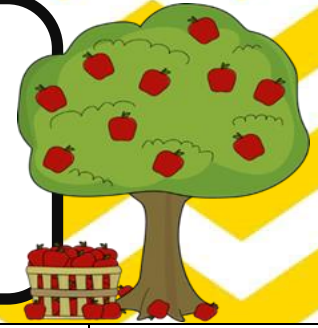




Goulds Family Resource Centre 709-747-8530

September 2023

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 |
|--|---|---|---|---|--|--|
| WELCOME BACK! PLEASE NOTE THE FOLLOWING... ~ THERE ARE NO PROGRAMS ON TUESDAY, <u>SEPTEMBER 5TH</u> AS STAFF WILL BE PREPARING CENTRES FOR THE FALL SEASON ~ CERTAIN PROGRAMS WILL ONCE AGAIN BE HELD AT THE REC CENTRE AS NOTED BELOW ~ ADVENTURES BEFORE BEDTIME IS AN ACTIVE PLAY SESSION FOR AGES 0-5 YEARS WITH TAKE-HOME BEDTIME SNACK ~ CHILD PASSENGER SAFETY AWARENESS WEEK! CAR SEAT CLINIC ON SEPTEMBER 20 TH 1-3 PM HBC = HEALTHY BABY CLUB EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC | | | | | 1 LITTLE EXPLORERS 10-12 BOWRING PARK (meet at main entrance gate) | 2  |
| 3 | 4 * CLOSED * for LABOUR DAY | 5 * NO PROGRAMS * FALL PREP DAY HEALTHY BABY CLUB 8PM VIRTUAL | 6 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 | 7 BABY & ME 10:00-12:00 FRC | 8 PLAYGROUND FUN 10-12 (NEXT TO FIRE STATION) | 9 |
| 10  | 11 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK FAMILY FUN NIGHT 6:00-7:30 FRC | 12 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL | 13 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 | 14 ACTIVE PLAY 9:30-11:00 GRC BABY & ME 10:00-12:00 FRC | 15 PLAYGROUND FUN 10-12 (NEXT TO FIRE STATION) | 16  |
| 17  CHILD PASSENGER SAFETY AWARENESS WEEK | 18 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK FAMILY FUN NIGHT 6:00-7:30 FRC | 19 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL | 20 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ADV. BEFORE BEDTIME 6:00-7:00 GRC | 21 ACTIVE PLAY 9:30-11:00 GRC BABY & ME 10:00-12:00 FRC | 22 PLAYGROUND FUN 10-12 (NEXT TO FIRE STATION) | 23 |
| 24  | 25 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK PARENTS' NIGHT 6:00-7:30 FRC (CHECK FB FOR INFO) | 26 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL | 27 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ADV. BEFORE BEDTIME 6:00-7:00 GRC | 28 ACTIVE PLAY 9:30-11:00 GRC BABY & ME 10:00-12:00 FRC LIBRARY ON THE GO! 2:30-4:00 FRC | 29 PLAYGROUND FUN 10-12 (NEXT TO FIRE STATION) | NATIONAL DAY FOR TRUTH AND RECONCILIATION <small>#TruthAndReconciliationDay</small>  |