



**September &
October 2010**

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

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

Outreach Sites: Programs

Monday: Gagetown at the Gagetown Arena from 10-12noon

Tuesday: New Maryland at the New Maryland School from 10-11:30

Wednesday: Keswick Valley at the Keswick Valley Memorial School From 10-12noon

Thursday: Fredericton Junction at the Fredericton Junction Baptist Church from 10-12noon

Friday: Harvey at the Harvey Hospital (room 3A) from 10-11:30am

*For more information, please call Wendy @ 462-9820

Just Me & My Mom

This 10-session program is for moms with babies up to 1 year of age. Topics include: Baby games, baby massage, safety, language development, feeding your baby and more! If you are interested in this program, want more information or would like to sign up, please call the Wendy @ 462-9820. Spaces are limited so please be sure to call as soon as possible.

Tiny Tumblers

This program is a 4-week program for children ages 2-5 years old and their parent/caregiver. It's a physical activity-based program consisting of beanbag games, parachute fun, obstacle courses, action songs, trampoline jumping, preschool aerobics, creative movement and other various activities to keep young children active. Please call Melissa @ 462-9820 to sign up. Spaces limited.

Carla Hitchcock - Executive Director

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Wendy Riley—Outreach Coordinator

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Melissa Cyr - Program Coordinator

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506 449 5162












Kim MacFarlane - Afterschool Program

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506 449 5162

Fax: 506 474 0253

September 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> 		1 No programs	2 Bi-Lingual Me You & Music  10:00-11:00 @ Centre	3 Adjusting to Parenting 10:00 - 11:30
6 Labor Day Centre is closed 	7 Southside Playgroup Calvary Baptist Church 9:30-11:30 New Maryland Site 10:00 - 11:30	8 Francophone playgroup 9:30-11:30 Keswick Site 10:00 - 12:00	9 Bi-Lingual Me You & Music  10:00-11:00 @ Centre F'ton Junction Site 10:00 - 12:00	10 Adjusting to Parenting 10:00 - 11:30 Harvey Site 10:00 - 12:00
13 L'il Scientist 10:00-11:00 Gagetown Site 10:00 - 12:00	14 Southside Playgroup Calvary Baptist Church 9:30-11:30 New Maryland Site 10:00 - 11:30	15 Francophone playgroup 9:30-11:30 Keswick Site 10:00 - 12:00	16 Bi-Lingual Me You & Music  10:00-11:00 @ Centre F'ton Junction Site 10:00 - 12:00	17 Adjusting to Parenting 10:00 - 11:30 Harvey Site 10:00 - 12:00
20 L'il Chef 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30	21 Southside Playgroup Outing : Apple Picking  10:00-11:30 New Maryland Site 10:00 - 11:30	22 Francophone playgroup Outing : Apple Picking  10:00-11:30 Keswick Site 10:00 - 12:00	23 Bi-Lingual Me You & Music  10:00-11:00 @ Centre F'ton Junction Site 10:00 - 12:00	24 Adjusting to Parenting 10:00 - 11:30 Harvey Site 10:00 - 12:00
27 Tiny Tumblers  (Session 1) 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30	28  Parent Program : Active Parenting Session 1 9:30-11:30 Southside Playgroup Calvary Baptist Church 9:30-11:30 New Maryland Site 10:00 - 11:30	29 Francophone playgroup 9:30-11:30 Keswick Site 10:00 - 12:00	30 Bi-Lingual Me You & Music  10:00-11:00 @ Centre F'ton Junction Site 10:00 - 12:00	

October 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 Adjusting to Parenting 10:00 - 11:30</p> <p>Harvey Site 10:00 - 12:00</p>
<p>4 Tiny Tumblers (Session 2) 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p> 	<p>5 Parent Program : Active Parenting Session 1 9:30-11:30 Southside Playgroup Calvary Baptist Church 9:30-11:30</p> 	<p>6 Francophone playgroup 9:30-11:30</p> <p>Keswick Site 10:00 - 12:00</p>	<p>7 Drop-in 9:30-11:30</p>	<p>8 Adjusting to Parenting 10:00 - 11:30</p>
<p>11 Thanksgiving Cente is closed</p> 	<p>12 Parent Program : Active Parenting Session 2 9:30-11:30 Southside Playgroup Outing : Country Pumpkin</p> 	<p>13 Francophone playgroup Outing : Country Pumpkin 10:00-11:30</p>  <p>Keswick Site 10:00 - 12:00</p>	<p>14 Bi-Lingual Me You & Music Session 1 : 9:30-10:30 Session 2 : 10:30-11:30 @ Centre F'ton Junction Site 10:00 - 12:00</p> 	<p>15 Adjusting to Parenting 10:00 - 11:30</p> <p>Harvey Site 10:00 - 12:00</p>
<p>18 Tiny Tumblers (Session 3) 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p> 	<p>19 Parent Program : Active Parenting Session 3 9:30-11:30 Southside Playgroup Calvary Baptist Church 9:30-11:30</p> 	<p>20 Francophone playgroup 9:30-11:30</p> <p>Keswick Site 10:00 - 12:00</p>	<p>21 Bi-Lingual Me You & Music Session 1 : 9:30-10:30 Session 2 : 10:30-11:30 @ Centre F'ton Junction Site 10:00 - 12:00</p> 	<p>22 Adjusting to Parenting 10:00 - 11:30</p> <p>Harvey Site 10:00 - 12:00</p>
<p>25 Tiny Tumblers (Session 2) 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p> 	<p>26 Parent Program : Active Parenting Session 4 9:30-11:30 Southside Playgroup Calvary Baptist Church 9:30-11:30 New Maryland Site 10:00 - 11:30</p> 	<p>27 Francophone playgroup 9:30-11:30</p> <p>Keswick Site 10:00 - 12:00</p>	<p>28 Halloween Party 10:00-11:00 @ Centre F'ton Junction Site 10:00 - 12:00</p> 	<p>29 Adjusting to Parenting 10:00 - 11:30</p> <p>Harvey Site 10:00 - 12:00</p>