

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

November News

November registration will begin Friday, November 1 at 9am.

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.



Adult Opportunities (Please see below if registration is required)			
Adult Workshop	Date & Time	Location	Description
The Importance of Limiting Screen Time	Friday, November 8 9:30-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Drop in and talk with April Shaw, Emergent Literacy Consultant, about appropriate screen time usage for children. No childcare is available at this time.
Playdough Make and Take	Wednesday, November 13 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Many of you have been asking how exactly we make our playdough. Join us this morning to make your own playdough to take home! We'll also discuss the benefits of playdough and sensory play. Limited childcare is available.
Understanding your Toddler's Behaviour	Tuesday, November 19 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	Raising a toddler can feel like a roller coaster ride as you follow their extreme highs and lows! Join us as we discuss tools and tips to even out the terrain. Limited childcare is available.
Pop-Up Card Tutorial for Adults	Tuesday, November 26 9-11am Drop-in!	Thorold Centre 15 Pine Street South Thorold	Learn how to make this simple card that you can turn into a fun family project, while making personalized greeting cards and spending time together. No childcare is available at this time.
Literacy Make and Take	Thursday, November 28 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Join Kristin to make a simple mitten-matching activity that will promote early literacy and grow with your child's concept knowledge (colours, shapes, same/different). Limited childcare is available.

Special Events and Field Trips! (Please see below if registration is required)			
Event	Date & Time	Location	Description
A Colour Walk	Thursday, November 7 10-10:45am	Thorold Centre 15 Pine Street South Thorold	Join us as we stroll around downtown Thorold, looking for the colour RED. We will make a list and take photos to document our discoveries! Dress for the weather! No registration required.
National Child's Day Activity-"Here are my Hands"	Everyday during the week of November 18-22 Come drop in!	Grantham Centre 469 Grantham Avenue St.Catharines	This week we are celebrating National Child's Day. Children will create a handprint page for a special book we will keep in the centre! No registration required.
Dr Huq Public Library with the Grantham Centre	Thursday, November 28 10am	Dr Huq Public Library 425 Carlton Street St. Catharines	Reading with a child is a gift we give both to ourselves and to the child. Meet us at the library for a tour and a special story time. Registration is required.
Temps de la Chanson	Saturday, November 30 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! No registration required.





Headed back to work? Now What?

Are you going back to work after maternity/paternity leave or extended absence? Join Employment Counselors from the YMCA Employment Services to discuss strategies to support you in the transition back into the world of work.

Tuesday November 12, 6:15pm OR Friday November 22, 10am
EarlyON- Child and Family Centre- 25 YMCA Drive

Call 905-938-9392 to register.

(Registration accepted Monday- Friday between 9am-4pm ONLY)

EarlyON

Child and Family Centre

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
Infant Massage	Thursdays, November 7, 14, 21, 28 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	You will enjoy a relaxing time together, benefit by improving baby's circulation, growth, development and much more. This is a 4 week program. (Birth-pre-crawling)
Lap Songs and Rhymes	Thursdays, November 7, 14, 21 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Are you interested in having fun while learning new (and old) songs and rhymes with your child? Come and join us for our 3 week program!
Bubble Wrap Painting	Monday, November 11 9:30-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	A sensory activity with some very cool abstract art in the end!
Language Development and Early Literacy	Wednesday, November 13 10-11am	Thorold Centre 15 Pine Street South Thorold	What are some easy practices to encourage language development and how are they tied to early literacy? Come and join the conversation this morning. Limited childcare will be available.

TRY IT TUESDAY!

Every Tuesday for the month of November, we will have fruits or vegetables for you and your little one to sample. Take home a copy of Canada's new Food Guide, recipes to try and other healthy-eating resources. No need to register, simply come in to the WFYC between 9 and 11:30am, November 5, 12, 19 and 26 and mention you'd like to
TRY IT TUESDAY!

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

Mondays, November 4, 11, 18, 25
 Fridays, November 1, 8, 15, 22, 29
 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, November 5 - 1-2pm
 Monday, November 11 - 10:15-11:15am
 Tuesday, November 19 - 1-2pm
 Monday, November 25 - 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.

