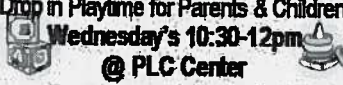


November 2011

**Stay & Play**  
 Drop in Playtime for Parents & Children  
**Wednesday's 10:30-12pm**  
 @ PLC Center




Developmentally appropriate Activity  
 focus 2-5yrs/Snack Provided/No Cost

**Westlock Municipal Library**

**Story Time**  
 3-5 yrs  
 Tues/Wed/Thurs 10:30-11:30am  
 For more information call 780-349-3060

**Lil' Sprouts**  
 Program for Parents of  
 "Little Ones"  
 Tuesday's 10:30am - 12pm



Come and meet other moms and their  
 children Play focus is for ages 0-2yrs  
 Parent Link Centre/Snack Provided/NC

**Each One Teach One  
 Literacy Program**  
**MOTHER GOOSE**  
 Mondays 10-11am  
 @ Westlock Municipal Library  
 Sandra at 307-3696 or  
 familyliteracy@hotmail.ca

**Little Elves' Workshop  
 And Family Dance**  
 An opportunity for children to  
 'shop' without Mom or Dad, (Elf  
 supervised) for a family member.  
**Sun. Nov 20th 1-4pm**  
**Westlock Legion**  
 For more information, contact the  
 Parent Link Centre 307-2444 Ext 7




**"When Kids Push Your  
 Buttons"**  
 Parents with Toddlers to Teens  
 Learn effective ways to handle  
 various challenges and understand the  
 roots behind them  
**Starts Wed November 2<sup>nd</sup>**  
**6:30-8:30pm**  
 6 Sessions- Wed evenings  
 Westlock Parent Link Centre  
 Register Early  
 Donna Ward (780)307-2444 ext. 7  
 or plc.hlnf@telus.net  
**We strongly encourage  
 couples to attend!**  
**\$20 per \$30 couple**  
*(Subsidies available)*

**GYM KIDS 3-5yrs**

Playing games, making a craft, and interacting with  
 new friends. Your pre-schooler will be working to  
 improve his or her motor skills at this one hour  
 session. Parents are encouraged to stay and  
 participate with their child!

**Mondays Oct 31st to Dec. 5th**  
**11:00am—12:00pm**  
**Cost: \$15 (4 classes)**



**CHRISTMAS CRAFT DAY**

Enjoy an afternoon of easy and fun Christmas craft  
 creations, games and more! With the holidays just  
 around the corner, let your little munchkins  
 Christmas flare fly!


**Wednesday Nov. 30th (3:00pm—5:00pm)**  
**Cost: \$15 (includes snack & drink)**  
**MUST PRE-REGISTER (6-11yrs)**  
**Location: Westlock Recreation Centre**



**LITTLE ROCK CURLING**

Learn the sport of curling! how to throw the rock,  
 the different turns, correct sweeping technique,  
 scoring and much more!

**Tuesdays Nov. 8th to Dec. 13th**  
**4:00pm—5:15pm**  
**Cost: \$30 (6 classes)**  
**Location: Westlock Curling Rink**



**Parenting Spirited Children:**  
**Wed Nov. 16th 12:30-2:30pm**  
 A parent discussion group for children of all ages.  
 Childcare available/No Cost must pre-register with  
 Parent Link Centre 780-307-2444 ext. 1

**Parent Link Volunteer Committee meeting**  
**Wed Nov. 9th, 12:15-2:00pm @ Parent Link Centre**  
 Children can come play/Snack provided  
**Must RSVP Contact Donna 780-307-2444 ext. 7**

**Westlock Recreation Centre**

**Sunday Family Fun Day \$3 per person \$10 per fam 1-6 free**  
 In instructional drop-in gym time explore your spot of choice  
 RF Staples main gym 1-3 pm

**Sunday Badminton \$3 per person \$10 per fam 1-6 free**  
 Enjoy Badminton? Get back into the swing of things and drop in  
 Sundays from 1-3 pm @ RF Staples main gym  
 Baby & Me Aqua Fitness Monday and Friday 10-10:30 am

For more information call 780-349-6677

**Westlock  
 parentLINKcentre**

#203-1001 1-106 Street  
 (Across from Post Office)  
 307-2444 ext. 1

Monthly Calendar Brought  
to you by:

