



FAMILY CENTRE ARGYLE  
 1990 Royal Crescent, London, Ontario N5Y 1N8  
 PHONE: 519-455-2791 FAX: 519-455-0185



## October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <b>M.A.P.P.</b> 9:30 to 12:00 <b>Infant Massage</b> 1:30 to 2:30 pm <b>Smart Start</b> 6:00 to 7:30pm	4 <b>TALK-IN Clinic</b> 2:00 to 6:00	5 <b>Breastfeeding Drop-in</b> 9:00 to 11:00 <b>Breastfeeding Peer Support</b> 12:00-1:00 <b>Baby Fun</b> 130 to 230	6 <b>La Ribambelle French Friday</b> 9:30-11:30 <b>Gentle Yoga for Toddlers</b> 10:00 to 11:00 <b>Just Beginning</b> 1:30 to 3:00 pm
9  <b>Centre Closed</b>	10 <b>M.A.P.P.</b> 9:30 to 12:00 <b>Singing Through the Years</b> 10:00 -11:00 <small>Dearness Home -710 Southdale Road East</small> <b>Infant Massage</b> 1:30 to 2:30 pm	11 <b>TALK-IN Clinic</b> 2:00 to 6:00	12 <b>Breastfeeding Drop-in</b> 9:00 to 11:00 <b>Breastfeeding Peer Support</b> 12:00-1:00 <b>Baby Fun</b> 130 to 230	13 <b>Gentle Yoga for Toddlers</b> 10:00 to 11:00 <b>Just Beginning</b> 1:30 to 3:00 pm
16 <b>Family Drop-in</b> 4:30 to 7:00pm <b>Evening Breastfeeding Peer Support</b> 6:30-7:30pm	17 <b>M.A.P.P.</b> 9:30 to 12:00 <b>Infant Massage</b> 1:30 to 2:30 pm <b>Smart Start</b> 6:00 to 7:30pm	18 <b>iCook- "Muffins &amp; Math"</b> 10:00 -11:30 <b>Healthy Harvests Cooking</b> 1:00 to 3:00 <b>TALK-IN Clinic</b> 2:00 to 6:00	19 <b>Breastfeeding Drop-in</b> 9:00 to 11:00 <b>Breastfeeding Peer Support</b> 12:00 to 1:00 <b>Baby Fun</b> 130 to 230	20 <b>Gentle Yoga for Toddlers</b> 10:00 to 11:00 <b>Just Beginning</b> 1:30 to 3:00 pm
23	24 <b>M.A.P.P.</b> 9:30 to 12:00 <b>Singing Through the Years</b> 10:00 -11:00 <small>Dearness Home -710 Southdale Road East</small> <b>Infant Massage</b> 1:30 to 2:30 pm <b>Smart Start</b> 6:00 to 7:30pm	25 <b>TALK-IN Clinic</b> 2:00 to 6:00	26 <b>Breastfeeding Drop-in</b> 9:00 to 11:00 <b>Breastfeeding Peer Support</b> 12:00-1:00 <b>Baby Fun</b> 130 to 230	27 <b>Drop Zone</b> 9:30 to 11:30 <b>Mom &amp; Baby Yoga</b> 10:00 to 11:00 <b>Just Beginning</b> 1:30 to 3:00 pm
30	31 <b>M.A.P.P.</b> 9:30 to 12:00 <b>Smart Start</b> 6:00 to 7:30pm	<b>Family Centre Argyle Hours</b> Monday 9:00 - 5:00pm Tuesday 9:00 - 5:00pm Wednesday 9:00 - 6:00pm Thursday 9:00 - 5:00pm Friday 9:00 -12:30pm		

## What's Happening...

### **Thanksgiving Closure- Monday, October 9**

The Family Centre and Siloam Community Play group will be closed for the holiday.

**iCook- "Muffins & Math"- Wednesday, October 18** Join us in the playroom for a morning of "Muffins and Math". Develop simple cooking and math skills while making tasty homemade muffins as a group. Recipes and tip sheets will be available to take home.

