

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Play & Learn Drop In 10am-1:30pm	2 Tummy Time 10am-12pm  Drop In 1pm-4pm	3 Drop In 9:30am-12pm Leonardo da Vinci Art Day 1pm-4pm	4 Indigenous Programming 11:00 am - 3:00m Family Gym Night 3:30pm-6:30pm	5 Messy/Sensory Play 10am-1:30pm	6
7	8 Play & Learn Drop In 10am-1:30pm	9 Early ON Swim 9am-10am  Drop In 1pm-4pm	10 Drop In 9:30am-12pm Leonardo da Vinci Art Day 1pm-4pm	11 Indigenous Programming 11:00 am - 3:00m Family Gym Night 3:30pm-6:30pm	12 Messy/Sensory Play 10am-1:30pm	13 Play and Learn Drop In 10am-1:30pm <b>Northern College Pow Wow</b>
14 <b>Northern College Pow Wow</b>	15 Play & Learn Drop In 10am-1:30pm	16 Tummy Time 10am-12pm  Drop In 1pm-4pm	17 Nutrition Bingo 10am-12pm Leonardo da Vinci Art Day 1pm-4pm	18 Indigenous Programming 11:00 am - 3:00m Family Gym Night 3:30pm-6:30pm	19 CLOSED	20
21	22 CLOSED	23 Tummy Time 10am-12pm  Drop In 1pm-4pm	24 Children's Health Fair 10am-2pm	25 Indigenous Programming 11:00 am - 3:00m Family Gym Night 3:30pm-6:30pm	26 Messy/Sensory Play 10am-1:30pm	27 Play and Learn Drop In 10am-1:30pm
28	29 International Dance Day 10am-12pm Drop In 1pm-4pm	30 Tummy Time 10am-12pm  Drop In 1pm-4pm				

## EVENTS

### Color Code

Red – Programs in red are focused on Indigenous Culture

Blue- Programs in blue are to be held at the Main TNFC Branch

Black- Programs in black are held at the Sterling Location

Green- Programs in green are held at the Wilcox Early Years Gym

Purple- Programs in purple are held at the Sportsplex complex

*Bus vouchers will be provided to make sure clients get to and from programs*

# TNFC



Timmins Native Friendship Centre  
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### Hours at Sterling

Monday 9am-5pm  
 Tuesday 9am-5pm  
 Wednesday 9am-5pm  
 Thursday 10:30am-6:30pm  
 Friday 9am-5pm

### Main Branch

179 Kirby Avenue  
 Timmins, ON  
 P4P 1K1  
 (P) 705-268-6262  
 (F) 705-268-6266  
 (W) [www.tnfc.ca](http://www.tnfc.ca)

### Sterling Site

167 Sterling Avenue East Unit 9  
 Timmins, ON  
 P4N 1R8  
 (P) 705-268-6262 Ex 390 or 391  
 (F) 705-268-6266  
 (E) [dburton@tnfc.ca](mailto:dburton@tnfc.ca) or [jlouttit@tnfc.ca](mailto:jlouttit@tnfc.ca)



Program / Programme	Description
<h2>Leonardo da Vinci Art Day</h2>	<p>Leonardo da Vinci Art Day is an art program that provides opportunities for the children and their families to create process art or open-ended art together. We offer a large variety of art supplies to nurture your children's passion for art.</p>
<h2>Play &amp; Learn Drop In</h2>	<p>This program is an opportunity to follow your children's interest while simultaneously working on the four foundations from "How Does Learning Happen". The children will have many opportunities to decide their play experience and use a variety of different quality materials whether it be indoors or outdoors. Play is very important to a child's overall development. Play allows the children to development. Play allows the children to develop skills in the five domains; Cognitive, Social, Emotional, Language, and Physical Development.</p>
<h2>Indigenous Programming</h2>	<p>This program is an opportunity to engage in activities that focus on the indigenous way of life. This includes the seven grandfather teachings Truth, Honesty, Love, Wisdom, Respect, Humility, and Courage. Some of the activities that are offered on these days include : Learning about the traditional medicine's sage, tabaco etc. Learning about the many different indigenous drums and the special meanings behind the drums. Learning how to make dream catchers and do different kinds of bead work.</p>
<h2>Nutrition Bingo</h2>	<p>This programming is being offered at the Main Branch on Kirby Ave. This program is just like your typical bingo however there is a cool fun twist. When you get a bingo you get a healthy / nutritious bag of food or other food items.</p>
<h2>Messy &amp; Sensory Play</h2>	<p>During this programming children will explore their senses by participating in a variety of activities to enhance their learning. Sensory play has a lot of benefits it stimulates the child's senses through hands on activities that allow them to explore and discover the world that they live in. Children will participate and experience a variety of sensory activities in this class.</p>

## Tummy Time

What is tummy time? Tummy time is just that – Time that baby spends on their stomach while awake and supervised. Placing a baby on their tummy encourages them to lift their head, which helps strengthen their head, neck, and shoulder muscles and boost motor skills.

## Family Gym

Recent studies show that an early start in gross motor activities will enhance the development of brain function, physical coordination, other gross motor skills including posture and balance. Children and adults will have the opportunity to engage in interesting and stimulating gross motor opportunities while attending the gym time. We look forward to seeing you at family gym time.

## Children's Health Fair

We will have a booth set up at the fair. This health fair is mostly geared for kids going into the school system in September but all are welcome. There will be other booths about the fair that include dental/vision, speech, growing healthy families, physical literacy, nutrition, school boards with registration information, and school preparedness.

## Early ON Swim

Join us at the Archie Dillon Sportsplex for a family swim to promote family Engagement and also work on Well Being. (Physical)

## International Dance Day

Do you and your little ones love Music and enjoy moving and grooving to different beats? Come and join us April 29th 2019 for International Dance Day! EarlyON Centres in Timmins (NEOFACS, TNFC, YMCA) are inviting you to a Dance Party at the Wilcox Gym (457 Wilcox Street). Come and experience creative dance, zumbini, Zumba and traditional Indigenous and Indian dancing styles.

## Please Read Important

**\*\*Please show up on time to benefit the most from the program\*\* Schedule is subject to change with little to no notice. We apologize for any inconvenience this may cause. If the programming is underlined it is required that you sign up in order to in sure your spot. Please check where the programming is being offered to ensure your at the correct place. Programs are geared to registered families with children ages 0 -6 years of age.**