Goulds Family Resource Centre 709-747-8530

November 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
1 **HBC** = HEALTHY BABY CLUB **NLH BF CLINIC** = NL HEALTH BREASTFEEDING CLINIC	2 CLIMBERS & CRAWLERS 9:30-11:30 FRC COFFEE & CONNECT 12:30-2:00 FRC	3 DROP-IN PLAY 9:30-11:30 FRC NOBODY'S PERFECT 7:00PM FRC HEALTHY BABY CLUB 8PM VIRTUAL	4 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC NLH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	5 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	6 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK	7
8 WE REMEMBER	9 CLIMBERS & CRAWLERS 9:30-11:30 FRC COFFEE & CONNECT 12:30-2:00 FRC	10 DROP-IN PLAY 9:30-11:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	11 * CLOSED * FOR REMEMBRANCE DAY	12 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC	13 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK	14
15	16 CLIMBERS & CRAWLERS 9:30-11:30 FRC COFFEE & CONNECT 12:30-2:00 FRC	17 DROP-IN PLAY 9:30-11:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	18 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC NLH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	19 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	20 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK	21 CHILDREN SHOULD BE SEEN AND HEARD NATIONAL CHILD DAY NOVEMBER 20th
22	23 CLIMBERS & CRAWLERS 9:30-11:30 FRC COFFEE & CONNECT 12:30-2:00 FRC	24 DROP-IN PLAY 9:30-11:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	25 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC NLH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	26 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	27 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK	28
29	30 CLIMBERS & CRAWLERS 9:30-11:30 FRC COFFEE & CONNECT 12:30-2:00 FRC	~ EVENING ACTIVE PLAY IS AGE APPROPRIATE FOR CHILDREN 18 MONTHS AND UP (INCLUDES A TAKE-HOME SNACK). ~ PARENT-CHILD MOTHER GOOSE IS A SIGN-UP PROGRAM FOR FAMILIES WITH CHILDREN NEWBORN TO 12 MONTHS. REGISTRATION IS NOW FULL. ~ CAR SEAT SAFETY - CONTACT US IF YOU NEED A CAR SEAT SAFETY CHECK OR INSTALLATION!				