


Goulds Family Resource Centre 709-747-8530

November 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	2 FUN w/ FAIRYTALES 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	3 BABY & ME 10:00-12:00 FRC HEALTHY TOGETHER 9:30-11:00 GRC FAMILY NUTRITION 7:00PM FRC	4 DROP-IN PLAY 10:00-12:00 FRC	5
6	7 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC	8 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	9 FUN w/ FAIRYTALES 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	10 BABY & ME 10:00-12:00 FRC HEALTHY TOGETHER 9:30-11:00 GRC FAMILY NUTRITION 7:00PM FRC	11 * CLOSED * FOR REMEMBRANCE DAY	12  WE REMEMBER
13 	14 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC	15 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	16 FUN w/FAIRYTALES 9:30-11:30 FRC HBC 12:30 FRC * CAR SEAT CLINIC * EH BF CLINIC 2-3:30 ACTIVE PLAY 6-7 GRC	17 BABY & ME 10:00-12:00 FRC HEALTHY TOGETHER 9:30-11:00 GRC	18 DROP-IN PLAY 10:00-11:30 FRC *PLEASE NOTE TIME CHANGE DUE TO MEETING*	19
20	21 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC	22 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	23 FUN w/FAIRYTALES 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	24 BABY & ME 10:00-12:00 FRC HEALTHY TOGETHER 9:30-11:00 GRC	25 DROP-IN PLAY 10:00-12:00 FRC	26 
27 	28 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC	29 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	30 FUN w/FAIRYTALES 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	PLEASE NOTE! ~ CERTAIN PROGRAMS TAKE PLACE AT THE GOULDS REC CENTRE AS NOTED ~ LITTLE EXPLORERS - CHECK FACEBOOK PAGE WEEKLY FOR LOCATIONS ~ CAR SEAT CLINIC! NOV 16, 1-2 PM @ GOULDS RESOURCE CENTRE PARKING LOT. SIGN UP REQUIRED, PLEASE CALL MAIN OFFICE 747-8532 ~ HBC = HEALTHY BABY CLUB ~ EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC 