



ST. JAMES-ASSINIBOIA  
**Parent Child**  
Coalition

Bringing families and the community  
together to help our children  
reach their full potential



Spring  
2016



# FAMILY FOCUS

## Parent Child Drop - In Centres

(For Families with Children birth – 6 years of age)

Parent Child Drop In Centres offer a warm, friendly and nurturing environment for families with children birth - 6 years of age to come together and play. Each week we offer creative activities, nutritious snacks and circle time with songs, rhymes and story. Drop in and visit and get to know other families in the community. All programs are free and no registration is required.



Monday Mornings	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
9:30 - 11:00 a.m. Sansome School 181 Sansome Ave.	6:00 p.m. - 7:30 p.m. Sansome School 181 Sansome Ave.	9:30 - 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave.	9:30 - 11:00 a.m. Crestview School 333 Morgan Crescent	9:30 - 11:00 a.m. Buchanan School 815 Buchanan Blvd.

### Please Note:

- Parent Child Drop In Centres will be **closed for Spring Break March 25<sup>th</sup> – April 1<sup>st</sup>. Centres will re-open the week of April 4<sup>th</sup> – 8<sup>th</sup>.**
- Sansome School front doors will only be open from 6:00 – 6:15 PM so early arrival on Tuesdays is advised.
- Reminder to please bring slippers or indoor shoes during wet weather.



## Online Survey

April 1<sup>st</sup> - 15<sup>th</sup>



The St. James-Assiniboia Parent Child Coalition is seeking community input to evaluate current programs and enhance future programming and resources. The survey is brief and will take approximately 5-8 minutes to complete.

Your participation in the survey is completely voluntary and all of your responses will be kept confidential. No personally identifiable information will be associated with your response.

Visit [www.sjapcc.ca](http://www.sjapcc.ca) to participate in the survey. Thank you!

## Back by Popular Demand this summer

Tuesdays at the Park and Throwback Thursdays.

Pick up the Summer 2016 Family Focus for program details and locations.

**TUESDAYS**  
at  
the **PARK**



**THROWBACK**  
Thursdays





# PROGRAM HIGHLIGHTS

The Canadian Association of Family Resource Programs

## The Grandparent Connection

The moment you become a parent, you automatically give your own parents a new position: you make them grandparents. Strong connections among the generations surround your child with the security of belonging to an extended family. How your family defines the grandparent role will depend on your particular circumstances.

### Degree of Interest

Grandparents vary in how involved they want to become. Some older people can hardly wait to have grandchildren. They genuinely look forward to spending time with little ones again. You may welcome their willingness to babysit or even provide child care while you study or work. On the other hand, if you find they are a little *too* eager to participate, you may have to make your limits clear.

Other elders feel that the child-rearing period of their life is over and now it's *your* turn. Some grandparents keep their distance because they don't want to interfere with how you bring up your children. Make the most of whatever interest your parents show, recognizing that the situation may change over time. Some people are not drawn to babies but are quite happy to take an older child to a hockey game.

### Availability

Many of today's grandparents don't fit the stereotype of grey-haired stay-at-homes with nothing to do but babysit their grandchildren. They may still be in the workforce or they may be active retirees with busy lives of their own. Health concerns could also restrict the time and energy that older people want to spend with young children. When you respect your parents' limits, the grandparent-grandchild connection can grow without resentments.

### Distance

If you live far from your parents, it can be a real challenge to build ties between them and your children. Here are a few suggestions for keeping a long-distance relationship healthy.

- Use the mail to exchange photos, drawings and short notes.
- Write often, even if it's only a few sentences on a postcard.
- Telephone from time to time, but remember very

young children don't say much on the phone. They may not even want to interrupt their play to "say a few words to Grandma."

- Keep your parents informed about your child's interests (school, sports, books, favourite TV programs, etc.) so that they have something to talk about.
- Send audiotapes of your children talking and singing.
- Get a grandparent to tape him or herself reading a story from a library book you suggest. When you play the tape, borrow the same book and turn the pages as you listen with your child.
- Ask your parents to tape stories about when you were little, or memories of their own childhood. Can they remember any songs they sang to you as a baby?

### A fresh start

The quality of your children's relationship with your parents will depend greatly on your own relationship with them. Having a child can bring you closer; you now share the experience of being a parent. On the other hand, if you have very different views about how to bring up children, this could give rise to serious frictions between you and your parents. Open communication is the key to working out these differences. You all probably have the best interests of the children at heart, even if you don't see eye to eye on the best way to achieve them.

If you continue to disagree, keep your children out of the conflict. Let them make their own relationship with your parents, unburdened by your complaints.

### An enriching bond

When the relationship is positive, children benefit from widening the circle of caring adults who will continue to be present in their lives. Contact with grandparents exposes them to different environments and to points of view based on a long experience of life. If one parent is absent, a grandparent can also provide a missing gender role model.

Older people also gain from getting to know their grandchildren. They build links forward to the future and continue contributing to their family. As a parent in the middle, you too will gain from supporting and encouraging these enriching intergenerational connections.

by Betsy Mann

Grandparents are always welcome at all programs.



Family Chefs is a 5-week cooking program for families with children three to six years of age. Together, adults and children will prepare tasty and nutritious recipes, participate in fun interactive activities, crafts, songs and stories. These experiences will help set the stage for the development of life-long healthy eating habits and behaviours.

Registration available online, by email or phone: 204-998-8400

**Mondays**

**April 11, 18, 25**

**May 2, 9**

**9:30 – 11:30 a.m.**

Bourkevale Community Centre  
100 Ferry Road

FRP Canada, 331 Cooper Street, Suite 707, Ottawa, ON K2P 0G5 Tel: 1-866-637-7226 www.frp.ca

## Cook & Book Club

Fun for Everyone 9:30 a.m. – 11:00 a.m.

Families are invited for a morning of reading, baking and sharing together at our Deer Lodge Parent Child Drop In Centre (323 Bruce Ave).

**Date:** March 16<sup>th</sup>

**Book:** If You Give a Mouse a Cookie

**Cook:** Oatmeal Cookies



**Date:** April 13<sup>th</sup>

**Book:** Pete's a Pizza

**Cook:** Cheese pizza

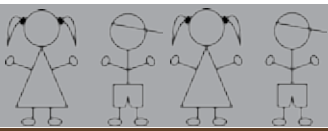


**Date:** May 18<sup>th</sup>

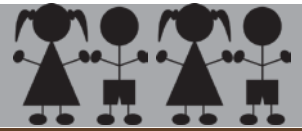
**Book:** The Very Hungry Caterpillar

**Cook:** Fruit Kabobs





# THE PRESCHOOLER



## Rock & Read

Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, fingerplays and books together. Children will explore themes in books through art activities and activity centers, as well as make some new friends! Parents will create a special homemade book that their child will cherish as they begin their first school year. Please register for one session only.

To register, email [literacylinks@sjsd.net](mailto:literacylinks@sjsd.net) or call 204-885-1334 ext. 2304.



### Spring Session:

#### Monday Mornings

10:00 – 11:30 a.m.

May 30, June 6, 13, 20, 27

Heritage Victoria  
Community Centre  
950 Sturgeon Road

#### Thursday Mornings

10:00 – 11:30 a.m.

May 26 & June 2, 9, 16, 23

Deer Lodge  
Community Club  
323 Bruce Ave. East

#### Wednesday Afternoons

1:00 – 2:30 p.m.

May 25 & June 1, 8, 15, 22

Messiah Lutheran Church  
400 Rouge Road



**Do you have a child entering Kindergarten this fall? If so, Literacy Links is for you!**

L i t e r a c y



The program runs from May - August  
Call today as spaces fill up quickly!

**Literacy Links is a FREE summer literacy program** in the St. James-Assiniboia School Division that supports parents in understanding how to develop a positive literacy environment in the home setting and make the important links between home and school.

#### A literacy facilitator will:

- contact families and arrange to meet them for four visits at mutually acceptable times.
- demonstrate and provide developmentally appropriate and enriching activities that focus on daily reading and writing, environmental print, math activities and rhyming games.
- provide a home package of materials that includes literacy information, books, activities and games.

To register, please email [literacylinks@sjsd.net](mailto:literacylinks@sjsd.net) or call 204-885-1334 ext. 2304.



## Nursery School

Nursery School offers children (3 & 4 yrs old) an opportunity to learn and practice many important skills. Nursery School children are exposed to a number of activities that help them develop socially, cognitively, physically and emotionally. If your child will be three by the end of December, perhaps you would be interested in enrolling them in one of the following Nursery School programs available in the St. James area.

Note - Nursery Schools usually begin accepting registrations in March for September 2016 enrollment.

#### Discovery Children's Centre

889-2689

(Includes English, French Beginnings, and Forest School options)

#### Westwin Children's Centre

833-2500 (2491)

#### Lakewood Children's Centre

832-5802

#### Heritage Park Children's Programs Inc.

831-5950

#### Kirkfield-Westwood Nursery School

889-2392

#### Sigfusson Nursery School (Athlone School)

885-6476

#### Sigfusson Nursery School (Bannatyne School)

889-0435

#### Sigfusson Nursery School (Voyageur School)

832-5786

#### St. James-Assiniboia Montessori School Inc.

888-5700

For information on licensed family child care homes, centres and nursery schools go to:

[www.manitoba.ca/childcare](http://www.manitoba.ca/childcare)



# PARENTING

## PARENTING TODAY WORKSHOPS

(Sponsored by the St. James-Assiniboia Parent-Child Coalition)



Workshops held from  
6:00 p.m. - 8:00 p.m.  
Jameswood School

(1 Braintree Crescent, off Olive & Ness)  
Educational Support Services



To register please contact Arlie Williams-Taylor at  
204-885-9555 or email [ptregistrations@sjsd.net](mailto:ptregistrations@sjsd.net)

Free pizza supper will be offered from 6:00 - 6:30 p.m.  
with the session taking place from 6:30 - 8:00 p.m.

**Tuesday, March 8<sup>th</sup>, 2016**

**Trafficking and Human Exploitation**

**Presented by: TBA**

This session will look at the root causes of what makes our youth so vulnerable, as well as the laws, policies and programs that are currently in place to combat this issue. Community-based advocates who are on the 'front lines' on a daily basis will join the presentation to give their perspectives and expertise.

**Tuesday, April 19<sup>th</sup>, 2016**

**Supporting Speech & Language Development at Home**

**Presented by: Speech-Language Pathologists, Educational Support Services, St. James- Assiniboia School Division**

Students who receive speech and language support at school benefit from practice at home. The purpose of this presentation is to provide parents with simple, quick and easy activities that can be done as a part of the daily routine. We will provide suggestions for helping your child practice speech sounds and language skills at home.

**Tuesday, May 10<sup>th</sup>, 2016**

**The Science of the Developing Brain**

**Presented by: Dr. Maria Phelps, School Psychologist, Educational Support Services, St. James- Assiniboia School Division**

In recent years, our understanding of the brain in children and teens has been helped through the use of brain-imaging technology. This research can help parents understand why kids behave the way they do, as well as how best to help children with ADHD, Asperger's Syndrome, and a Learning Disability.



## Manitoba Parent Line

Parents can access the Manitoba Parent Line to receive free, confidential parenting support, tips and strategies by trained counselors Monday to Friday from 8:00 AM – 8:00 p.m.

**Call 204-945-4777**

**Toll free 1-877-945-4777**

## Mental Health Mobile Crisis Services

This team of mental health professionals will come out and assist people in the Winnipeg region who are in mental health crisis.

**Call 204-940-2782**

**24 Hours a Day/**

**7 Days a Week**



## Family Gym Drop In

Family Gym Drop In is a free program that offers families the opportunity to be active and discover fun in the gym! We have bikes, balls, bouncer, climber, tunnels, slides, floor hockey and so much more. Children have loads of fun as they gain strength, balance, coordination and confidence.

**Drop in and join us for this open gym experience!**

**Mondays 6:00 - 7:30 p.m.**

**\*\*last session March 21<sup>st</sup>**

Westwood Community Church

**Tuesdays 9:30 - 11:00 a.m.**

**\*\*last session May 31<sup>st</sup>**

401 Westwood Drive



## SHAKE, RATTLE & ROLL

Shake, Rattle & Roll is a physical activity program for Preschool Children and their Parents or Grandparents. This exciting program promotes the importance of physical activity in pre-school play. Weekly sessions offer a variety of games and equipment to develop children's gross motor skills.

**Registration is not required, just drop in and join the FUN!**

Friday Mornings April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> 9:30 – 10:30 a.m.

Westwood Community Church 401 Westwood Drive

## BREASTFEEDING SUPPORT GROUP

**Thursdays 10:00 - 11:30 a.m.**

**Call 204-940-2040**

Sturgeon Heights Community Centre  
210 Rita St.

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!



# HEALTHY LIVING



## Meal Suggestions that follow Canada's Food Guide



Health Canada [www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/suggestions-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/suggestions-eng.php)

### Breakfast Ideas:

- **Make a shake!** Mix in a blender 125 mL (½ cup) 100% fruit juice, 125 mL (½ cup) fresh or frozen fruit such as berries or a banana, 175 g (¾ cup) plain or fruit flavoured yogurt and 15 mL (1 Tbsp) skim milk powder.
- **Have it hot!** Make oatmeal with quick-cooking oats and a tablespoon each of wheat germ or wheat bran and dried raisins. Sprinkle with cinnamon and serve with milk and a small glass of 100% fruit juice.
- **Have it cold!** Have a whole grain, high-fibre cereal served with milk and orange sections or a piece of other fruit.
- **Spice it up!** Scramble some eggs in the microwave and roll them up in a whole wheat tortilla with shredded cheese, green peppers and hot sauce or salsa.
- **Try something different!** Have sardines or baked beans on toast with a glass of tomato juice or fortified soy beverage.
- **In a hurry?** Take a small homemade wheat bran or oatmeal muffin with a container of juice and a piece of cheese. Avoid buying large commercial muffins which can be higher in fat or sugar and calories!
- **Nice and easy!** Mix canned peaches or frozen berries with low fat yogurt. Have with a slice of raisin bread.
- **Use leftovers!** Have some cantaloupe slices with dumplings or wontons with pork and chicken broth with noodles.
- **Simply made!** Have half a whole wheat bagel with a poached egg or 1 Tbsp of peanut butter and some tomato juice. Try a reduced sodium variety of juice.

### Lunch Ideas:

- **Heat and eat!** Microwave leftover pasta, stir-fry with rice, chili, stew or casseroles for a quick fix. Enjoy with a glass of milk or fortified soy beverage and a piece of fruit.
- **Toss it!** Take mixed salad greens and toss with fresh or grilled chopped vegetables, goat cheese and balsamic vinegar dressing. Serve with whole grain bread or put in a pita.
- **Soup it up!** Try black bean, tomato with lentils, squash, carrot, cauliflower or broccoli soup. Enjoy soup with a pumpnickel or whole wheat bagel and a slice of cheese.
- **Wrap it!** Make up tuna, salmon or egg salad - wrap in a whole wheat tortilla with green onions, grated green peppers and lettuce. Have with a glass of fortified soy beverage or a container of yogurt.
- **Snack it!** Have hummus and dip with whole wheat pita bread, baby carrots, and sliced peppers. Enjoy with cut up melon and a glass of milk.
- **Spicy!** Enjoy some vegetable curry on noodles and a low fat yogurt for dessert.
- **Savoury soup!** Heat up some lentil soup and have baby carrots, a whole grain bagel and one slice of cheese.
- **Fill your pocket!** Spread hummus on the inside of a whole wheat pita and fill with vegetables such as dark green romaine lettuce and shredded carrots. Finish it off with a glass of milk.
- **Pack it!** Use an insulated container with a freezer pack to keep your lunch cold and safe to eat.

