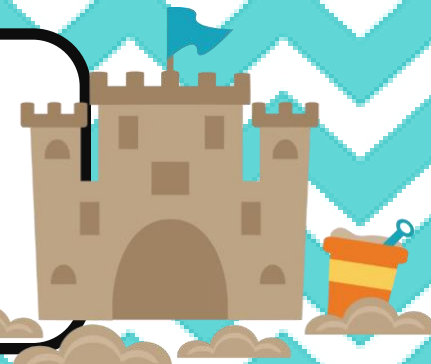








# Goulds Family Resource Centre 709-747-8530

## August 2024



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
<p><b>PLEASE NOTE!</b> ~ AS PER NL HEALTH, WE HAVE HAD TO TEMPORARILY ADJUST OUR AGE GROUPS DUE TO THE CURRENT PERTUSSIS OUTBREAK. PLEASE SEE AGES AS NOTED PER GROUP. (AGE 0 to PRESCHOOL: CHILDREN AGE 4-5 STARTING KINDERGARTEN FALL 2024).            ~ <b>SUMMER PICNIC @ BOWRING PARK</b> AUGUST 13<sup>TH</sup> WEATHER PENDING, ALTERNATE DATE IS THURSDAY, AUGUST 15<sup>TH</sup>. PLEASE REMEMBER YOUR WATER BOTTLES, HATS, AND SUNSCREEN!            ~ <b>WALKING &amp; WELLNESS</b> (PRE/POSTNATAL WELLNESS) CHECK FACEBOOK FOR WEEKLY LOCATIONS</p>				<p>1 <b>PLAYGROUND FUN</b>            (AGES 1+) 9:30-11:30            (NEXT TO FIRE STN)  <b>LET'S TALK SCIENCE!</b>            (AGES 3+) 1:00PM  <b>SEE FB FOR SIGN UP</b></p>	<p>2 <b>LITTLE EXPLORERS</b>            AGES 1 AND UP            10:00-12:00</p>	<p>3</p>
<p>4</p>	<p>5 <b>MOTHER GOOSE</b>            AGES 0-3 YEARS            10:00-11:30  <b>BIDGOOD PARK</b>            (Meet at Back Line Parking Lot)</p>	<p>6 <b>DROP-IN PLAY</b>            AGES 0-PRESCHOOL            10:00-12:00 FRC  <b>WALKING &amp; WELLNESS</b>            10:00-11:30  <b>HBC 8PM VIRTUAL</b></p>	<p>7  <b>* CLOSED *</b>  <b>PENDING</b>  <b>REGATTA</b>  <b>DAY</b></p>	<p>8 <b>PLAYGROUND FUN</b>            AGES 1 AND UP            9:30-11:30            (NEXT TO FIRE STN)</p>	<p>9 <b>LITTLE EXPLORERS</b>            AGE 1 AND UP            10:00-12:00</p>	<p>10 </p>
<p>11 </p>	<p>12 <b>MOTHER GOOSE</b>            AGES 0-3 YEARS            10:00-11:30  <b>BIDGOOD PARK</b>            (Meet at Back Line Parking Lot)</p>	<p>13 <b>SUMMER PICNIC!</b>  <b>PLAYGROUND &amp; SPLASH PAD</b>            10:00-12:00 AGES 1+  <b>BOWRING PARK</b>  <b>HBC 8PM VIRTUAL</b></p>	<p>14 <b>BABY &amp; ME</b>            AGES 0-12 MONTHS            10:00-12:00 FRC  <b>HBC 12:30 FRC</b>  <b>EH BF CLINIC</b>  <b>2:00-3:30 FRC</b></p>	<p>15 <b>PLAYGROUND FUN</b>            AGES 1 AND UP            9:30-11:30            (NEXT TO FIRE STN)</p>	<p>16 <b>LITTLE EXPLORERS</b>            AGES 1 AND UP            10:00-12:00</p>	<p>17</p>
<p>18</p>	<p>19 <b>MOTHER GOOSE</b>            AGES 0-3 YEARS            10:00-11:30  <b>BIDGOOD PARK</b>            (Meet at Back Line Parking Lot)</p>	<p>20 <b>DROP-IN PLAY</b>            AGES 0-PRESCHOOL            10:00-12:00 FRC  <b>WALKING &amp; WELLNESS</b>            10:00-11:30  <b>HBC 8PM VIRTUAL</b></p>	<p>21 <b>BABY &amp; ME</b>            AGES 0-12 MONTHS            10:00-12:00 FRC  <b>HBC 12:30 FRC</b>  <b>EH BF CLINIC</b>  <b>2:00-3:30 FRC</b></p>	<p>22 <b>PLAYGROUND FUN</b>            AGES 1 AND UP            9:30-11:30            (NEXT TO FIRE STN)</p>	<p>23 <b>LITTLE EXPLORERS</b>            AGES 1 AND UP            10:00-12:00</p>	<p>24 </p>
<p>25 </p>	<p>26 <b>MOTHER GOOSE</b>            AGES 0-3 YEARS            10:00-11:30  <b>BIDGOOD PARK</b>            (Meet at Back Line Parking Lot)</p>	<p>27 <b>DROP-IN PLAY</b>            AGES 0-PRESCHOOL            10:00-12:00 FRC  <b>WALKING &amp; WELLNESS</b>            10:00-11:30  <b>HBC 8PM VIRTUAL</b></p>	<p>28 <b>BABY &amp; ME</b>            AGES 0-12 MONTHS            10:00-12:00 FRC  <b>HBC 12:30 FRC</b>  <b>EH BF CLINIC</b>  <b>2:00-3:30 FRC</b></p>	<p>29 <b>PLAYGROUND FUN</b>            AGES 1 AND UP            9:30-11:30            (NEXT TO FIRE STN)</p>	<p>30</p>	<p><b>HBC= HEALTHY BABY CLUB</b>  <b>EH BF CLINIC= EASTERN HEALTH BREASTFEEDING CLINIC</b></p>