



Burnside Gorge Community Association
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▶ October 2020 Family Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Registered Active Play Time Monday October 5,19,26 2020 9:30-11-30 AM In Activity Centre. * Registered Program limit of 14 individuals * FB Live Story time TBA</p>				1 Community Dinner Take-out 5:00-5:45pm	2	3
4	5 Play Time in the Activity Centre 9:30-11-30 am *Registered Program FB Live Storytime TBA	6 No Program	7 No Program	8 Thanksgiving Day Dinner Take-out *Registered Program* 5:00-6:00pm	9	10
11	12 Family centre Closed Thanksgiving Day	13 Love-2-Learn 9:30-11:30am Family Centre *Registered Program* Limit of 10 individuals	14 Healthy Together 10:00-11:00am On Zoom *Registered Program*	15 Community Dinner Take-out 5:00-5:45pm *Registered Program*	16	17
18	19 Play Time in the Activity Centre 9:30-11-30 am *Registered Program FB Live Storytime TBA	20 Love-2-Learn 9:30-11:30am Family Centre *Registered Program* Limit of 10 individuals	21 Galey Farms Field Trip Time TBA *Registration required* Contact Theresa	22 Community Dinner Take-out 5:00-5:45pm *Registered Program*	23	24
25	26 Play Time in the Activity Centre 9:30-11-30 am *Registered Program FB Live Storytime TBA	27 Love-2-Learn 9:30-11:30am Family Centre *Registered Program* Limit of 10 individuals	28 Healthy Together 10:00-11:00am On Zoom *Registered Program*	29 Community Dinner Take-out 5:00-5:45pm *Registered Program*	30	31

Healthy Together Virtual
 Join me for a virtual group session on zoom. Materials will be supplied weekly.
 September 14,28. 2020
 10-11 am
 * Registered Program *

Community Dinner Take Out
 Families are invited to register for a Healthy dinner to take out and enjoy October 1,8,15,22,29. 2020
 You will be given a time for pick up between 5– 6 pm.
 *Registration Required by Tuesday 4pm

Family Centre Program Descriptions

Active Play (ages 0-5)

goal to achieve during the week and explore it during the following group. Sessions will be held in the Family centre.

Monday Oct 5 – Nov 24 9:30-11:30am

Love 2 Learn (ages 0-5)

Centred on fun, engaging, play-based learning Love 2 Learn focuses on making early learning activities transferable to the home environment.

Weekly sessions will involve a story and share time as well as an activity kit to make and take home. At the end of each session families will set a goal to achieve during the week and explore it during the following group. Sessions will be held in the Family centre.

Tuesdays Oct 13 – Nov 24 9:30-11:30am

Healthy Together (via Zoom)

This innovative and unique family education program brings families together to learn to make healthy choices and build healthy relationships. The sessions will involve group discussions to share ideas around choices to support physical and emotional health as well as how to make an easy, healthy meal each week. Participants will receive educational materials as well as the food items needed to make the weekly meal together. Families will also practice setting achievable healthy goals each session to be shared and reflected on the following week.

Wednesdays Oct 14 – Nov 25 10:00-11:00am