

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

September is Here!

September registration will begin Tuesday, September 3
at 9am.

**All Centres Will Be Closed on Monday, September 2, for
Labor Day!**

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

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

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, as well as your
child/childrens names and ages. If it is an adult workshop that is offering
child care, please leave your child/childrens names and ages as well.
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**

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.**





Does your child need an eye exam?

Each year, thousands of children start school without ever having had an eye exam. Parents often believe that their child will let them know that they cannot see well, but children are rarely able to tell that they have poor vision because they have nothing to compare it to. That's why we recommend that all children have their first eye exam at 6 months old, again at 2-3 years old, and every year after that. In Ontario, yearly eye exams for children are covered by OHIP until they turn 20 years old.

The Eye See...Eye Learn® program is available to children born in 2015 that will start junior kindergarten in September. This ESEL program runs between July 1, 2019 through to June 30, 2020.

If required, Eye See...Eye Learn® will provide one pair of glasses courtesy of our participating optometrists and corporate partners Plastic Plus and Modern Optical Canada. The frames are fashionable and are made with high quality and impact resistant polycarbonate lenses. The estimated value of the glasses is over \$250.

How to Participate

Annual comprehensive eye exams are covered by OHIP (health card) until the age of 20.

Find a participating optometrist near you and book your child's Eye See...Eye Learn® eye exam. Participating doctors will have Eye See...Eye Learn doctor designation next to their name. For more information go to www.EyeSeeEyeLearn.ca



Adult Opportunities (All of the following require registration)			
Adult Workshop	Date & Time	Location	Description
Food for Thought	Thursday, September 5 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Transitioning to solids can be a challenging time for parents. Join Kristin for a discussion about establishing a healthy and positive approach towards food and eating. Limited childcare is available.
Purposeful Play	Thursday, September 12 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Young toddlers often display repetitive actions within their play environment. Join Sue to get a clearer understanding of the natural urges your child may display and the purpose behind it. Limited childcare is available.
The Importance of Limiting Screen Time	Tuesday, September 17 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Emergent Literacy Consultant, April Shaw, will be here to discuss appropriate screen time usage for children. Each family will receive a FREE book at the end of the session. Limited childcare is available.
What's The Big Idea About Loose Parts?	Wednesday, September 18 10-11am	Thorold Centre 15 Pine Street South Thorold	What exactly is a loose part?...and why is encouraging loose-part-play-time beneficial for your child? Drop in and see our sample loose part collections and speak with a facilitator about the associated theories.
Mindfulness Activities for Children and their Families	Thursday, September 19 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	Join us today as we explore the topic of mindfulness! Come learn (and practice) some fun and simple mindful exercises that you can incorporate into your family's daily routine. Limited childcare is available.
Wine Cork Pumpkin	Tuesday, October 1 6:15-7:15pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Upcycle wine corks into a cute, seasonal craft for Fall. No childcare available.

Special Events and Field Trips! (Registration is required)			
Adult Workshop	Date & Time	Location	Description
The NOTL Ukesters are back!	Friday, September 13 10:30-11:15am	Thorold Centre 15 Pine Street South Thorold	Our Ukelele playing friends will grace us with a command performance this morning in our upstairs gym.
Wee Wiggles-Buds with Grantham Centre	Tuesday, September 17 9:30-10:15am	Bethany Community Church 1388 Third Street St. Catharines	Get ready to explore music and fitness with your toddler (18months - 3 years) . Please bring a yoga mat and runners!
Drum Circle	Tuesday, September 24 10am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Chi Miigwetch from Niagara Regional Native Centre will present a traditional, interactive Native drum circle. Please join us!
April Shaw Emergent Literacy Consultant (NCC)	Thursday, September 26 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Get some awesome ideas and activities to set a solid foundation for your child's future learning.

Infants and Parent/Caregiver Interactions Children aged 0 - 12 months (All of the following workshops require registration. Please choose one)			
Infant Workshop	Date & Time	Location	Description
Sensory Activities	Wednesday, September 11 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	Join us for a morning of sensory fun as your infant explores, investigates and inquires using all of their senses. Prepare to get messy! (Infants 6-12 months)
Music and Babies	Friday, September 12 10-11am	Thorold Centre 15 Pine Street South Thorold	It's a fact that babies love music. They have been grooving to the sound of moms heart beat since day 1. Come and learn some baby songs and share tips to include music in your day. (Infants 12 months and under)
Baby and Me: Singing and Signing Together	Thursdays, September 12, 19, 26 and October 3 1:30-2:30pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	This 4-week program is designed to teach the beginning signs to familiar children's songs. Signing is a great addition to baby's verbal communication skills. (Babies 3-9 months)
Infant Massage	Tuesdays, September 17, 24 and October 1 and 8 1:15-2:15pm	Bunting Road Centre 234 Bunting Road St.Catharines	The benefits are many for both baby and you. You and your infant will connect through touch and rely on eye contact and body language to help strengthen your bond. (Birth to pre-crawling)

Gym Time at the Walker Family YMCA Centre

Mondays, September 9, 16, 23, 30
Fridays, September 13, 20, 27
11:15 - 11:45am

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, September 10 - 1-2pm
Monday, September 16 - 10:15-11:15am
Tuesday, September 24 - 1-2pm
Monday, September 30 - 10:15-11:15am

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

Well Baby Clinic and Parenting Drop-In

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.

