



## July & August 2010 Programming

For a complete description of our programs please visit our website or  
call us at 474-0252

You can sign up to receive our monthly newsletter by visiting our website—[www.frc-crf.com/fredericton](http://www.frc-crf.com/fredericton). When  
in doubt about the schedule please refer to our calendar or call the Centre @ 474-0252.

### Welcome to summer!

It is hard to believe that we are here yet again! Time flies when you are having fun! And fun is what we have  
planned for the summer 2010!! Check out the July and August Calendars on pages two & three of the  
newsletter for programs and times!!

### O'Dell Park

Meet us @ O'Dell park July 13th for a picnic from 11:00 am -1:00 pm.  
\*please note, if it's raining will meet at the centre for an indoor picnic\*

### Summer Time Playgroup

This summer we will be offering a summer  
time playgroup. There will be free play,  
story time, crafts, games, activities and  
snack. Join us for a morning of FUN at the  
Centre.

### Adjusting to Parenting

This group provides new mom's the opportunity to dis-  
cuss issues that come with their new role - mom.  
Support through shared advice and experiences. Come  
share the joys and address the challenges of parenting  
together with other moms in your neighborhood.

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# July 2010

Mon	Tue	Wed	Thu	Fri
<p>When you see a phone beside a program, please call us to sign up for the program</p> 			<p>1</p>  <p>Happy Canada Day!! Centre is Closed</p>	<p>2</p> <p>Adjusting to Parenting 10:00 - 11:30</p>
<p>5</p> <p>Summer Camp 9:00-3:30</p>	<p>6</p> <p>Summer Camp 9:00-3:30</p>	<p>7</p> <p>Summer Camp 9:00-3:30</p>	<p>8</p> <p>Summer Camp 9:00-3:30</p>	<p>9</p> <p>Summer Camp 9:00-3:30</p> <p>Adjusting to Parenting 10:00 - 11:30</p>
<p>12</p> <p>No Programs</p>	<p>13</p> <p>Meet us @ O'Dell park for a picnic 11:00-1:00 *please note if it's raining will meet at the centre*</p>	<p>14</p> <p>Francophone playgroup 10:00-11:30</p>	<p>15</p> <p>Bi-Lingual Me You &amp; Music 10:00-11:00 @ Centre</p>	<p>16</p> <p>Adjusting to Parenting 10:00 - 11:30</p>
<p>19</p> <p>Summer Camp 9:00-3:30</p>	<p>20</p> <p>Summer Camp 9:00-3:30</p>	<p>21</p> <p>Summer Camp 9:00-3:30</p>	<p>22</p> <p>Summer Camp 9:00-3:30</p>	<p>23</p> <p>Summer Camp 9:00-3:30</p> <p>Adjusting to Parenting 10:00 - 11:30</p>
<p>26</p> <p>No Programs</p>	<p>27</p> <p>Summer time playgroup @ the centre 10:00-11:30</p>	<p>28</p> <p>Francophone playgroup 10:00-11:30</p>	<p>29</p> <p>Bi-Lingual Me You &amp; Music 10:00-11:00 @ Centre</p>	<p>30</p> <p>Adjusting to Parenting 10:00 - 11:30</p>

# August 2010

Mon	Tue	Wed	Thu	Fri
2  Happy New Brunswick Day!! Centre is Closed	3 Summer Camp 9:00-3:30	3 Summer Camp 9:00-3:30	4 Summer Camp 9:00-3:30	5 Summer Camp 9:00-3:30  Adjusting to Parenting 10:00 - 11:30
9 Summer Time Play-group 10:00-11:30	10 L'il Chef 10:00-11:00	11 No Programs	12 Bi-Lingual Me You & Music 10:00-11:00 @ Centre	13 Adjusting to Parenting 10:00 - 11:30
16 Summer Time Play-group 10:00-11:30	17 L'il Scientist 10:00-11:00	18 No Programs	19 Bi-Lingual Me You & Music 10:00-11:00 @ Centre	20 Adjusting to Parenting 10:00 - 11:30
23 Summer Camp 9:00-3:30	24 Summer Camp 9:00-3:30	25 Summer Camp 9:00-3:30	26 Summer Camp 9:00-3:30	27 Summer Camp 9:00-3:30  Adjusting to Parenting 10:00 - 11:30
29 No Programs	30 No Programs	31 No Programs	1 Bi-Lingual Me You & Music 10:00-11:00 @ Centre	When you see a phone beside a program, please call us to sign up for the program 