



Family Centre Westminster

OCTOBER CALENDAR



Mondays 9:00 am to 7:30 pm	Tuesdays 9:00 am to 7:30 pm	Wednesdays 9:00 am to 6:00 pm	Thursdays 9:00 am to 8:30 pm	Fridays 9:00 am to 12:30 pm
<p>Early ON Playgroup (Early Years Drop In) 9:00 to 12:00 pm</p> <p>Collective Kitchen (Adult Registered) Childminding provided 9:30 am to 11:30 am <i>* Oct 1 and Oct 15 only</i></p> <p>ABC 123 En Français (Early Years Drop In) 2:00 to 4:00 pm</p> <p>Stir it Up (Ages 3 to 6 and a Caregiver) 5:30 to 7:00 pm <i>*starts October 15</i></p>	<p>Early ON Playgroup (Early Years Drop In) 9:30 to 11:30 am</p> <p>Seniors SMART Exercise (55+ Drop in) 10:30 to 11:30 am</p> <p>Storytime in Westminster (Early Years Drop In) 1:30 to 2:30 pm <i>*October 16 and 30 only</i></p> <p>iMatter Youth Group (Youth 13+) 5:30 to 7:15 pm</p>	<p>Early ON Playgroup (Early Years Drop In) 9:00 to 12:00 pm</p> <p>Women's Group (Adult Drop in) Childminding provided 9:30 to 11:30 am</p> <p><i>Good Food Box Information</i> 9:00 am to 12:00 pm</p> <p>Youth Guitar Program (Age 12-15 Registered) 4:00 to 5:30 pm</p>	<p>Early ON Playgroup (Early Years Drop in) 9:30 to 11:30 am</p> <p><i>PAIR Program</i> (Early Years and Caregivers) 9:30-1:30 pm <i>*October 4 and 18 only</i></p> <p>Seniors SMART Exercise (55+ Drop in) 10:30 to 11:30 am</p> <p>Parent and Child Cooking (Age 5-7 Registered) 6:00 to 7:00 pm</p> <p>Chefs in Training (Age 7-10 Registered) 7:00 to 8:00 pm</p>	<p>Early ON Playgroup (Early Years Drop in) 9:00 to 12:00 pm</p> <p>Knitting Club for Newcomers (Adult Registered) 10:00 to 11:00 am</p> <p>Sewing Art for Newcomers (Adult Registered) 11:00 am to 12:00 pm</p>
	<p>FRIGHT NIGHT! October 30th 5:00 to 8:00 pm Halloween Family Fun!</p>	<p>Good Food Box Orders Order Due: Oct 17th Pick Up: Oct 25th</p>		 <p>See Back for Full Program Descriptions and More Information!</p>

Like us on Facebook to find out more and for program changes and additional programs!



Family Centre Westminster

Programs and Services for All Ages



Early Years Playgroups

Early ON
Play-based drop in for parents/caregivers and their children 0-6 years.

Collective Kitchen

Families First
Come cook with others, enjoy a meal and take some home! Childminding provided. Call 519-649-1248 to let us know you're coming.

Storytime at Westminster

London Public Library
A biweekly early years program to enjoy reading, singing and a love of literacy!

Good Food Box Program

Glen Cairn Community Resource Centre and Families First CAPC
\$10.00 prepaid for fresh produce

ABC 123 En Français

La Ribambelle
Play and learn in our playroom, enjoy stories, songs, games and activities in French. All families welcome.

Westminster Women's Group

Families First
Drop in to chat about parenting and healthy living. Childminding and breakfast provided.

Knitting Club for Newcomers

SLNRC Settlement Services

Sewing Art for Newcomers

SLNRC Settlement Services
Create knitted or sewn projects while enjoying snacks and conversation!

PAIR Program

Parent and Infant Relationship
Vanier Children's Services
Receive support and referrals about your baby's emotional development or young child's behavior.

Parent and Child Cooking

City of London
Family friendly activity where you can learn some sweet and savory recipes to make at home together.
Ages 5-7 for 6 weeks. **\$59.**

Chefs in Training

City of London
Explore the kitchen with us Children learn healthy recipes.
Ages 7-10 for 6 weeks. **\$53.**

To Register for City of London Programs call 619-661-5575 or visit www.london.ca/playyourway. Subsidies are available.

iMatter Youth Group

NRAWP
Youth Ages 13+ can come hang out, cook and enjoy different activities each week.

Stir it Up *(waitlist only)*

Merrymount & Families First CAPC
Children 3-6 and their caregiver can register to cook healthy snacks and recipes and explore literacy activities.

Seniors SMART Exercise

VON
55+ can enjoy a fun group exercise class which will boost strength and cardiovascular health.

Youth Guitar Program

Investing in Children
Youth ages 12-15 can register for this free beginner guitar program and learn a new skill. All supplies provided.

Drop in, email or call our community connectors for assistance with finding the right programs or services for you and your family!

**Looking for current programs, referrals or childcare?
Support with subsidies available, if needed.**

Everyone is Welcome, Drop in and Come Visit Us!

**Want more information? Register for a program?
Need help with finding after school programming
or activities? Looking for some neighbourhood fun?**

Like us on Facebook! Family Centre Westminster

Subscribe to our E-Blast! Email or ask staff to subscribe

Phone: 519-649-1248

Email: familycentrewestminster@slnrc.ca