

















Please Note that our office is closed from 12 - 1 PM everyday for lunch.  
 Look for program descriptions on the back of this calendar!

Siblings are Always Welcome !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <u>Centre Closed</u> 	<b>2</b> <u>Drop In Playtime</u> 10:00 AM - 11:30 AM  <u>Baby Wearing Meet-Up</u> 1:30 PM - 3:00 PM 	<b>3</b> <u>Coffee &amp; Chatter</u> 10:00 AM - 11:30 AM  <u>Drop In Playtime</u> 1:30 PM - 3:00 PM 	<b>4</b> <u>Baby Talk- Promoting Development</u> 9:45 AM - 11:45 AM  <u>Playdough Fun!</u> 1:30 PM - 2:15 PM  <u>Stay &amp; Play</u> 2:15 PM - 3:00 PM	<b>5</b>  <u>Closed</u>  <u>For</u>  <u>Cleaning</u> 	<b>6</b>  
<b>8</b> <u>Centre Closed For Data Entry</u> 9:00AM - 1:00PM  <u>Centre Closed</u> 1:00 PM - 4:30 PM Staff Meeting 	<b>9</b> <u>Movin &amp; Groovin</u> 9:30 AM - 10:30 AM <b>CIVIC CENTRE</b>  <u>Drop In Playtime</u> 1:30 PM - 3:00 PM	<b>10</b> <u>Coffee &amp; Chatter</u> 10:00 AM - 11:30 AM   <u>Play, Learn and Connect</u> 1:30 PM - 3:00 PM	<b>11</b> <u>Baby Talk- Rhyme Time!</u> 9:45 AM - 11:45 AM  <u>Centre Closed For Data Entry</u> 1:00 PM - 4:30 PM 	<b>12</b> <u>Shining Stars Music Demo (All Ages)</u> 10:00 AM - 11:00 AM <i>Please register</i>  <u>Craft 'N' Create</u> 1:30 PM - 2:15 PM  <u>Stay &amp; Play</u> 2:15 PM - 3:00 PM	<b>13</b> <u>Breakfast With Dad</u> 10:00 AM - 11:30 AM (Male Caregivers & Kids Only)  Moms, Kids & Caregivers please join us for...  <u>Play, Learn &amp; Connect</u> 1:30 PM - 3:00 PM
<b>15</b> <u>Centre Closed</u> 9:00 AM - 4:30 PM Staff Meeting  <u>Drop In Playtime</u> 4:30 PM - 6:00 PM	<b>16</b> <u>Groovy Grandparents</u> 9:30 AM - 11:30 AM  <u>Craft 'N' Create</u> 1:30 PM - 2:15 PM  <u>Stay &amp; Play</u> 2:15 PM - 3:00 PM	<b>17</b> <u>Centre Closed</u> 9:00 AM - 1:30 PM Staff Training  <u>Drop In Playtime</u> 2:00 PM - 3:30 PM	<b>18</b> <u>Baby Talk- AHS- Teething</u> 9:45 AM - 11:45 AM  <u>Centre Closed For Data Entry</u> 1:00 PM - 4:30 PM 	<b>19</b> <u>1000 BOOKS</u> 9:30 AM - 11:00 AM Families enter your name to win a free Library Membership! **  <u>Drop In Playtime</u> 1:30 PM - 2:45 PM	<b>Positive Parenting Program (Triple P):</b>   Tips and tools to help make parenting easier through quick, private consultations or scheduled group sessions

Continued on back of page...

