

# Interactions



WALKER FAMILY YMCA  
CENTRE  
25 YMCA Drive  
905-934-9622 ex 265

Monday and Wednesday  
9am - noon  
1 - 4pm  
Tuesday and Thursday  
9am - 8pm  
Friday  
9am - noon  
Saturday  
9am - 1pm

BUNTING ROAD CENTRE  
234 Bunting Road  
905-980-6000 ex 6211

Monday to Friday  
9am - noon  
Monday to Thursday  
1 - 4pm

GRANTHAM CENTRE  
469 Grantham Avenue  
905-937-7007

Monday to Thursday  
9am - 1pm  
Friday  
9am - noon

THOROLD CENTRE  
15 Pine Street South  
905-227-9783

Monday to Thursday  
9am - 1pm  
Friday  
9am - noon

For further information  
or for Administration  
please call: 905-938-9392

## Summer Fun at the EarlyON!

**June registration will begin Monday, June 3  
at 9am.**

Registration will begin on the first business day of each month and will be taken **Monday to Friday from 9am - 4pm.**

If you do not speak to someone when you call, please leave a message and someone will get back to you by the end of the day or by the following morning. Please remember to leave your name, number and what workshop you would like to register for. If it is an adult workshop that is offering child care, please leave your child's name and age. Messages will be returned in the order they are received.

**To sign-up for all programs  
please call 905-938-9392  
Monday to Friday (excluding Holidays)  
Between 9am – 4pm only**

To be fair to all participants, only messages left between these hours will be accepted.

Reminder calls are made to families participating in scheduled workshops.

Our Infant Workshops are quite popular and in order to serve more participants, we ask that you choose only one infant workshop each month. Please register for as many adult workshops, field trips and special events as you'd like!

**If you are unable to attend a workshop, please call the centre where the workshop is being held.**



<b>Adult Opportunities</b> (All of the following require registration)			
<b>Adult Workshop</b>	<b>Date &amp; Time</b>	<b>Location</b>	<b>Description</b>
Mindfulness for You and Your Child	Thursday, June 6 9:30-10:30am	Thorold Centre 15 Pine Street South Thorold	Mindfulness is being in the "present." Not thinking/worrying about yesterday or tomorrow. Join this conversation this morning and take home new strategies to help manage your families' daily stressors. Limited childcare available.
Dumping, Throwing and Lining Things Up!	Thursday, June 6 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Join Sue to learn more about a variety of common behaviours displayed by your toddler and the significance /purpose behind them. Limited childcare available.
Mealtime "Mayhem" Tips to Get Your Child to Eat.	Tuesday, June 11 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	Toddlers can be notoriously picky eaters which can leave you tearing your hair out at mealtimes. Join us as we share lots of no-nag ways to outsmart your picky eater. Limited childcare available.
Never too Young Early Literacy and Wellbeing	Monday, June 17 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	Reading and writing (emergent literacy) development begins in the early years of a child's life. April Shaw, Literacy Consultant, will share activities and books that can support emotional development and emergent literacy skills for your child. Limited childcare available.
Kids Have Stress, Too	Wednesday, June 19 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Today's session will not only help you identify signs of stress in your child, it will also give you positive strategies to help your child deal with the stress he/she may be experiencing. Limited childcare available.
Niagara Staycations	Tuesday, June 25 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Not traveling this summer? Why not explore all the fun things Niagara has to offer? Join us for an informal discussion of what you and your children can do inexpensively or free, right in "your own backyard."

## JUNE CLOSURES

Our Grantham Centre will be closed on Monday, June 3

Our Thorold Centre will be closed the week of Monday, June 24 to Friday, June 28

All Centres will be closed on July 1 in Celebration of Canada Day!



<b>Infants and Parent/Caregiver Interactions</b> <b>Children aged 0 - 12 months</b> <b>(All of the following workshops require registration. Please choose one)</b>			
<b>Infant Workshop</b>	<b>Date &amp; Time</b>	<b>Location</b>	<b>Description</b>
Sing a Song of Sixpence	Wednesday, June 5 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Your baby loves to have your undivided attention. Come and learn some old school rhymes to engage and stimulate your little ones.
The Key to Getting ZZZ's INFANT	Wednesday June 12 10-11am	Thorold Centre 15 Pine Street South Thorold	Public Health will offer ideas to help baby settle into a routine so that the whole family can achieve a more restful sleep. <b>Registration is on-line at the Niagara Region Public Health Website.</b>
Infant Massage	Thursday, June 13, 20, 27 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Participants in this 3 week program will learn the correct techniques to provide a soothing massage for their baby, aged <b>birth-precrawling.</b>
Books, Babies and Bubbles	Tuesday, June 18 10-11am	Thorold Centre 15 Pine Street South Thorold	A fun combination! Babies love hearing and handling books and the colours never fail to catch their attention. Add bubbles and just watch as your little one's face lights up!
Finger Painting with Babies	Friday, June 28 9:30-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Painting with young children not only helps their creative development but it also stimulates their brain.

