




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 to 11:00 am Learn through play Literacy day  12:30 to 2:30 pm En route vers l'école communautaire	2 9:00 to 11:00 am Learn through play 1,2,3 Let's count!  12:30 to 2:30 pm En route vers l'école Carrefour Jeunesse	3 9:00 to 11:00 am Learn through play 24 months and under Nursery rhyme time	4 9:00 to 11:00 am Learn through play Messy day  12:30 to 2:30 pm Off To School We Go Community	5 9:00 to 11:00 am Learn through play House Committee National Children's Mental Health Day
8 9:00 to 11 am Learn through play Loose parts  12:30 to 2:30 pm En route vers l'école communautaire	9 9:00 to 11:00 am Learn through play Peda Yoga  12:30 to 2:30 pm En route vers l'école Carrefour Jeunesse	10 9:00 - 11:00 am Learn Through Play Story time at the Rockland Library	11 9:00 to 11:00 am Learn through play Peda Yoga  12:30 to 2:30 pm Off To School We Go Community	12 9:00 to 11:00 am Learn through play Special activity for Mother's Day!
15 9:00 to 11:00 am Learn through play Having fun with science  12:30 to 2:30 pm En route vers l'école communautaire	16 9:00 to 11:00 am Learn through play Make and take  12:30 to 2:30 pm En route vers l'école Carrefour Jeunesse	17 9:00 to 11:00 am Learn through play 24 months and under Go baby go	18 9:00 to 11:00 am Learn through play Literacy day  12:30 to 2:30 pm Off To School We Go Community	19 9:00 to 11:00 am Learn through play Messy day
22 The Family Centre closed for Victoria Day  	23 9:00 to 11:00 am Learn through play Sensory fun  9:00-10:00 am Introduction to solid foods (French) Catherine Gagnon / Zoom platform, Registration required  12:30 to 2:30 pm En route vers l'école Carrefour Jeunesse	24 9:00 to 11:00 am Learn through play 24 months and under Crazy kitchen	25 9:00 to 11:00 am Learn through play 1,2,3 Let's count!  12:30 to 2:30 pm Off To School We Go Community	26 9:00 to 11:00 am Learn through play Move and grow
29 9:00 to 11:00 am Learn through play Sensory fun 12:30 to 2:30 pm En route vers l'école communautaire	30 9:00 to 11:00 am Learn through play Make and take 12:30 to 2:30 pm En route vers l'école Carrefour Jeunesse	31 9:00 to 11:00 am Learn through play 24 months and under Nursery rhyme time		

# May 2023



## **1,2,3 Let's count!**

This numeracy workshop reinforces their skills and allows children to explore concepts through games and activities.

## **Crazy kitchen**

A new way to discover how our kitchen tools can be used to create different games.

## **Go baby go**

Come and enjoy simple activities with your baby, participate in group discussions on your child's development and sing a few songs. This workshop is offered to children from birth to 12 months.

## **Having fun with science**

A workshop that allows children to learn new scientific experiences while nourishing their natural curiosity.

## **House committee**

Meeting to exchange ideas and suggestions to improve the services offered to families.

## **Learn through play and Learn through play – 24 months and under**

Come and have fun with your children while promoting their physical, social, emotional, cognitive and language development. A great opportunity to exchange with other parents and socialize with people from your community

## **Literacy day**

Children discover the alphabet through fun and interactive activities that stimulate curiosity towards literacy.

## **Loose parts**

Loose parts are materials that can be moved, carried, combined, redesigned, lined up, taken apart and put back together in multiple ways.

## **Make and take**

This children's workshop will let them create a special craft to bring home.

## **Messy day**

It's time to take the paint out and initiate children to different colours!

## **Move and grow**

Come develop your child's gross motor capabilities through a variety of activities using muscles and motor abilities.

## **Nursery rhyme time**

Join this workshop of Songs and Rhymes to please your little ones.

## **Off to school we go**

This animation workshop offers continuing support for young children entering kindergarten in creating a partnership between families, school and community. The objective of this workshop is to facilitate the transition to school.

## **PedaYoga**

PedaYoga is a method of body techniques designed to promote movement and the concentration of children.

## **Sensory Fun**

Sensory activities that help children learn new sensory experiences while nourishing their natural curiosity.

## **Workshop**

**May 23 from 9:00 - 10:00 am: Introduction to solid foods(French): By Catherine Gagnon dietitian:** Is your baby ready for solid foods? Do you have questions about introducing solids, food allergies or different approaches to weaning? During this virtual workshop hosted by a clinical dietitian, you will learn about complementary feeding and other baby nutrition topics.**Registration required for Zoom link.**