


### PLAY & LEARN

Monday <u>Lucan</u> 10:00 – 11:30 am	Tuesday <u>Komoka</u> 10:00 – 11:30 am	Wednesday		Thursday <u>Ilderton</u> 9:30 – 11:00 am	Friday <u>Thorndale</u> 10:00 – 11:00 am
<u>Ilderton</u> 9:30-11:00	<u>Dorchester</u> 10:00-11:30				
<b>CLOSED</b> 1	PHN in Komoka 2 Play & Learn	3 Play & Learn	3 PHN 10:00-11:00	4 Play & Learn	5 Play & Learn
8 Play & Learn <u>Cooking with Kids</u> "Snowman in a Jar"	9 Play & Learn <u>Cooking with Kids</u> "Snowman in a Jar"	10 Play & Learn <u>Cooking with Kids</u> "Snowman in a Jar"	10 *NEW* Play & Learn In Dorchester begins	11 Play & Learn <u>Cooking with Kids</u> "Snowman in a Jar"	12 Play & Learn <u>Cooking with Kids</u> "Snowman in a Jar"
15 Play & Learn Speaker – Vanier "Raising Healthy Children"	16 PHN in Komoka Play & Learn	17 Play & Learn	17 PHN Learn & Play <u>Cooking</u> "Snowman in a Jar"	18 Play & Learn	19 Play & Learn Speaker – Vanier "Raising Healthy Children"
22 Play & Learn <u>Super Simple Science</u> "Smelly Bottles"	23 Play & Learn <u>Super Simple Science</u> "Smelly Bottles"	24 Play & Learn <u>Science</u> "Smelly Bottles"	24 Play & Learn	25 Play & Learn <u>Super Simple Science</u> "Smelly Bottles"	26 Play & Learn <u>Super Simple Science</u> "Smelly Bottles"
29 Play & Learn	30 PHN in Komoka Play & Learn	31 Play & Learn	31 PHN Play & Learn <u>Science</u> "Smelly Bottles"		

### BABY TIME, MULTIPLE BIRTH & SPECIAL PROGRAMING

Monday- <u>Ilderton</u> Multiple Birth Family Play 10:00 – 11:30 am	Tuesday- <u>Ilderton</u> Baby Time 9:30—11:30 am	Wed.	Thursday- <u>Lucan</u> Baby Time 9:30—11:30 am	Fri	Sat.
<b>CLOSED</b> 1	2 Topic: "Gender Differences"	3	4 PHN in Lucan Topic: "Gender Differences"	5	6
8 Topic: "Sleep Routines"	9 PHN in Ilderton Topic: "Sleep Routines"	10	11 Topic: "Sleep Routines"	12	13
15 Topic: "Home Safety"	16 Topic: "Child Led Weaning"	17	18 PHN in Lucan Topic: "Child Led Weaning"	19	20
22 Topic: "Read To Me"	23 PHN in Ilderton Topic: "Crying and Comforting"	24	25 Topic: "Crying and Comforting"	26	27
29 Topic: "Immunizations"	30 Topic: "Speech & Your Child"	31			

# Services

## Weekly Drop-in Playgroup: "Play & Learn"

Drop in for playtime with your child; in our program geared to 0 -6 yr. olds. Our ECE staff provides a play environment of learning centres, creative and circle time.

**LUCAN: Monday - 10:00-11:30 am**

Lucan Public Library, 270 Main St., Lucan

**KOMOKA: Tuesday—10:00-11:30 am**

Komoka Library—Komoka Wellness Centre 1 Tunks Ln.

**ILDERTON: Wednesday & Thursday- 9:30-11:00 am**

Basement of Ilderton Library, 40 Heritage Dr. Ilderton

**THORNDALE: Friday - 10:00-11:00 am**

Thorndale Library, 21790 Fairview Rd., Thorndale

**DORCHESTER: Wednesday - 10:00-11:30am**

Dorchester Library, 2123 Dorchester Rd., Dorchester

## "Baby Time"

Parents/caregivers and children are welcome to attend "Baby Time" every Tuesday in Ilderton and Thursday in Lucan, 9:30 - 11:30. The program is geared to babies 0 - 12 months and siblings are welcome to attend. Meet other parents and share in parenting topics, brain games, singing and circle time with your children.

### Discussion Topics:

<u>Ilderton:</u>	<u>Lucan:</u>	<u>Topic:</u>
Jan. 2	Jan. 4	Gender Differences
Jan. 9	Jan. 11	Sleep Routines
Jan. 16	Jan. 18	Child Led Wearing
Jan. 23	Jan. 25	Crying Comforting
Jan. 30		Speech & Your Child



## "Infant Growth/Development & Breastfeeding Drop In"

Program runs during Baby Time on specified weeks. A Public Health Nurse is available to speak to parents and provide breastfeeding assistance and support.

**9:30 - 11:30 am**

**Alternating Tuesdays in Ilderton & Thursdays in Lucan**

## Perth Middlesex Satellite

40 Heritage Dr. Ilderton  
(Basement of Ilderton Library)

**Office Hours: Tuesdays & Thursdays**  
9:00 am - 4:00 pm

**Phone 519-666-3227**

For our most up to date calendar please visit our website at  
[www.pcfk.on.ca](http://www.pcfk.on.ca)

Program Cancellations due to inclement weather will be posted on our Facebook page and at [www.pcfk.on.ca](http://www.pcfk.on.ca)

## --- January Programming ---

### "Kidshop: Cooking with Kids"

A variety of special activities and experiences for children (aged 18 months to six years) to enjoy.

This program is held during our regular "Play and Learn". **Pre-registration is required, at the playgroup or by calling 519-666-3227**

### This month: "Snowman in a Jar"

**LUCAN: Jan. 8**

**KOMOKA: Jan. 9**

**ILDERTON: Jan. 10 & 11**

**THORNDALE: Jan. 12**

**DORCHESTER: Jan. 17**

*Warning: Products may contain nuts!*



### "Kidshop: Super Simple Science"

This program lets your child aged 3-6 years' experience the wonder of Science. They will develop new skills and learn hands on, about the world around them. **Pre-registration is required.**

### This month: "Smelly Bottles"

**LUCAN: Jan. 22**

**KOMOKA: Jan. 23**

**ILDERTON: Jan. 24 & 25**

**THORNDALE: Jan. 26**

**DORCHESTER: Jan. 31**



### Coming Events...January

- ❖ Christmas Holidays- Jan, 1, 2018
- ❖ Family Literacy Day- Jan, 29, 2018
- ❖ "Raising Socially/Emotionally Healthy Children" -Vanier Children's Services - Jan. 15 & Jan 19

### Coming Events...February

- ❖ Parenting Workshop - "Sharing" - PHN
- ❖ FFD Tobogganing Party - TBA
- ❖ Family Day "Power Off and Play"- Feb. 19
- ❖ Car Seat Clinic -

### Coming Events...March

- ❖ "How is my Child Doing" - Child Development - Nipissing Screens

**EarlyON Child and Family Centre**--is the new name of the former Ontario Early Years Centres. Watch for our new Logo. We have been asked to deliver the Play n' Learn program in Dorchester on Wednesday mornings 10-11:30am at the Library, beginning Jan 10, 2018.

A warm welcome to the

**"Dorchester and Area Families".**