### **Gym Time at the Walker Family YMCA Centre**

Monday, June 3, 10, 17, 24  
Friday, June 7, 14, 21, 28  
11:15 - 11:45am

#### **JUNE 28 LAST GYM DAY FOR THE SUMMER!**

Gym time encourages you to get active with your children. Children will enhance their co-ordination, balance and gross motor skills.

**Please wear clean indoor athletic shoes.  
Please enjoy food and beverages in the café.**

### **Recreational Swimming at the Walker Family YMCA Centre**

Tuesday, June 4 - 1-2pm  
Tuesday, June 11 - 1-2  
Monday, June 17 - 10:15-11:15am  
Monday, June 24 - 10:15 - 11:15am

#### **JUNE 24 LAST SWIM DAY FOR THE SUMMER**

YMCA Canada encourages that all children are a minimum of six months of age to participate. One adult per child is required for water activities. If your child is not fully toilet trained they must wear swim diapers or plastic pants.

**Registration is not required. Please sign in at the centre and pick up a swim pass**

## Changes to the Well Baby Clinic and Parenting Drop-In

**Now Monday Afternoons in the Resource Room at the Walker Family YMCA from 1-3:30pm.**

The Well Baby Clinic and Parenting Drop-in is a FREE service available to parents and families of children from birth to 12 months. These clinics will run once per week and a Public Health Nurse will be available to help families weigh their infant and answer questions about healthy growth and development, nutrition or breastfeeding concerns, and other issues parents face following the birth of their child.

### Rainy Weather

In the event of rainy weather, we ask that you bring an extra pair of dry shoes or slippers (with grips on the bottom) for you and your child to wear in the centres.

**Footwear is required in all centres.**

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### Resource Consultants

Resource consultants will visit our sites monthly to support our EarlyON Child and Family Centres program staff with developmental screenings, support families with the referral process for further developmental and/or diagnostic follow-up and suggest play-based goals for any child in attendance. The first 5 years are the most important years of a child's life as it lays the foundation upon which future learning is built.

Visit our centres on the following dates to meet with our consultants and ask questions.

**Thorold Centre: Wednesday, June 5, 10am**  
**Walker Family YMCA Centre: Wednesday, June 12, 10am**  
**Bunting Road Centre: Tuesday, June 18, 10am**  
**Grantham Centre: Tuesday, June 18, 10am**



**Nurturing Children's Creativity**  
**Children and Parent/Caregiver Interactions**  
**Children of all ages**  
**(The following workshops do not require registration)**

These activities are now available at the centres on a **drop in basis, as supplies are available.**  
 It is important to us to continue to offer you a welcoming environment which provides activities and materials allowing you and your child to engage in meaningful exploration and inquiry.

***“Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment” -Maria Montessori***

Child Workshop	Date & Time	Location	Description
Child Made Birdfeeder	Monday, June 3 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Turn your backyard into a nature preserve! Birds will flock to this homemade bird feeder.
Fairy Garden	Tuesday, June 4 9am While supplies last!	Thorold Centre 15 Pine Street South Thorold	Each child will put together the ingredients of their choice to create the perfect spot for a fairy to live in your garden! Add food and water daily.
Under the Sea Sponge Painting	Monday, June 10 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Haven't made it to the beach yet? Don't worry! Enjoy the sights of your very own "under the sea" painting.
Fathers Day Card/Gift	Tuesday, June 11 9am While supplies last!	Bunting Road Centre 234 Bunting Road St.Catharines	Drop by to make a cute and tasty gift for that special fellow in your life!
Gift for Dad	Thursday, June 13 9:30-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Show Dad how much you love and appreciate him with a one of a kind home made craft.
Special Card for Dads	Thursday, June 13 9am While supplies last!	Thorold Centre 15 Pine Street South Thorold	We know Dads are pretty special! Little ones can make a card this morning to present to Dad on his special day.
You ROCK!	Saturday, June 15 9am-12pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Paint a rock for that special guy in your life. It can be added to your garden or as a decoration for your house.
Styrofoam Print Making	Tuesday, June 24 All morning!	Bunting Road Centre 234 Bunting Road St.Catharines	Join us for some unique reverse painting using styrofoam...come check it out!