Siblings are Always Welcome!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22 <b>TELUS</b> Calgary Science Centre <i>Must Register</i></p> <p><b>Triple P Group</b> 9:30 AM – 11:30 AM <i>Must Register</i></p> <p><b>Centre Closed</b> 1:00 PM – 4:30 PM Staff Meeting</p>	<p>23 <b>Preschool Talk Time &amp; Movin &amp; Groovin</b> 9:30 AM - 10:30 AM CIVIC CENTRE</p> <p><b>Post Partum Support</b> 10:00 AM -11:30 AM <i>Must Register</i></p> <p><b>Drop In Playtime</b> 1:30 PM – 3:00PM</p>	<p>24 <b>Coffee &amp; Chatter</b> 10:00 AM - 11:30 AM</p> <p><b>Centre Closed For Data Entry</b> 1:00 PM – 4:30 PM</p>	<p>25 <b>Baby Talk– ‘Talk With a Doc’</b> 9:45 AM - 11:45 AM Come learn more about managing common medical problems many babies experience</p> <p><b>Painting Fun/Stay &amp; Play</b> 1:30 PM – 3:00PM</p>	<p>26 <b>Baby’s First Year</b> 9:30 AM - 11:30 AM <i>Please Register</i></p> <p><b>5 for Life Book Sale</b> 2:00 PM - 8:00 PM CIVIC CENTRE</p> <p><b>Mom’s Night Out!</b> 7:00 PM - 9:00 PM</p>	<p>27 Join us at the... <b>5 for Life Book Sale</b> *** <b>Strathmore Civic Centre</b> 9:00 AM - 3:30 PM</p> 
<p>29 <b>Coffee Q &amp; A</b> 10:00 AM -11:30 AM</p> <p><b>Centre Closed</b> 1:00 PM – 4:30 PM Staff Meeting</p> <p><b>Drop In Playtime</b> 4:30 PM – 6:00 PM</p>	<p>30 <b>Triple P Group</b> 9:30 AM – 11:30 AM <i>Must Register</i></p> <p><b>Post Partum Support</b> 10:00 AM -11:30 AM <i>Must Register</i></p> <p><b>Centre Closed For Data Entry</b> 1:00 PM – 4:30 PM</p>	<p>31 <b>Coffee &amp; Chatter</b> 10:00 AM - 11:30 AM</p> <p><b>Craft ‘N’ Create</b> 1:30 PM – 2:15 PM</p> <p><b>Stay &amp; Play</b> 2:15 PM - 3:00 PM</p>	<p>For Further Information or to Register, call Lily, Natasha or Rhonda (403) 983-0076</p> <p>419B - 2<sup>nd</sup> Street, Strathmore, AB</p> <p><a href="mailto:plc-strathmore@aspenfamily.org">plc-strathmore@aspenfamily.org</a></p>  		<p>Find this calendar online... <a href="http://strathmorelibrary.ca/parentlink">strathmorelibrary.ca/parentlink</a></p> <p>Please Note: The 5 for Life Website is undergoing some changes. Thank you for your patience!</p> 

**Program Descriptions:**

- **Drop-in Play/Stay & Play/Play, Learn, & Connect:** Children participate in interactive play activities & parents connect with other parents/caregivers and Parent Coaches. Parenting and child development information & resources are available.
- **Baby Talk:** Join other parents and babies up to 12 months to socialize & learn about relevant topics concerning parenting an infant; program offered in partnership with Strathmore Health Unit. **Older siblings Welcome! No registration required.**
- **Coffee & Chatter:** Children 0-6 years participate in interactive, imaginative play while parents enjoy coffee or tea & have the opportunity to meet other parents/ caregivers who are experiencing the ups and downs of parenting.
- **Breakfast with Dad:** Children 0-6 years with their father or a significant male adult - enjoy breakfast, play time and time with other dads.
- **Groovy Grandparents:** Drop-in playtime for grandparents & kids. Coffee & tea provided. **No Registration Necessary.**
- **Babywearing Meet-up:** Come meet other moms interested in baby wearing options.
- **Craft ‘N’ Create:** A crafty program aimed at those who love to cut, glue, colour, draw and create! Join us for a new craft each time!
- **1000 Books (Ages birth - Kindergarten):** Read with your child at home, Parent Link or the Library (or anywhere!). You can track your reading to win prizes every 50 books! Pick up your log book at PLC or the library or go to...[strathmorelibrary.ca/1000books](http://strathmorelibrary.ca/1000books).
- **Movin & Groovin:** This gross-motor parented program runs at the Civic Centre until the weather warms up. Sponsored by the Town of Strathmore. Come burn off some energy!

- **Preschool Talk Time:** Drop-in to play! A Pre-school Speech Pathologist and/or an Occupational Therapist will be on site during this program to answer questions you may have about your child’s speech, physical, and sensory development.
- **Telus Science Centre:** **MUST** pre-register to attend with Parent Link!
- **Baby’s First Year:** A 6 week program in partnership with the Pregnancy Care Centre, offering practical support, advice and encouragement to new parents, with a focus on parent-baby attachment.
- **Mom’s Night Out: (No children please):** Come and take a break... Hang out, get pampered, have some food and relax! This evening is just for you– Moms, grandmothers, nannies, aunties & day-home providers. **Please Register.**
- **Triple P Group:** Feel out of control of some of your child’s behaviours? This is an 8 week program (3 sessions are by phone), that will assist you to take control back in a positive way. Refreshments provided. **Must Register.**
- **Postpartum Support Group:** Being a mother can be overwhelming. Join this 8 week program, once a week with child care & snacks. **Must Register**

Parent Link must adhere to Fire Safety Regulations such as room capacity restrictions. This means that if you are coming for a busy program, or have not registered (as applicable), you may be asked to return at another time.

LOOK! .....for our sign out on the railing that will either be **GREEN** (for “Come on In!”) or **RED** (for “STOP, playroom is full!”).

Open: Mon. – Thurs. 9 AM – 4.30 PM and Fri. 9 AM– 3 PM unless otherwise stated.

All Programs offered Free of Charge!