### Supper Ideas:

- **Presto pasta!** Brown onions and garlic in a large skillet. Add canned or bottled tomato-based pasta sauce and canned drained lentils or clams. Serve over pasta or couscous. A tossed green salad and glass of milk or fortified soy beverage completes the meal.
- **Steamed fish dish!** Place fish in a steamer over a pot of boiling water, add cut up broccoli, green beans or asparagus. Cover and cook for 5 to 6 minutes or until fish flakes easily with a fork. Serve with brown rice.
- **Hot and spicy!** Cook boneless chicken strips in a skillet until juices run clear and meat is browned. Add sliced carrots and red peppers and cook until soft. Add raisins and curry paste to taste and a bit of water and heat through. Serve with couscous or rice.
- **Fast chili!** Brown lean ground beef and drain off the fat. Add chopped onions and green peppers and sauté for several minutes. Stir in a large can of stewed tomatoes, one can of tomato soup, one large can of kidney beans and 15 mL (1 Tbsp) of chili powder. Serve with whole grain toast.
- **Easy omelettes!** Choose your own fillings - ham, cheese, peppers, green onions, etc. Spice it up with salsa or hot sauce. Serve with whole grain bagels or toast. Have fruit for dessert.
- **Beautiful beans!** Enjoy a beans and rice dish. Just mix black or kidney beans with corn, chopped tomatoes, onions, red and yellow peppers, cooked brown rice, grated cheese and serve. Have with a glass of water with lime and lemon wedges.
- **Chicken express!** Mix up some cooked chicken with couscous and a variety of vegetables. Add some garlic if you like. Enjoy with a glass of milk.
- **Experiment with noodles!** Prepare a stir fry with pork and vegetables. Serve on vermicelli or soba noodles. Finish it off with a cup of fortified soy beverage.



# AROUND THE COMMUNITY



## St. James Assiniboia 55+ Centre



**3 - 203 Duffield Street  
Winnipeg, MB R3J 0H6  
Phone: 204-987-8850**

**Email: [info@stjamescentre.com](mailto:info@stjamescentre.com)  
Website: [www.stjamescentre.com](http://www.stjamescentre.com)**

**St. James Assiniboia 55+ Centre** is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.



## CITY OF WINNIPEG FREE PUBLIC



### Swimming

**ST. JAMES-ASSINIBOIA  
CENTENNIAL POOL  
644 PARKDALE ST**

**FREE FAMILY SWIM:  
Wednesdays  
2:00 p.m. - 4:30 p.m.**

**ST. JAMES-ASSINIBOIA  
CIVIC CENTRE  
2055 NESS AVE**

**FREE FAMILY SWIM:  
Fridays 7:30 p.m. - 9:30 p.m.**

## KIDS CARE CASUAL CHILD CARE 630 Wihuri Road (Kids Care Room)

The Military Family Resource Centre offers child care on a casual basis for children 6 mths - 5 yrs of age. Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance. Peanut free snacks, lunch and diaper supplies (if required) should be sent.

### Tuesday & Thursday

9:00 a.m. - 4:00 p.m. (hourly), 9:00 a.m. - 12:00 p.m. or 1:00 to 4:00 p.m.

