



# Goulds Family Resource Centre 709-747-8530

## January 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
~ <b>ON OUR WAY</b> Sign-up program for children enrolled in Kindergarten Sept 2026. ~ <b>WINTER STEM NIGHT</b> for school-aged kids (K-5). Parent/Guardian is required to stay. ~ <b>EVENING ACTIVE PLAY</b> Ages 18 months to 11 years, with a take-home snack. ~ <b>PARENT-CHILD MOTHER GOOSE</b> Sign-up program taking place at Kilbride Community Centre (Fahey Street). ~ <b>CAR SEAT SAFETY</b> – Contact us if you need a car seat safety check or installation! HBC= HEALTHY BABY CLUB EH BF= EASTERN HEALTH BREASTFEEDING CLINIC				1 	2 NO PROGRAMS	3 
4 	5 DROP-IN PLAY 10:00-12:00 FRC	6 DROP-IN PLAY 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	7 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BREASTFEEDING CLINIC 2:00-3:30	8 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	9 DROP-IN PLAY 10:00-12:00 FRC COFFEE & CONNECT 1:00-2:30 FRC	10
11 	12 ON OUR WAY Kindergarten Readiness 10:00-12:00 FRC	13 DROP-IN PLAY 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	14 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	15 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	16 DROP-IN PLAY 10:00-12:00 FRC COFFEE & CONNECT 1:00-2:30 FRC	17 
18 	19 ON OUR WAY Kindergarten Readiness 10:00-12:00 FRC PARENT NIGHT ZUMBA! 8-9PM GRC	20 DROP-IN PLAY 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	21 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	22 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	23 DROP-IN PLAY 10:00-12:00 FRC COFFEE & CONNECT 1:00-2:30 FRC	24 
25 	26 ON OUR WAY Kindergarten Readiness 10:00-12:00 FRC WINTER STEM NIGHT (School Age K-5) 6:00-7:30	27 DROP-IN PLAY 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	28 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	29 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	30 DROP-IN PLAY 10:00-12:00 FRC COFFEE & CONNECT 1:00-2:30 FRC	31 