

Early ON Child and Family Centre

West Nipissing Main Site

131 Michaud Street

Sturgeon Falls, ON

(705) 753-5765

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Follow us on Facebook	*Please register for all activities 705-753-5765*		1 Stat	2 2:00 - Zumba	3
5 10:00 - Let's get crafty 2:00 - Learning letters	6 10:00 - Snack Craft 2:00 - Healthy meals on a budget	7 10:00 Outdoor Playgroup (Cache Bay) *must register*	8 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	9 10:00 Splash Pad Cache Bay* 2:00 - Zumba	10
12 10:00 - Let's get crafty 2:00 - Learning letters	13 10:00 - Snack Craft 2:00 - Healthy meals on a budget	14 10:00 Outdoor Playgroup (Cache Bay) *must register*	15 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	16 11:00 Picnic at Clear Lake* 2:00 - Zumba	17
19 10:00 - Let's get crafty 2:00 - Learning letters	20 10:00 - Snack Craft 2:00 - Healthy meals on a budget	21 10:00 Outdoor Playgroup (Cache Bay) *must register*	22 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	23 Monthly kits being delivered 2:00 - Zumba	24
26 10:00 - Let's get crafty 2:00 - Learning letters	27 10:00 - Snack Craft 2:00 - Healthy meals on a budget	28 10:00 Outdoor Playgroup (Cache Bay) *must register*	29 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	30 1:30 Just Chillin' Ice Cream* 2:00 - Zumba	31

Let's get crafty: Join us for an art filled morning! Each week, we will explore a different art medium and make a craft using different materials.

Learning letters: Join us for some alphabet fun! Every week, we will learn all about a letter in the alphabet.

Snack Craft: Join us as we create art using fruits and vegetables. You will learn about safe food handling, the proper use of kitchen tools and the benefits of healthy snacks!

Healthy meals on a budget: We will offer fun, easy and healthy meal options that are affordable.

Outdoor program: *BY REGISTRATION ONLY* We will meet at a predetermined outdoor location and offer a variety of activities and games for you and your children to engage in. All this while enjoying the outdoors and all that it has to offer!

Did you know? Join us as we explore a variety of information and facts on our everyday living.

Zumba: Perfect for young Zumba fans and their families. This program includes kid-friendly routines, energetic music and lots of fun!