**Fees:** \$5.00/Hour per child. Ask about our family rates. **Register:** 204-833-2500 ext. 2491  
Children under 2 years: \$12/3 hrs or \$28/7 hrs (min. 24 hrs in adv.)  
Children over 2 - 5 years: \$10/3 hrs or \$24/7 hrs



## MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491

[www.familyforce.ca](http://www.familyforce.ca) / [www.facebook.com/WinnipegMFRC](http://www.facebook.com/WinnipegMFRC)

### A PARENT COMMUNITY

Fridays 9:30 a.m. - 11:30 a.m.  
102 Comet Street

Drop in program for informal parenting discussions. Free child care available for children +18 months. Younger children remain with their parent.

### CREATIVE TOTS

Wednesdays, Except March 30<sup>th</sup> 9:30 - 11:00 a.m.

Kids Care Room (630 Wihuri Rd)

A drop in play group for parents & children (0 - 5 yrs) with a bilingual facilitator.

**Programs open to the community include  
Nursery School, play groups, parenting groups and casual child care.**

## WINNIPEG PUBLIC LIBRARY

### WESTWOOD LIBRARY

66 Allard Ave  
204-986-4747

### ST. JAMES ASSINIBOIA LIBRARY

1910 Portage Ave  
204-986-3425

For program/event information:  
[www.wpl.winnipeg.ca/library/childrens/kidsprograms.asp](http://www.wpl.winnipeg.ca/library/childrens/kidsprograms.asp)

### Spring Break hours

Monday & Tuesday: 10:00 am - 8:30 pm  
Wednesday: closed  
Thursday: 10:00 am - 8:30 pm  
Friday & Saturday: 10:00 am - 5:00 pm  
Sunday: 1:00 - 5:00 pm  
Closed March 25<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup>

### Visit Westwood Public Library on Spring Break Fiddlers on the Loose

Saturday, March 26<sup>th</sup> @10:30 am

A lively musical performance by members of the Manitoba Chamber Orchestra-for families with children up to age 12.

### Marble Run Mania

Friday, April 1<sup>st</sup> @ 2:00-3:30 pm.

Come and design and build your own marble run using cardboard recyclables. For ages 9 - 12 years.

Please register for these events in person or call  
204-986-4747.



**HERITAGE PARK  
FAMILY  
RESOURCE CENTRE**

Open Monday to Friday offering parent/  
child programs (prenatal - 5 yrs)

**Registration Required**

Contact Jackie at 204-895-2519

Email: [frjackie@mts.net](mailto:frjackie@mts.net)

1 Braintree Cres.

## GREAT EXPECTATIONS

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children.

**Please call one week prior to session if child care is required. (Prenatal to 12 months)**

### Tuesdays

9:30 a.m. - 11:15 a.m.  
Sturgeon Heights  
Community Centre  
210 Rita Street

### Thursdays

1:15 p.m. - 3:15 p.m.  
Heritage Victoria  
Community Club  
950 Sturgeon Road


**For more information call  
Traci 204-885-5415**






# March 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>2</b> Deer Lodge 9:30 -11:00 AM	<b>3</b> Crestview 9:30 -11:00 AM	<b>4</b> Buchanan 9:30 -11:00 AM	<b>5</b>
<b>6</b>	<b>7</b> Sansome 9:30 -11:00 AM Family Gym 6:00 – 7:30 PM	<b>8</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>9</b> Deer Lodge 9:30 -11:00 AM	<b>10</b> Crestview 9:30 -11:00 AM	<b>11</b> Buchanan 9:30 -11:00 AM	<b>12</b>
<b>13</b>	<b>14</b> Sansome 9:30 -11:00 AM Family Gym 6:00 – 7:30 PM	<b>15</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>16</b> Deer Lodge 9:30 -11:00 AM Book & Cook Club	<b>17</b> Crestview 9:30 -11:00 AM	<b>18</b> Buchanan 9:30 -11:00 AM	<b>19</b>
<b>20</b>	<b>21</b> Sansome 9:30 -11:00 AM Family Gym 6:00 – 7:30 PM	<b>22</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>23</b> Deer Lodge 9:30 -11:00 AM	<b>24</b> Crestview 9:30 -11:00 AM	<b>25</b> Centre Closed Good Friday	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	All Centres Closed for Spring Break 	

