

# JANUARY 2023

MON	TUE	WED	THU	FRI	SAT	SUN
2	3 10-11AM: Drop In Play	4	5 10-11AM: Drop In Play	6	7	8
9 10-10:45AM: Move and Groove	10 10-11AM: Drop In Play	11 10-10:30AM: Story Time	12 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	13	14	15
16 10-10:45AM: Move and Groove	17 10-11AM: Drop In Play	18 10-10:30AM: Story Time	19 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	20	21	22
23 10-10:45AM: Move and Groove	24 10-11AM: Drop In Play	25 10-10:30AM: Story Time	26 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	27	28	29
30 10-10:45AM: Move and Groove			Notes: This is the start of our Winter calendar with big changes to programming to beat winter blues.			

# Program Descriptions:

## Programming to do WITH your children:

### **Drop In Play:**

Tuesdays and Thursday mornings. Ages 0-6 with caregiver. This program is for parents and children to come spend time together in our play space. Drop In - no registration needed.

### **Story Time:**

Wednesday mornings. Ages 0-6 with caregiver. A short program with stories, songs and dramatic play. Drop-in - no registration needed.

### **Move and Groove:**

Monday mornings. Ages 0-6 with caregiver. A short program with lots of active games and play. Drop-in - no registration needed.

## Programming to do for YOU:

**Self-Care:** Thursday evenings drop-in. For moms to come together and practice self-care strategies in a fun supportive way. Childminding provided during this time.

## Programming with a mix of BOTH:

### **Baby Love:**

Wednesday afternoons. For caregivers and babies 14 months and under. A 7 week parenting program that supports learning about our babies, connection and security between caregiver and babies. Register in advance.

### **EarlyON Infant Massage with Tara:**

Tuesday afternoons. For caregivers and babies 12 months and under. Building a strong attachment with your infant is one of the building blocks to social development. This program is a great way to build this attachment while learning techniques for stimulating, relaxing, and providing relief for your infant. Register in advance.

# FEBRUARY 2023

MON	TUE	WED	THU	FRI	SAT	SUN
		<b>1</b> 10-10:30AM: Story Time	<b>2</b> 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> 10-10:45AM: Tots Cooking	<b>7</b> 10-11AM: Drop In Play  1:30-3PM: Infant Massage	<b>8</b> 10-10:30AM: Story Time	<b>9</b> 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b> 10-10:45AM: Tots Cooking	<b>14</b> 10-11AM: Drop In Play  1:30-3PM: Infant Massage	<b>15</b> 10-10:30AM: Story Time  1-3PM: Baby Love	<b>16</b> 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> 10-10:45AM: Tots Cooking	<b>21</b> 10-11AM: Drop In Play  1:30-3PM: Infant Massage	<b>22</b> 10-10:30AM: Story Time  1-3PM: Baby Love	<b>23</b> 10-11AM: Drop In Play  4:30-5:30PM: Self Care Group	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> 10-10:45AM: Tots Cooking	<b>28</b> 10-11AM: Drop In Play  1:30-3PM: Infant Massage		<b>Notes:</b> Baby Love and Infant Massage starts this month! Remember to register in advance.			

# Program Descriptions:

## Programming to do WITH your children:

### **Drop In Play:**

Tuesdays and Thursday mornings. Ages 0-6 with caregiver. This program is for parents and children to come spend time together in our play space. Drop In - no registration needed.

### **Story Time:**

Wednesday mornings. Ages 0-6 with caregiver. A short program with stories, songs and dramatic play. Drop-in - no registration needed.

### **Tots Cooking:**

Monday mornings. Ages 0-4 with caregiver. This program gives little ones the opportunity to explore and strengthen skills around cooking. Register in advance.

## Programming to do for YOU:

**Self-Care:** Thursday evenings drop-in. For moms to come together and practice self-care strategies in a fun supportive way. Childminding provided during this time.

## Programming with a mix of BOTH:

### **Baby Love:**

Wednesday afternoons. For caregivers and babies 14 months and under. A 7 week parenting program that supports learning about our babies, connection and security between caregiver and babies. Register in advance.

### **EarlyON Infant Massage with Tara:**

Tuesday afternoons. For caregivers and babies 12 months and under. Building a strong attachment with your infant is one of the building blocks to social development. This program is a great way to build this attachment while learning techniques for stimulating, relaxing, and providing relief for your infant. Register in advance.

# MARCH 2023

MON	TUE	WED	THU	FRI	SAT	SUN
		<b>1</b> 10-10:30AM: Story Time 1-3PM: Baby Love	<b>2</b> 10-11AM: Drop In Play 4:30-5:30PM: Self Care Group	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> 10-10:45AM: Arts and Crafts	<b>7</b> 10-11AM: Drop In Play 1:30-3PM: Infant Massage	<b>8</b> 10-10:30AM: Story Time 1-3PM: Baby Love	<b>9</b> 10-11AM: Drop In Play 4:30-5:30PM: Self Care Group	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b> 10-10:45AM: Art and Crafts	<b>14</b> 10-11AM: Drop In Play	<b>15</b> 10-10:30AM: Story Time 1-3PM: Baby Love	<b>16</b> 10-11AM: Drop In Play 4:30-5:30PM: Self Care Group	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> 10-10:45AM: Arts and Crafts	<b>21</b> 10-11AM: Drop In Play	<b>22</b> 10-10:30AM: Story Time 1-3PM: Baby Love	<b>23</b> 10-11AM: Drop In Play 4:30-5:30PM: Self Care Group	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> 10-10:45AM: Arts and Crafts	<b>28</b> 10-11AM: Drop In Play	<b>29</b> 1-3PM: Baby Love Last Session	<b>30</b>			

# Program Descriptions:

## Programming to do WITH your children:

### **Drop In Play:**

Tuesdays and Thursday mornings. Ages 0-6 with caregiver. This program is for parents and children to come spend time together in our play space. Drop In - no registration needed.

### **Story Time:**

Wednesday mornings. Ages 0-6 with caregiver. A short program with stories, songs and dramatic play. Drop-in - no registration needed.

### **Arts and Crafts:**

Monday mornings. Ages 0-6 with caregiver. This program gives little ones the opportunity to explore and strengthen skills arts and crafts. Painting, cutting, gluing and more. Drop in - no registration needed.

## Programming to do for YOU:

**Self-Care:** Thursday evenings drop-in. For moms to come together and practice self-care strategies in a fun supportive way. Childminding provided during this time.

## Programming with a mix of BOTH:

### **Baby Love:**

Wednesday afternoons. For caregivers and babies 14 months and under. A 7 week parenting program that supports learning about our babies, connection and security between caregiver and babies. Register in advance.

### **EarlyON Infant Massage with Tara:**

Tuesday afternoons. For caregivers and babies 12 months and under. Building a strong attachment with your infant is one of the building blocks to social development. This program is a great way to build this attachment while learning techniques for stimulating, relaxing, and providing relief for your infant. Register in advance.