SEPTEMBER CLOSURES

ALL CENTRES WILL BE CLOSED ON MONDAY, SEPTEMBER 2 FOR LABOUR DAY!

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: Tuesday, September 17, 10am
Walker Family Y Centre: Wednesday, September 18, 10am
Grantham Centre: Tuesday, September 24, 10am
Bunting Road Centre: Tuesday, September 24, 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
Up Cycled CD Art	Thursday, September 5 9am	Bunting Road Centre 234 Bunting Road St.Catharines	Turn an old CD into a striking, glittery decoration to hang in a window, garden or any place at all to enjoy its beauty.
Chicka Chicka Boom Boom Name Craft	Friday, September 6 9-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Learning about letters can be a lot of fun! This craft, based on the book "Chicka Chicka Boom Boom," can help your preschoolers explore the letters of their name.
Polka Dot Slime	Tuesday, September 10 9am	Bunting Road Centre 234 Bunting Road St.Catharines	After mixing, stirring and creating slime, the children will then add small styrofoam balls to extend the play value of this sensory science activity.
That's GRAPE!	Saturday, September 14 9am-noon	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Celebrate a Niagara tradition - the Grape and Wine Festival, by creating your own grape painting. Get your creative juices flowing!
Giant Sunflower Craft	Tuesday, September 17 9am	Thorold Centre 15 Pine Street South Thorold	Make your own giant sunflower to take home and enjoy!
Fall Collage	Monday, September 23 9-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Goodbye Summer, Hello Fall! Join us this morning and create a bright and colourful fall collage to celebrate the turning of the seasons. This fun activity is a great way to bring out your child's creativity and imagination while they explore different colours, shapes and textures.
Fall Fun: Apple Stamping	Monday, September 23 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Dunk and stamp and dunk and stamp apples into paint, then onto paper, to create this fun fall masterpiece.
Make a Hand Loom	Wednesday, September 24 9am	Thorold Centre 15 Pine Street South Thorold	Your child will weave bits of ribbon, flowers and yarn into a homemade cardboard hand loom.

EarlyON Interactions September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 ALL CENTRES CLOSED FOR LABOUR DAY!	3	4	5 CC: Upcycled CD Art 9am BRC AO: Food for Thought 1:30pm BRC	6 CC: Chicka Chicka Boom Boom 9am GC	7
9 Gym Time 11:15am WFYC	10 Recreational Swimming 1pm WFYC CC: Polka Dot Slime 9am BRC	11 IAI: Sensory Activities for Infants 10am GC	12 IAI: Music and Babies 10am TC ICI: Singing and Signing 1:30pm WFYC AO: Purposeful Play 1:30pm BRC	13 SE: NOTL Ukesters 10:30am TC Gym Time 11:15am WFYC	14 CC: That's GRAPE 9am WFYC
16 Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC	17 CC: Giant Sunflower Craft 9am TC FT: Wee Wiggles 9:30am Bethany Community Church Resource Consultant 10am TC AO: Importance of Limiting Screen Time 10am WFYC IAI: Infant Massage 1:15pm BRC	18 AO: Loose Parts 10am TC Resource Consultant 10am WFYC	19 AO: Mindfulness Activities 10am GC ICI: Singing and Signing 1:30pm WFYC	20 Gym Time 11:15am WFYC	21
23 CC: Apple Stamping 9am WFYC CC: Fall Collage 9am GC Gym Time 11:15am WFYC	24 CC: Hand Loom 9am TC SE: Drum Circle 10am WFYC Resource Consultant 10am GC Resource Consultant 10am BRC Recreational Swimming 1pm WFYC IAI: Infant Massage 1:15pm BRC	25	26 ICI: Singing and Signing 1:30pm WFYC SE: April Shaw 1:30pm BRC	27 Gym Time 11:15am WFYC	28
30 Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC	OCTOBER 1 AO: Wine Cork Pumpkin 6:15pm WFYC IAI: Infant Massage 1:15pm BRC	October 2	October 3 ICI: Singing and Signing 1:30pm WFYC	Workshop Legend: AO: Adult Opportunities ICI: Infant and Parent/ Caregiver Interactions CC: Children's Creativity SE: Special Event FT: Field Trip	

BRC - Bunting Road Centre

GC - Grantham Centre

Centre Legend:
TC - Thorold Centre

WFYC - Walker Family YMCA Centre