

# Interactions



## January 2020

**January registration will begin Thursday, January 2 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.**



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

## TRY IT TUESDAY!

Tuesdays in January, 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, January 7, 14, 21 and 28 and mention you'd like to TRY IT TUESDAY!

## Winter is Here!

It's time to think about snowpants, shovels and all that winter entails!

Now is a good time to follow the YMCA of Niagara on social media. This will keep you up to date should one of our EarlyON Centres need to close due to inclement weather, or any unforeseen events. It's easy to find us! Just go to [ymcaofniagara.org](http://ymcaofniagara.org) and look to the top right of the screen for the link to our facebook, twitter or instagram accounts.

**With the wet weather upon us, please remember to bring a pair of indoor shoes when you visit our Centres!**

### Recreational Swimming Walker Family YMCA Centre

Tuesday, January 7 - 1-2pm  
Monday, January 13 - 10:15-11:15am  
Tuesday, January 20 - 1-2pm  
Monday, January 27 - 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.**

### Gym Time at the Walker Family YMCA Centre

**Please Note: Monday Gym Time  
will resume in the spring.**

Friday, January 10, 17, 24 and 31  
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.**

<b>Adult Opportunities</b> <b>(All of the following require registration)</b>			
<b>Adult Workshop</b>	<b>Date &amp; Time</b>	<b>Location</b>	<b>Description</b>
Challenges of Toddlerhood	Thursday, January 9 1:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Sharing, listening, co-operating, tantrums and so much more. We'll share and discuss challenges and brainstorm strategies to guide toddlers as they learn. Limited childcare is available.
Beginner Knitting	Saturday, January 11 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Brrr, it's cold out there! Join us for this beginner knitting class, using a loom, to knit yourself a scarf that will keep you warm for the rest of the season. <b>Please provide the wool of your choice!</b> No childcare is available at this time.
Rhythm Sticks	Tuesday, January 14 Drop-in from 10-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Emergent Literacy Consultant, April Shaw, will be here to guide you on making DIY rhythm sticks for you and your little one to enjoy. Come discuss the benefits of music and movement! No childcare is available at this time.
Prenatal Yoga	Friday, January 17 10-11am	Thorold Centre 15 Pine Street South Thorold	Prenatal yoga is a simple but effective pregnancy yoga for ALL trimesters. Come and stretch out any aches and pains! No childcare is available at this time.
Setting Boundaries for Toddlers	Tuesday, January 21 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	"Stop that." "Clean this up." "Be nice to your sister." Do you find yourself giving similar, vague instructions to your children?...to little effect? Join us as we discuss what healthy boundaries are and why they are important. We will be discussing five strategies to help your child recognize and respect boundaries. Limited childcare is available.
Food for Thought	Thursday, January 23 1:30-2:30pm	Bunting Road Centre 234 Bunting Road St.Catharines	Are you concerned with your child's eating habits? Join the discussion about common challenges and ways to approach them in a positive manner. Limited childcare is available.

## Well Baby Clinic and Parenting Drop-in

**Every Monday 1 - 3:30pm at the Walker Family YMCA Centre**

The Well Baby clinic is a FREE service that 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.

<b>Infants and Parent/Caregiver Interactions</b> <b>Children aged 0 - 12 months</b> <b>(All of the following workshops require registration. Please choose only one)</b>			
<b>Infant Workshop</b>	<b>Date &amp; Time</b>	<b>Location</b>	<b>Description</b>
Simply Stimulating	Monday, January 6 9:30am	Bunting Road Centre 234 Bunting Road St.Catharines	If it makes noise, infants love it. Sign up to make a safe, simple yet engaging toy and pick up some great ideas for many stimulating activities that aren't store-bought.
Infant Massage	Thursday, January 9, 16, 23 and 30 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	This is a 4 week program, where you will enjoy a relaxing time together, benefit by improving baby's circulation, growth and development and much more. (Birth to pre-crawling)
Walking in a Winter Wonderland	Thursday, January 16 Drop-in 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	This adorable winter art activity involves infant's (birth-one year of age) feet dipped in paint, then stamped on paper. Combine this with your own creativity for a unique winter keepsake.
The Importance of Touch	Thursday, January 30 10-11am	Thorold Centre 15 Pine Street South Thorold	This morning we will examine touch and how it can impact infant development. This discussion is geared towards expectant parents and parents/caregivers with infants birth to 6 months of age. Babies welcome!

