

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Leonardo da Vinci Art Day 9:30 am–12 pm Tot Splash 1 pm – 2:15 pm	2 Indigenous Programming 11:00 am - 2:30pm Family Gym Night 3:30pm-6:30pm	3 Messy/Sensory Play 10am-1:30pm Movie Night 5pm – 7pm	4
5	6 Play & Learn Drop In 10am-1:30pm	7 Tummy Time 10am-12pm  Drop In 1pm-4pm	8 House hold safety workshop 10am – 12pm (Must register) Leonardo da Vinci Art Day 1pm-4pm	9 Indigenous Programming 11:00 am – 2:30pm Family Gym Night 3:30pm-6:30pm	10 Cook eat and Mingle 10am-1:30pm	11 Mother's Day Brunch 10 am – 12pm
12	13 Play & Learn Drop In 10am-1:30pm	14 Early ON swim 9 am – 10 am  Drop In 1pm-4pm	15 Leonardo da Vinci Art Day 9:30 am–12 pm Tot Splash 1 pm – 2:15 pm	16 Indigenous Programming 11:00 am – 2:30pm Family Gym Night 3:30pm-6:30pm	17 Messy/Sensory Play 10am-1:30pm	18
19	20 <b>Holiday Office Closed</b>	21 Tummy Time 10am-12pm  Drop In 1pm-4pm	22 Children's Mental Health Symposium	23 Children's Mental Health Symposium	24 Children's Round Dance 10 am -12 pm	25 Culture Day 11 am-3 pm
26	27 Play & Learn Drop In 10am-1:30pm	28 Tummy Time 10am-12pm  Drop In 1pm-4pm	29 Nutrition Bingo 10 am – 12 pm Tot Splash 1 pm – 2:15 pm	30 Indigenous Programming 11:00 am - 3:00 Pm (Traditional elder on site from 11 am- 12 pm) Family Gym Night 3:30pm-6:30pm	31 Messy/Sensory Play 10am-1:30pm	

# TNFC

**Heading**

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

Program / Programme	Description
<p><b>Leonardo da Vinci Art Day</b></p>	<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 arts supplies to nurture your children's passion for art</p>
<p><b>Play &amp; Learn Drop in</b></p>	<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 develop skills in the five domains; Cognitive, Social, Emotional, Language and Physical Development.</p>
<p><b>Indigenous Programming</b></p>	<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>
<p><b>Elder at Timmins Native Center</b></p>	<p>This is a great opportunity to connect with an indigenous elder on site for one hour at the end of every month. When you engage in meaningful conversations with an elder it will give a sense of belonging. This is because this is a safe environment where anyone can feel connected to others and contribute positively to the world. You and your child will have an opportunity to talk an elder about everything and anything</p>
<p><b>Sunday Fun day</b></p>	<p>This is a great opportunity to get out and play on the weekend. We understand how busy life gets during the week. So, come on by relax, play, engage in meaningful conversations with other parents or children or the quality educators.</p>
<p><b>Movie Night</b></p>	<p>Come on by our main branch located at 167 Kirby, we are hosting a movie night. Come on by to watch a child themed movie in the gym with your family and others in the area. We provide food and beverages to you while you enjoy the movie and mingle with other families and children.</p>

## Nutrition Bingo

This programming is being offered at the Main Branch. This programming 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 item

## Sensory & Messy Play

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.

## 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.

## Cook, eat and mingle

This 2-hour class will give both parents and their children the opportunity to get messy in the kitchen. Participants will be able to learn new skills in the kitchen and bond through sitting down and eating the food that they made together.

## Family Gym Night

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 Round Dance

**This program is a great way for people to learn more about the indigenous way of life. During this program we will be doing a few indigenous topics such as a children's round dance, opening and closing prayers. We will be providing a variety of fun games for the parents / care givers to engage in. we will also be proving lunch as well. We look forward to seeing lots of people more the better.**

## Culture Day

**Learn how to cook a few different traditional indigenous foods we will have three stations set up so we can teach people how to cook indigenous foods from knowledgeable teachers.**

## Children's Mental Health Symposium

**The children's mental health symposium is great program because we bring in speakers to talk about mental health and wellness for children such as fetal alcohol spectrum disorder, anxiety/ depression, autism, and culture to name a few.**

## Tot Splash

**This program is super fun! Come on by the sportsplex and join us for a swim with you and your family.**

## House hold safety workshop

Come on by to our main branch for a presentation on how to make your house hold safer. There will be an informative presentation on how you can make your house hold safer on a budget.

## Mother's Day Brunch

Come on by on the weekend and enjoy a nice hot brunch. The best part is that you don't have to cook or clean!

## 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.