# April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
All Centres Closed for Spring Break 						
<b>3</b>	<b>4</b> Sansome 9:30 -11:00 AM	<b>5</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>6</b> Deer Lodge 9:30 -11:00 AM	<b>7</b> Crestview 9:30 -11:00 AM	<b>8</b> Buchanan 9:30 -11:00 AM SRR 9:30 – 10:30 AM	<b>9</b>
<b>10</b>	<b>11</b> Sansome 9:30 -11:00 AM Family Chefs 9:30 – 11:30 AM	<b>12</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>13</b> Deer Lodge 9:30 -11:00 AM Book & Cook Club	<b>14</b> Crestview Closed	<b>15</b> Buchanan 9:30 -11:00 AM SRR 9:30 – 10:30 AM	<b>16</b>
<b>17</b>	<b>18</b> Sansome 9:30 -11:00 AM Family Chefs 9:30 – 11:30 AM	<b>19</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>20</b> Deer Lodge 9:30 -11:00 AM	<b>21</b> Crestview 9:30 -11:00 AM	<b>22</b> Buchanan Closed SRR 9:30 – 10:30 AM	<b>23</b>
<b>24</b>	<b>25</b> Sansome 9:30 -11:00 AM Family Chefs 9:30 – 11:30 AM	<b>26</b> Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	<b>27</b> Deer Lodge 9:30 -11:00 AM	<b>28</b> Crestview 9:30 -11:00 AM	<b>29</b> Buchanan 9:30 -11:00 AM SRR 9:30 – 10:30 AM	<b>30</b>

Note: Registration Required for Family Chefs



# May 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <b>Sansome</b> 9:30 - 11:00 AM <b>Family Chefs</b> 9:30 - 11:30 AM	3 <b>Family Gym</b> 9:30 - 11:00 AM <b>Sansome</b> 6:00 - 7:30 PM	4 <b>Deer Lodge</b> 9:30 - 11:00 AM	5 <b>Crestview</b> 9:30 - 11:00 AM	6 <b>Buchanan</b> 9:30 - 11:00 AM	7
8  Mother's Day	9 <b>Sansome</b> 9:30 - 11:00 AM <b>Family Chefs</b> 9:30 - 11:30 AM	10 <b>Family Gym</b> 9:30 - 11:00 AM <b>Sansome</b> 6:00 - 7:30 PM	11 <b>Deer Lodge</b> 9:30 - 11:00 AM	12 <b>Crestview</b> 9:30 - 11:00 AM	13 <b>Buchanan</b> 9:30 - 11:00 AM	14 
15	16 <b>Sansome</b> 9:30 - 11:00 AM	17 <b>Family Gym</b> 9:30 - 11:00 AM <b>Sansome</b> 6:00 - 7:30 PM	18 <b>Deer Lodge</b> 9:30 - 11:00 AM <b>Book &amp; Cook Club</b>	19 <b>Crestview</b> 9:30 - 11:00 AM	20 <b>Buchanan</b> 9:30 - 11:00 AM	21
22 	23 <b>Victoria Day</b> Centre Closed	24 <b>Family Gym</b> 9:30 - 11:00 AM <b>Sansome</b> 6:00 - 7:30 PM	25 <b>Deer Lodge</b> 9:30 - 11:00 AM	26 <b>Crestview</b> 9:30 - 11:00 AM	27 <b>Buchanan</b> Closed	28 
	30 <b>Sansome</b> 9:30 - 11:00 AM	31 <b>Family Gym</b> 9:30 - 11:00 AM <b>Sansome</b> 6:00 - 7:30 PM				

## FAMILY FOCUS

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