**Visit any one of these sites to find our newsletter**



**YMCA Twitter:** @YMCANiagara



**Facebook:** YMCA of Niagara

**YMCA of Niagara website:**

<http://www.ymcaofniagara.org/programs/community-initiatives/earlyon-centres/>

## Healthy from the Start

Every Tuesday from 1:30 - 3:30pm in the Resource Room  
Walker Family YMCA EarlyON Centre

Are you pregnant? Have some questions about pregnancy, the birth experience or just wanting to connect with other pregnant moms? Come out to **Healthy From the Start**, a free and confidential prenatal drop-in program, providing support and information. All pregnant moms receive a **\$10 grocery card, free prenatal supplements**, bus tickets if needed to attend the program and a healthy snack! Child-minding for older children (1-6 years) is available.

Special Events (Registration is Required)			
Special Event	Date & Time	Location	Description
Squishy Plop Sensory Fun!	Wednesdays January 8, 15, 22 and 29 1:30-2:15	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Join us Wednesdays in January for squishy sensory fun. Each afternoon we'll explore new sensory activities. Fun for all ages...come dressed for a mess!
Active Gym Time	Tuesday, January 14 9-11am	Thorold Centre 15 Pine Street South Thorold	Join us this morning for a variety of muscle-stretching activities in the gymnasium.
Bass Pro Shop	Tuesday, January 14 9:30am	300 Taylor Road NOTL	Meet Sue at the Bass Pro Shop and go on a wild animal hunt throughout the store! We'll learn about them and share what we already know about them while discovering the many species on display.
Temps de la Chanson	Saturday, January 25 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!
Family Literacy Day	Monday, January 15 10am	Grantham Centre 469 Grantham Avenue St.Catharines	Come dressed in your coziest pj's and bring along your favourite teddy bear for a special circle time!

### Subsidy Fee Caseworker

Monday, January 13, 20, 27  
9-11:30am  
Walker Family YMCA Centre

Visiting us in December, Catharine Willick, a fee subsidy caseworker from the Niagara Region, will be available at our Walker Centre. The Niagara Region offers financial assistance to families who are struggling to pay for child care. Parents and families who are working or in school may apply for assistance. Catharine will be here in the morning to give information and answer any questions regarding child care subsidy. Please be sure to ask any questions regarding who qualifies, how to apply and any questions you may have regarding child care in Niagara.

