



September 2019

Suite 300, 7930 Bowness Road NW 403-288-1446



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Centre Closed	Centre Closed	Centre Closed	Centre Closed	Centre Closed	
8	9	10	11	12	13	14
	Drop In & Play 9:00 – 11:45 am	Postpartum Support Group 9:30 – 11:30 am Drop In & Play Gross Motor Play 1:30 - 3:30 pm Drop In & Play Family Potluck 4:30 – 6:30 pm	Infant Parent Child Mother Goose 9:30 - 10:30 am Infant Drop In & Play 10:30 - 11:30 am	Drop in and Play Messy Play 9:30 - 11:30 am	Drop In & Play 9:00 – 11:45 am	
15	16	17	18	19	20	21
	Drop In & Play 9:00 - 11:45 am	Postpartum Support Group 9:30 – 11:30 am Drop in & Play Gross Motor Play 1:30 - 3:30 pm Drop In & Play Obstacle Course 4:30 – 6:30 pm	Infant Parent Child Mother Goose 9:30 – 10:30 am Infant Drop In & Play 10:30 – 11:30 am Peaceful Parents 1:30 - 3:30 pm	Drop In & Play Messy Play 9:30 - 11:30 am	Drop In & Play 9:00 – 11:45 am	Drop in & Play Make your own Parfait 10:00 am - 12:00 pm
22	23	24	25	26	27	28
	Mealttime Struggles 10:00 am – 12:00 pm Caring Dads 6:30 – 8:30 pm	Postpartum Support Group 9:30 – 11:30 am Drop In & Play Gross Motor Play 1:30 - 3:30 pm Drop In & Play Making Playdough 4:30 - 6:30 pm	Infant Parent Child Mother Goose 9:30 - 10:30 am Infant Drop In & Play 9:30 – 11:30 am Peaceful Parents 1:30 - 3:30 pm	Drop In & Play Messy Play 9:30 - 11:30 am Caring Dads 6:30 – 8:30 pm	Drop In & Play 9:00 - 11:45 am Family Fun Night: Messy Play 6:00 - 7:30 pm	
29	30					
	Drop In & Play 9:00 - 11:45 am Caring Dads 6:30 – 8:30 pm					* Programs in BLUE require registration. Please visit www.familiesmatter.ca to register