








March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>Red Lake Rec Centre 9—1</p>	<p>3</p> <p>Balmertown (GLC) 10—1</p> <p>Breastfeeding Support Group 1:30—3</p>	<p>4</p> <p>Balmertown (GLC) 9—1</p> <p>Baby N Me 1—3</p>	<p>5</p> <p>Cochenour Hall 9—12</p>	<p>6</p> <p>Red Lake Rec Centre 9—1</p>	<p>7</p> 
<p>8</p> 	<p>9</p> <p>Red Lake Rec Centre 9—1</p> <p>Safety Session with Mallore! 9:30</p>	<p>10</p> <p>Balmertown (GLC) 10—1</p>	<p>11</p> <p>Balmertown (GLC) 9—1</p> <p>Baby N Me 1—3</p> <p>Safety Session with Darlene!1:00</p>	<p>12</p> <p>Cochenour Hall 9—12</p>	<p>13</p> <p>Red Lake Rec Centre 9—1</p> <p>Story 10:30</p>	<p>14</p> <p>Saturday Play Group! Cochenour Hall 10—12</p>
<p>15</p> 	<p>16</p> <p>Red Lake Rec Centre 9—1</p> <p>Snow Painting!</p>	<p>17</p> <p>Skating at the Cochenour Arena! 9—12</p>	<p>18</p> <p>Balmertown (GLC) 9—1</p> <p>Gym Time! 10:30—11:30</p> <p>Baby N Me 1—3</p>	<p>19</p> <p>Cochenour Hall 9—12</p> <p>Gross Motor Play!</p>	<p>20</p> <p>Red Lake Rec Centre 9—1</p> <p>Sensory Fun Day!</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>Red Lake Rec Centre 9—1</p> <p><i>Fluoride Varnish Available</i></p>	<p>24</p> <p>Balmertown (GLC) 10—1</p>	<p>25</p> <p>Balmertown (GLC) FV Avail 9—1</p> <p>Baby N Me 1—3</p> <p>Baby Picasso 1:30</p>	<p>26</p> <p>Cochenour Hall 9—12</p> <p><i>Fluoride Varnish Available</i></p>	<p>27</p> <p>Red Lake Rec Centre 9—1</p> <p>Story 10:30</p>	<p>28</p> <p>Saturday Play Group! Cochenour Hall 10—12</p>
<p>29</p> 	<p>30</p> <p>Red Lake Rec Centre 9—1</p>	<p>31</p> <p>Balmertown (GLC) 10—1</p>	<p>For more information call or text us at 727-3576 Like and Follow our Facebook page: Red Lake EarlyON Child and Family Centre. Updates posted on the Facebook Page.</p>			



March Reminders

- * Breastfeeding Support Group is on Tuesday, March 3rd from 1:30—3:00 at our Balmertown (GLC) location
 - * March Break is from March 16th to March 20th
- * Saturday Play Groups are on March 14th and March 28th from 10:00 to 12:00 at the Cochenour Hall

March Events

- * On Monday, March 9th at 9:30 am and Wednesday, March 11th for Baby N Me (1:00 pm—3:00 pm), trained First Aid Professionals will be attending the Centres to do a re-cap/mini lesson on child and infant CPR and choking. You will be shown what to do when a child is choking, and how to prevent it from occurring (please note; you will NOT receive a certificate for doing this. It is just for parent/caregiver information)
 - * MARCH BREAK! Monday, March 16th—Snow Painting Outside (dress appropriately)
 - Tuesday, March 17th—Skating at the Cochenour Arena! (More info on another post)
 - Wednesday, March 18th—We will get some time in the GLC gym from 10:30 to 11:30 am!
 - Thursday, March 19th—Gross motor play that encourages using those big muscles!
 - Friday, March 20th— Sensory fun! Come check out different sensory activities!
- * Britt from the NWHU will be at the Centres on Monday, March 23rd, Wednesday, March 25th, and Thursday, March 26th during Drop In times to provide fluoride varnish for your child/children
- * Starting on March 25th and running for 4 weeks we will be offering Baby Picasso! Baby Picasso is an art workshop that allows your little artist to explore color and texture in a variety of ways! In order to participate your child must be able to sit up on their own (or do so with some help) and be the maximum age of 18 months. This will be held during the same time as Baby N Me on Wednesdays. If you are interested in participating please let us know so we know how many beginning artists will be attending. (*Please Note: All babies are still welcome to Baby N Me, just please let us know if you would like to participate in the workshop)