### 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.

**Grantham Centre:** Wednesday, January 15, 10am

**Bunting Road Centre:** Tuesday, January 21, 10am

**Walker Family Y Centre:** Thursday, January 30, 10am

**Thorold Centre:** Thursday, January 30, 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
Name Banner	Tuesday, January 7 All morning	Bunting Road Centre 234 Bunting Road St.Catharines	One of the first steps toward early literacy is recognizing the letters in a child's name. Make a banner to display in their room or on their door.
Sock Puppet	Wednesday, January 8 9:30-10:30am While supplies last	Grantham Centre 469 Grantham Avenue St.Catharines	Puppet shows are the cornerstone of imaginative play for small children. Using puppets allows children to express all kinds of alter-egos! Children 18 months and older can join in the fun today and create their own puppet.
Mitten Wreath	Thursday, January 9 9am-12pm	Thorold Centre 15 Pine Street South Thorold	Let's celebrate the cold month of January by creating a colourful, seasonal wreath, made of mittens.
Snowman Craft	Tuesday, January 14 10-11am	Grantham Centre 469 Grantham Avenue St.Catharines	"Do you want to build a snowman?" Come join us today as we create a foam snowman.
"Do You Want to Build a Snowman?"	Wednesday, January 22 9-11am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Visit the "Snowman Factory" to sculpt your own snowman. Little hands will get a work-out building a snowman, as well as practicing fine motor skills.
Polar Bear, Polar Bear Story Time	Monday, January 20 1:30pm	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Using the classic children's book "Polar Bear, Polar Bear What do you Hear?" and story time props, children and families will have fun engaging in this interactive tale.
Frosted, Sparkly, Snowy Trees!	Tuesday, January 21 9am-12pm	Thorold Centre 15 Pine Street South Thorold	Get creative with cotton balls and twigs. This easy-peasy fun winter craft makes a fantastic fine motor exercise for little fingers.
Shivery Snow Paint	Monday, January 27 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St.Catharines	Using three simple ingredients, children can create fun snowy scenes on paper.
Sock Snowman	Thursday, January 30 All morning	Bunting Road Centre 234 Bunting Road St.Catharines	The kids will enjoy stuffing a sock before gluing on a face and making this soft and squeezeable fellow into a friendly favourite.

# EarlyON Interactions January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>ALL CENTRES CLOSED HAPPY NEW YEAR!</b>	2	3	4
6 IAI: Simply Stimulating 9:30 BRC	7 Try it Tuesday 9am WFYC CC: Name Banner 9am BRC Recreational Swim 1pm WFYC	8 CC: Sock Puppet 9:30am GC SE: Squishy Sensory Fun 1:30pm WFYC	9 CC: Mitten Wreath 9am TC IAI: Infant Massage 10am GC AO: Challenges of Toddlerhood 1:30pm BRC	10 Gym Time 11:15am WFYC	11 AO: Beginner Knitting 10am WFYC
13 Subsidy Worker 9am WFYC  Recreational Swim 10:15am WFYC	14 Try it Tuesday 9am WFYC SE: Active Gym Time 9am TC SE: Bass Pro Shop 9:30am BRC AO: Rhythm Sticks 10am WFYC CC: Snowman Craft 10am GC	15 Resource Consultant 10am GC SE: Squishy Sensory Fun 1:30pm WFYC	16 IAI: Walking in a Winter Wonderland 9am WFYC IAI: Infant Massage 10am GC	17 AO: Prenatal Yoga 10am TC Gym Time 11:15am WFYC	<b>Centre Legend:</b> <b>BRC</b> - Bunting Road Centre <b>GC</b> - Grantham Centre <b>TC</b> - Thorold Centre <b>WFYC</b> - Walker Family YMCA Centre
20 Subsidy Worker 9am WFYC CC: Polar Bear Story Time 1:30pm WFYC	21 Try it Tuesday 9am WFYC CC: Snowy Trees 9am TC AO: Setting Boundaries 10am GC Resource Consultant 10am BRC Recreational Swim 1pm WFYC	22 CC: Do you want to build a Snowman? 9am WFYC SE: Squishy Sensory Fun 1:30pm WFYC	23 IAI: Infant Massage 10am GC AO: Food for Thought 1:30pm BRC	24 Gym Time 11:15am WFYC	
27 Subsidy Worker 9am WFYC CC: Shivery Snow Paint 9am WFYC Recreational Swim 10:15am WFYC SE: Family Literacy Day 10:30am GC	28 Try it Tuesday 9am WFYC	29 SE: Squishy Sensory Fun 1:30pm WFYC	30 CC: Sock Snowman 9am BRC Resource Consultant 10am WFYC IAI: Infant Massage 10am GC IAI: Importance of Touch 10am TC Resource Consultant 10am TC	31 Gym Time 11:15am WFYC	<b>Workshop Legend:</b> <b>AO:</b> Adult Opportunities <b>IAI:</b> Infant and Adult Interactions <b>CC:</b> Children's Creativity <b>SE:</b> Special Event <b>FT:</b> Field Trip
					25 SE: Temps de la Chansons 10am WFYC