



# Early ON Child and Family Centre

West Nipissing Main Site

131 Michaud Street

Sturgeon Falls, ON

(705) 753-5765

**August 2021**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>STAT</b>	3 10:00 - Snack Craft 2:00 - Healthy meals on a budget	4 10:00 Outdoor Playgroup (Cache Bay) *must register*	5 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	6 10:00 EarlyON Olympics (Northern)* 2:00 - Zumba	7
9 10:00 - Let's get crafty 2:00 - Learning letters	10 10:00 - Snack Craft 2:00 - Healthy meals on a budget	11 10:00 Outdoor Playgroup (Cache Bay) *must register*	12 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	13 10:00 Splash Pad Verner* 2:00 - Zumba	14
16 10:00 - Let's get crafty 2:00 - Learning letters	17 10:00 - Snack Craft 2:00 - Healthy meals on a budget	18 10:00 Outdoor Playgroup (Cache Bay) *must register*	19 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	20 Monthly kits being delivered 2:00 - Zumba	21
23 10:00 - Let's get crafty 2:00 - Learning letters	24 10:00 - Snack Craft 2:00 - Healthy meals on a budget	25 10:00 Outdoor Playgroup (Cache Bay) *must register*	26 10:00 Outdoor Playgroup (Verner)* 2:00 - Did you know?	27 11:00 Water Day / Pizza* 2:00 - Zumba	28
30 10:00 - Let's get crafty 2:00 - Learning letters	31 10:00 - Snack Craft 2:00 - Healthy meals on a budget	*Please register for all activities 705-753-5765*			<b>Follow us on Facebook</b>

**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!