BIDGOOD PARK</b> (Meet at Backline Parking Lot)	23 <b>DROP-IN PLAY</b> 10:00-12:00 FRC AGES 0 - PRESCHOOL <b>WALKING &amp; WELLNESS</b> 10:00-11:30 HBC 8PM VIRTUAL	24 <b>BABY &amp; ME</b> AGES 0 -12 MONTHS 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 FRC	25 <b>PLAYGROUND FUN</b> AGES 1 AND UP 9:30-11:30 (NEXT TO FIRE STATION)	26 <b>LITTLE GARDENERS</b> AGES 1 AND UP 10:00-12:00 <b>CHECK FACEBOOK</b> <b>FOR LOCATION</b>	27 
28 	29 <b>MOTHER GOOSE</b> AGES 0 - 3 YEARS 10:00-11:30 <b>BIDGOOD PARK</b> (Meet at Backline Parking Lot)	30 <b>DROP-IN PLAY</b> 10:00-12:00 AGES 0 - PRESCHOOL <b>WALKING &amp; WELLNESS</b> 10:00-11:30 HBC 8PM VIRTUAL	31 <b>BABY &amp; ME</b> AGES 0 -12 MONTHS 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 FRC	~ <b>PLEASE NOTE!</b> WE HAVE HAD TO TEMPORARILY ADJUST OUR AGE GROUPS DUE TO THE CURRENT PERTUSSIS OUTBREAK. PLEASE SEE AGES AS NOTED ABOVE. (AGE 0 to PRESCHOOL ie CHILDREN AGE 4-5 STARTING KINDERGARTEN FALL 2024). ~ <b>WELLNESS &amp; WALKING GROUP</b> - SEE FACEBOOK FOR WEEKLY LOCATION (WILL ALTERNATE BETWEEN BAY BULLS & GOULDS) <b>HBC</b> = HEALTHY BABY CLUB <b>EH BF CLINIC</b> = EASTERN HEALTH BREASTFEEDING CLINIC		