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.

Walker Family Y Centre: Thursday, November 14, 10am

Thorold Centre: Thursday, November 14, 10am

Grantham Centre: Thursday, November 14, 10am

Bunting Road Centre: Tuesday, November 19, 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
Painting with Nature	Wednesday, November 6 9:30-10:30am	Grantham Centre 469 Grantham Avenue St.Catharines	Come join us today as we create a picture using items found in nature. There is no right or wrong way to do this activity, just enjoy and have fun painting with nature!
Fall Collage	Saturday, November 9 9am-12pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Create your own Fall Collage using items from nature to create a unique fall scene.
Pinecone Owls	Tuesday, November 12 9am	Bunting Road Centre 234 Bunting Road St.Catharines	Winter is on its way! Pinecones and cotton balls is all it takes to create a beautiful snowy owl.
Leaf Wreath	Tuesday, November 12 9am	Thorold Centre 15 Pine Street South Thorold	With the beauty of nature all around us, this colourful wreath will make a fun pop of colour on your front door.
Peace Plates	Monday, November 18 9am	Bunting Road Centre 234 Bunting Road St.Catharines	In honour of YMCA's Peace Week, join us for a fun and creative way to display the symbol of peace within your home.
Sponge Paint Paper Plate Peace Sign	Monday, November 18 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	It's Peace Week! Children, come make a paper plate peace sign to celebrate!
A Collage of Hand Prints	Wednesday, November 20 9am	Thorold Centre 15 Pine Street South Thorold	Help us celebrate National Child's Day by creating a very special collage.
Snowy Owl Pinecone	Wednesday, November 27 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Easy, cute and tactile! Come make a wintry owl using household items, as well as treasures from nature.



EarlyON Interactions November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Gym Time 11:15am WFYC	2
4 Gym Time 11:15am WFYC	5 Try it Tuesday! 9am WFYC Recreational Swimming 1pm WFYC	6 CC: Painting with Nature 9:30am GC	7 FT: A Colour Walk 10am TC ICI: Infant Massage 10am WFYC ICI: Lap Songs and Rhymes 1:30pm BRC	8 AO: Liming Screen Time 9:30am GC Gym Time 11:15am WFYC	9 CC: Fall Collage 9am WFYC
11 ICI: Bubble Wrap Painting 9:30am GC Gym Time 11:15am WFYC Recreational Swimming 10:15am WFYC	12 Try it Tuesday! 9am WFYC CC: Leaf Wreath 9am TC CC: Pinecone Owls 9am BRC AO: YMCA Employment Services 6:15pm WFYC	13 ICI: Language Development and Early Literacy 10am TC AO: Playdough Make and Take 10am WFYC	14 Resource Consultant 10am GC, TC, WFYC ICI: Infant Massage 10am WFYC ICI: Lap Songs and Rhymes 1:30pm BRC	15 Gym Time 11:15am WFYC	16
18 CC: Peace Plates 9am BRC CC: Sponge Paint Peace Plate 9am WFYC Gym Time 11:15am WFYC SE: Here are my Hands GC	19 Try it Tuesday! 9am WFYC AO: Understanding you Toddler's Behaviour 10am GC Resource Consultant 10am BRC Recreational Swimming 1pm WFYC SE: Here are my Hands GC	20 CC: A Collage of Hand Prints 9am TC SE: Here are my Hands GC	21 ICI: Infant Massage 10am WFYC ICI: Lap Songs and Rhymes 1:30pm BRC SE: Here are my Hands GC	22 AO: YMCA Employment Services 10am WFYC Gym Time 11:15am WFYC SE: Here are my Hands GC	23
25 Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC	26 Try it Tuesday! 9am WFYC AO: Pop-Up Card Tutorial 9am TC	27 CC: Snowy Owl Pinecone 9am WFYC	28 FT: Dr Huq Library with the GC 10am ICI: Infant Massage 10am WFYC AO: Literacy Make and Take 1:30pm BRC	29 Gym Time 11:15am WFYC	30 SE: Temps de la Chanson 10am WFYC

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