**Feature Food: Squash**

### **Drop Zone- Friday, October 27- 9:30 to 11:30 am**

Get in the Halloween spirit. School Age children (6+) are invited to drop in and decorate their very own small pumpkin with a wide assortment of creative supplies.

## **EARLY YEARS PROGRAMS**

**Drop In Playgroups**— An interactive play based program for children birth to 6 years of age and their parents and caregivers that runs daily.

### **OEYC Playroom Hours**

Monday	12:00 - 4:30pm
Tuesday	9:30 - 4:30pm
Wednesday	9:30 - 4:30pm
Thursday	9:30 - 4:30pm
Friday	9:30 -12:30pm



**Circle Time** Daily at 11:15am Circle time is a great way to help children with language, math and social development. Join us daily for songs, finger plays and stories.

**Baby Fun-** Learn simple songs, rhymes and finger-plays, while your baby enjoys a variety of age appropriate activities. Informal discussions on child development and parenting strategies discussed each week.

**Community Drop-in Playgroups 9:30-11:30**— Interactive play based programs for children, their parents and caregivers that are offered at various locations throughout the OEYC London-Fanshawe area.

<b>Monday</b>	Siloam United Church 1240 Fanshawe Park Rd.
<b>Tuesday</b>	Westminster Optimist Centre 650 Osgoode Dr.
<b>Wednesday</b>	Summerside Community Church 1447 Commissioners Rd. E
<b>Thursday</b>	Westminster Optimist Centre 650 Osgoode Dr.
<b>Friday</b>	Stronach Community Centre 1221 Sandford St.

**Singing Through the Years- An Intergenerational Music Celebration-** An interactive, drop-in music program for children 0-6 with their parents or caregivers and the senior residents of the Dearness Home. Held at 710 Southdale Road at Dearness Home.

## **SCHOOL AGE PROGRAMS**

### **"TALK-IN" CLINICS- by Craigwood Youth Services**

For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression and general well-being. Private and confidential. No charge.

**Family Drop-In** An interactive play based program with games, crafts and activities for older children that the whole family can enjoy.

**Drop Zone** A drop in program for parents/caregivers and their older children. Geared for children 6-12 years of age we will have a variety of crafts, games and activities that older children will enjoy.

## **PARENT PROGRAMS**

**M.A.P.P. - Mutual Aid Parenting Program-** A Drop-in program providing support for parents of children of all

ages. MAPP is a self help group where people with a shared concern, worry or experience come together. MAPP parents get help, give help and learn to help each other and themselves.

**Healthy Harvest- Veggies and Fruit Cooking Program**— A monthly, hands on workshop that will cover topics including: Food Safety, Reading Labels, Food & Your Mood, Cooking with Kids and more. Participants will also prepare simple, low cost recipes each month. Offered in partnership with Middlesex-London Health Unit. Register on line at [www.familycentreargyle.eventbrite.com](http://www.familycentreargyle.eventbrite.com)

## **REGISTERED WORKSHOP**

Register on line at [www.OEYCLondon.eventbrite.com](http://www.OEYCLondon.eventbrite.com)

**Infant Massage** Bring your non-crawling babies and practice the techniques and special touches of infant massage to build a special connection with your baby.

**Gentle Yoga for Toddlers** Toddler yoga provides an opportunity to exercise and have fun with your 18-24 month old child. This workshop promotes and develops strength, flexibility, balance and motor skills. Please wear comfortable clothing.

**Just Beginning** This is a 4 week program for first time moms with a baby 0-6 months of age developed in partnership with the Middlesex-London Health Unit. Bring baby to a relaxed and supportive setting, meet other new moms, ask questions and share the 'ups' and 'downs' of being a new mom. Talk about babies, how they grow, learn and play. Topics include growth and development, sleep and crying, infant nutrition, safety and community resources.

**Mom & Baby Yoga** This workshop provides an opportunity for you to regain strength and flexibility plus ease stress and anxiety. For moms and babies 0-6 months of age.

Family Centre Argyle  
your neighbourhood connection



**PLEASE REMEMBER...NO SCENTS MAKES GOOD SENSE!**



For more information on what's happening at Family Centre Argyle and in the Argyle neighbourhood, check out our **Family Centre Argyle** Facebook page.