Field Trips/Special Events			
Field Trip	Date & Time	Location	Description
Saturdays at the Playground	Saturday, June 8, 15, 22, 29 11am-12pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Every Saturday in June we'll enjoy an hour of outdoor time using childcare's natural outdoor play space. Please sign in at the centre and wait for a staff member to join you.
Temps de la Chanson	Saturday, June 8 10am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Join Mariesa for songs and stories in French at Circle Time this morning. Tous sont les bienvenus!
Let's All Go To The Dairy Queen!!	Tuesday, June 11 9:30-10:30am	41 Merritt Street Thorold	This trip to the DQ will take us behind the counter to see how all those treats are made! <b>REGISTRATION REQUIRED!</b>
StoryWalk in the Park	Wednesday, June 19 10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Join us this morning for StoryWalk in the park beside the centre.
St. John's Conservation Area	Monday, June 27 9:30am	3101 Barron Road Fonthill, ON L0S 1E6	Meet Sue to enjoy a walk around this large pond while exploring, collecting and discovering things found in the wonderful outdoors! <b>REGISTRATION REQUIRED!</b>
Red and White Day	Friday, June 28 All Day	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Dress in shades of RED and WHITE to celebrate and honour Canada Day!

## TRY IT TUESDAY AT WALKER!

Every Tuesday morning for the month of June, we will have different fruits and veggies feature for you and your little one to sample. Our goal is to encourage trying new and different healthy foods.

Take home Canada's new Food Guide, recipes to try and other healthy-eating resources. No need to register, simply come in to the WFYC and mention you'd like to TRY IT TUESDAY!

**Tuesdays at the WFYC, June 4, 11, 18, 25 from 9-11:30am**



# EarlyON Interactions June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 CC: Kid Made Bird Feeder 9am WFYC Gym Time 11:15am WFYC GRANTHAM CENTRE CLOSED</p>	<p>4 Try it Tuesday 9am WFYC CC: Fairy Garden 9am TC Recreational Swimming 1pm WFYC</p>	<p>5 ICI: Books and Babies 10am WFYC Resource Consultant 10am ICI: Sing a Song of Sixpence 1:30pm BRC</p>	<p>6 AO: Mindfulness 9:30am TC AO: Dumping, Throwing and Lining Things Up 1:30pm BRC</p>	<p>7 Gym Time 11:15am WFYC</p>	<p>8 SE: Temps de la Chanson 10am WFYC SE: Playground 11am WFYC</p>
<p>10 CC: Sponge Painting 9am WFYC Gym Time 11:15am WFYC</p>	<p>11 Try it Tuesday 9am WFYC CC: Fathers Day Gift 9am BRC FT: Dairy Queen 9:30am Merritt Street AO: Mealtime Mayhem 10am GC Recreational Swimming 1pm WFYC</p>	<p>12 Resource Consultant 10am WFYC ICI: Key to Zzz's 10am TC</p>	<p>13 CC: Special Card for Dad 9am TC CC: Gift For Dad 9:30am GC ICI: Infant Massage 10am WFYC</p>	<p>14 Gym Time 11:15am WFYC</p>	<p>15 CC: You ROCK 9am WFYC SE: Playground 11am WFYC</p>
<p>17 AO: Never Too Young Literacy 10am GC Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC</p>	<p>18 Try it Tuesday 9am WFYC ICI: Books, Babies and Bubbles 10am TC Resource Consultant 10am BRC Resource Consultant 10am GC</p>	<p>19 AO: Kids Have Stress, Too 10am WFYC SE: Story Walk in the Park 10:30am GC</p>	<p>20 ICI: Infant Massage 10am WFYC</p>	<p>21 Gym Time 11:15am WFYC</p>	<p>22 SE: Playground 11am WFYC</p>
<p>24 Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC THOROLD CENTRE CLOSED</p>	<p>25 Try it Tuesday 9am WFYC CC: Styrofoam Print 9am BRC AO: Niagara Staycations 10am WFYC Try it Tuesday 9am WFYC THOROLD CENTRE CLOSED</p>	<p>26 THOROLD CENTRE CLOSED</p>	<p>27 FT: St. John's Conservation Area 9:30am ICI: Infant Massage 10am WFYC THOROLD CENTRE CLOSED</p>	<p>28 SE: Red and White Day WFYC ICI: Finger Painting 9:30am GC Gym Time 11:15am WFYC THOROLD CENTRE CLOSED</p>	<p>29 SE: Playground 11am WFYC</p>
<p>30 JULY 1 ALL CENTRES CLOSED HAPPY CANADA DAY!</p>					

**Workshop Legend:**  
**AO:** Adult Opportunities  
**ICI:** Infant and Parent/ Caregiver Interactions  
**CC:** Children's Creativity  
**SE:** Special Event  
**FT:** Field Trip