








# Goulds Family Resource Centre 709-747-8530

## June 2026



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 * HBC = HEALTHY BABY CLUB * NLH BF CLINIC = NL HEALTH BREASTFEEDING	1 <b>LITTLE GARDENERS</b> 10:00-12:00 FRC <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	2 <b>DROP-IN PLAY</b> 9:30-11:30 FRC <b>CLIMBERS &amp; CRAWLERS</b> 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	3 <b>BABY &amp; ME 9:30-11:30</b> HBC 12:30 FRC <b>NLH BF CLINIC 2:00-3:30</b> <b>FAMILY HIKE 6PM</b> Bidgood Pk (Backline Lot) *Weather Depending*	4 <b>ACTIVE PLAY</b> 9:30-11:00 GRC <b>MOTHER GOOSE</b> 1:00-2:00 GRC	5 <b>DROP-IN PLAY</b> 9:30-11:30 FRC	6 
7 <b>FAMILY EVENT @ GOULDS REC: REPTILE STAGE SHOW</b> 10:45AM-1:00PM (SIGN-UP REQUIRED)	8 <b>LITTLE EXPLORERS</b> 10:00-12:00 <b>BIDGOOD PARK</b> <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	9 <b>DROP-IN PLAY</b> 9:30-11:30 FRC <b>CLIMBERS &amp; CRAWLERS</b> 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	10 <b>BABY &amp; ME</b> 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC <b>NL HEALTH BF CLINIC</b> 2:00-3:30	11 <b>ACTIVE PLAY</b> 9:30-11:00 GRC <b>MOTHER GOOSE</b> 1:00-2:00 GRC	12 <b>DROP-IN PLAY</b> 9:30-11:30 FRC	13
14	15 <b>LITTLE GARDENERS</b> 10:00-12:00 FRC <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	16 <b>DROP-IN PLAY</b> 9:30-11:30 FRC <b>CLIMBERS &amp; CRAWLERS</b> 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	17 <b>BABY &amp; ME</b> 9:30-11:30 FRC HBC 12:30 FRC <b>NL HEALTH BF CLINIC</b> 2:00-3:30 FRC <b>PARENT NIGHT 7-9PM</b>	18 <b>ACTIVE PLAY</b> 9:30-11:00 GRC <b>MOTHER GOOSE</b> 1:00-2:00 GRC	19 <b>DROP-IN PLAY</b> 9:30-11:30 FRC	20 
	22 <b>* CLOSED *</b> for <b>JUNE HOLIDAY</b>	23 <b>DROP-IN PLAY</b> 9:30-11:30 FRC <b>CLIMBERS &amp; CRAWLERS</b> 1:00-2:30 FRC <b>HEALTHY BABY CLUB</b> 8PM VIRTUAL	24 <b>BABY &amp; ME</b> 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC <b>NL HEALTH BF CLINIC</b> 2:00-3:30 FRC	25 <b>PLAYGROUND FUN</b> 9:30-11:30 <b>(BY FIRE STATION)</b>	26 <b>LITTLE EXPLORERS</b> 10:00-12:00 <b>BIDGOOD PARK</b>	27
	29 <b>LITTLE GARDENERS</b> 10:00-12:00 <b>@ Community Garden</b> <i>Across from St. Paul's, Main Rd</i> <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	30 <b>CANADA DAY CELEBRATION</b> 9:30-11:30 FRC <b>CLIMBERS &amp; CRAWLERS</b> 1:00-2:30 FRC HBC 8PM VIRTUAL	~ AS OF <b>TUESDAY JUNE 23</b> , PROGRAMS NORMALLY TAKING PLACE AT THE REC CENTRE WILL MOVE TO RESOURCE CENTRE @ 509 MAIN ROAD (DUE TO SUMMER CAMPS) ~ <b>LITTLE EXPLORERS</b> @ BIDGOOD PARK – MEET AT PARKING LOT ON POWERS ROAD ~ <b>FAMILY HIKE @ BIDGOOD PARK JUNE 3<sup>rd</sup></b> – MEET BY THE STATUE BY BACKLINE PARKLING LOT ~ <b>FAMILY EVENT: REPTILE STAGE SHOW</b> – FREE EVENT @ GOULDS REC FOR FAMILIES OF ALL AGES. SUNDAY JUNE 7, 10:45AM-1:00PM. REGISTRATION IS REQUIRED @ EMAIL <a href="mailto:gouldsrecinfo@gmail.com">gouldsrecinfo@gmail.com</a> .			