

# Starting Strong

Free programming for families with children birth-4 years of age.

## FAMILY HOLIDAY CELEBRATION

Tuesday, December 17  
9:30-11:00 a.m.

Westwood Community Church  
401 Westwood Dr.

No registration required however space is limited.

Join us for a morning of fun as we enjoy a pancake breakfast, crafts and activities, photo booth, visits with Santa and more!



### Families with Children 2-4 years

This program combines literacy and nutrition to provide families with opportunities to prepare tasty and nutritious recipes, participate in fun and interactive activities, stories and more!

**\*\*REGISTRATION REQUIRED\*\***

Session 1: Jan. 8th – Feb. 12th 9:30 – 11:00 a.m. **- OR -** Session 2: Feb. 19th – Mar. 26th 9:30 – 11:00 a.m.

Messiah Lutheran Church (400 Rouge Road)

Please email: [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca)

Include: Your name, child's name and age, contact phone number and email.

## Stay Warm and Active with Us During the Cold Winter Months!

**Play'N Learn** – A warm, friendly and nurturing environment for families with children 4 and under. Provides open ended activities, opportunities to create and explore, stories, music and more! Mondays, Wednesdays & Fridays 9:30-11:00 a.m. at Sansome School, 181 Sansome Ave.

**Family Gym** – An open gym experience for families with children 1-4 years that includes climbers, tunnels, balls, bikes, bouncers and more. Tuesdays 9:30-11:00 a.m. at Westwood Church, 401 Westwood Dr.

**Move & Groove** – A fun and engaging program for families with children 2-4 years that promotes physical activity and creative expression, combining music and movement. Fridays 9:30-10:30 a.m. at Westwood Church, 401 Westwood Dr.

Programs will be **CLOSED December 18, 2024 – January 3, 2025 for Winter Break.**

Programs will resume Monday, January 6, 2025.



Follow us on Facebook for additional programs and events!

[www.startingstrongfamilies.ca](http://www.startingstrongfamilies.ca)

Phone: 204-998-8400

# JANUARY PROGRAMMING



## AAACHOO!

In an effort to keep everyone healthy please stay home if you or your child are ill.  
We'll be happy to see you again when you are well.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>*Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave</p>	<p><b>Family Gym</b> 9:30-11:00 a.m. Westwood Church 401 Westwood Dr.</p>	<p><b>Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave</p>	<p><b>Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave</p>	<p><b>Move &amp; Groove</b> 9:30-10:30 a.m. Westwood Church 401 Westwood Dr.</p>
<p><b>*Rhythm &amp; Rhyme</b> 9:30-10:30 a.m. Messiah Church 400 Rouge Rd</p>		<p><b>Book &amp; Cook</b> 9:30-11:00 a.m. Messiah Church 400 Rouge Rd <b>*REGISTRATION REQUIRED*</b></p>		

**\*Play'n Learn AND Rhythm & Rhyme programs will be CLOSED on Monday January 27 for a special Bookmates Growing Up Green program. See below for program and registration information**

**Rhythm & Rhyme**

**For Families with Children 1-4 years**

**Mondays 9:30 – 10:30 a.m.**

**January 6, 13 and 20**  
**(No program January 27)**

Messiah Lutheran Church  
(400 Rouge Road)

This month families are invited to join us on a wintery themed musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme featuring snowflakes, snowmen and other snowy creatures as we explore the musical world. No registration required, just drop in and join the fun.

Starting Strong invites you to join us for

**Bookmates**

**'Growing Up Green' Family Event**

**Monday, January 27, 2025**  
9:30 a.m. - 11:00 a.m.  
Messiah Lutheran Church, 400 Rouge Road

**FOR FAMILIES WITH CHILDREN 1 - 4 YEARS**  
**\*\*REGISTRATION REQUIRED\*\***

Join us for National Family Literacy Day as we beat the winter blues and celebrate this year's theme, "Learn to Be Green, Together". We will enjoy songs, rhymes, stories and activities that combine the value of getting outside and environmental health with family literacy and learning. (Note that this program will take place indoors.) All families will receive a free children's book as well as resources that support home learning activities.

**Registration Opens at 9:00 a.m. on January 6, 2025.**  
**NO EARLY REGISTRATIONS WILL BE ACCEPTED.**  
To register, email: [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca)  
Include your name, your child's name and age,  
a contact phone number and your email address.

"Supported by Child and Youth Services, Department of Families"

# FEBRUARY

PROGRAMMING

Join us in February for special I Love To Read programming!



## Bedtime Bookworms

For families with children 2-4 years of age

Wednesdays 6:00-7:00 p.m.  
February 5, 12, 19, 26

Messiah Lutheran Church  
(400 Rouge Road)

**\*\*Registration Required.\*\***



Celebrate I Love To Read month with us in this bedtime version of our popular Bookworms program

Families are invited to wear their pyjamas and bring their favourite teddy bears as we share bedtime themed stories, songs, and crafts.

**Email:** [familyresource@sjasd](mailto:familyresource@sjasd) with your name, your child's name and age and a contact phone number and email address.

**Registration opens January 15, 2025 at 9:00 a.m., no early registrations will be accepted.**



## Rock and Read

For families with children 2-4 years of age

February 3, 10, 24  
(No program February 17  
Louis Riel Day)

9:30-11:00 a.m.



Join us for this family literacy program featuring songs, rhymes, finger plays and stories. Each week children and caregivers will create their own special homemade book. No registration required. Just show up and join the fun!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>*Play'N Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave</p>	<p><b>Family Gym</b> 9:30-11:00 a.m. Westwood Church 401 Westwood Dr.</p>	<p><b>Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave</p>	<p><b>Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave</p>	<p><b>Move &amp; Groove</b> 9:30-10:30 a.m. Westwood Church 401 Westwood Dr.</p>
<p><b>*Rock and Read</b> 9:30-11:00 a.m. Messiah Church 400 Rouge Road</p>		<p><b>Book &amp; Cook</b> 9:30-11:00 a.m. Messiah Church 400 Rouge Rd <b>*REGISTRATION REQUIRED*</b></p>		
		<p><b>Bedtime Bookworms</b> 6:00-7:00 p.m. Messiah Church 400 Rouge Rd.</p>		

**\*No programs on February 17, 2025 – Louis Riel Day**




# MARCH

PROGRAMMING

## Snowflake Dance

Give your child a couple washcloths to twirl around and toss as they dance to this rhyme.

Snowflake, snowflake, dance around!  
 Snowflake, snowflake, touch the ground!  
 Snowflake, snowflake, soft and white!  
 Snowflake, snowflake, snowball fight!  
 Snowflake, snowflake, in the air!  
 Snowflake, snowflake, EVERYWHERE!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Play'N Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave	<b>Family Gym</b> 9:30-11:00 a.m. Westwood Church 401 Westwood Dr.	<b>Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave	<b>Play'n Learn</b> 9:30-11:00 a.m. Sansome School 181 Sansome Ave	<b>Move &amp; Groove</b> 9:30-10:30 a.m. Westwood Church 401 Westwood Dr.
<b>Rhythm &amp; Rhyme</b> 9:30-10:30 a.m. Messiah Church 400 Rouge Rd		<b>Book &amp; Cook</b> 9:30-11:00 a.m. Messiah Church 400 Rouge Rd *REGISTRATION REQUIRED*		

Programs are CLOSED March 31-April 4, 2025 for Spring Break.

## SNOWMAN SNACKS

Create your own snackable snowmen!

Spread round crackers with cream cheese. Use raisins and/or blueberries for eyes and buttons.

Cut a small piece of cheddar cheese for a nose.

What else might your snowman wear? A colourful pepper slice for a scarf?  
 Pretzel stick arms?



To keep our children safe, hot beverages are not permitted in Starting Strong programs.

Please finish your morning coffee/tea before arriving.



Families with Children 1-4 years

Mondays  
 9:30 – 10:30 a.m.

March 3, 10, 17 and 24  
 (No program March 31)

Messiah Lutheran Church  
 (400 Rouge Road)

This month in Rhythm and Rhyme, we'll celebrate the beginning of Spring through singing, instruments, movement, stories and rhythmic rhyme featuring plants and animals, colours and counting as we explore the musical world.

No registration required, just drop in and join the fun.

On March 17th families are invited to dress in green as we celebrate St. Patrick's Day together!

