



# Starting Strong

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

Starting Strong is excited to announce that, following our Spring Break closure week, we will be offering additional Play'N Learn programming in new locations, on the north side of Portage Avenue, as we work to better serve families throughout the St. James community. Starting Strong Staff look forward to welcoming families to programs at Bord Aire Community Centre, Crestview School and the Military Family Resource Centre, throughout April, May and June, and ask that everyone please be patient as we develop these partnerships and adjust to working together in new locations.



**Families with children four years of age and under are invited to come together and play in warm, friendly and nurturing environments.**

This program provides open ended activities, opportunities to create and explore, stories, music and more. No registration required, drop in and join the fun!

**Monday, Wednesday and Thursday Mornings  
9:30-11:00 a.m.**

**Sansome School (181 Sansome Ave)**

The Starting Strong Resource room and program sign in are located in the basement. If school doors are locked, please ring the doorbell, located on the wall to the left of the doors, to be admitted.

**\*NEW\* Monday Mornings (Opening April 7th)  
9:30-11:00 a.m.**

**Bord Aire Community Centre (471 Hampton St)**

This new location invites families to come together for a time of free-play and exploration followed by facilitator led stories, rhymes, and songs featuring instruments, props and more. Please enter through the doors located at the top of the ramp off the parking lot.

**\*NEW\* Thursday Mornings (Opening April 10th)  
9:30-11:00 a.m.**

**Crestview School (333 Morgan Cres)**

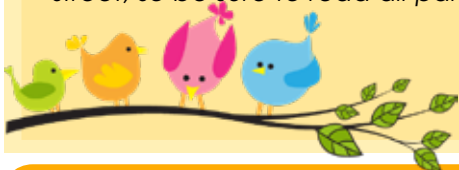
This new location, located on the main floor, offers familiar and favourite Play'N Learn activities with lots of room for infants and crawlers, toddlers and preschoolers alike. *Please note that parking is on the street, so be sure to read all parking signs carefully.*

**\*NEW\* Select Friday Mornings (see below for dates)  
9:30-11:00 a.m.**

**Military Family Resource Centre (102 Comet St.)**

This new location invites families to join in familiar Play'N Learn activities as well as themed sensory and open-ended creative experiences. Each session will close with circle time songs, rhymes and stories.

**April 25 – Cars and Trucks and Things That Go  
May 9 – Marvelous Mud  
May 23 – Teddy Bear Time  
June 6 – Splish, Splash, POP!**



**Programs will be CLOSED March 31 – April 4 for Spring Break.**

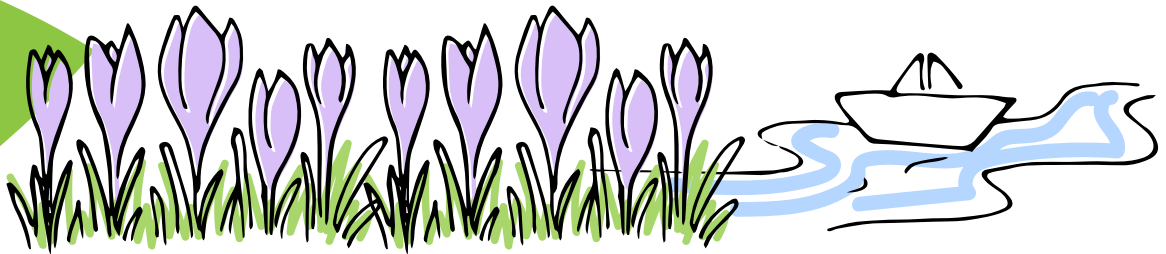


Follow us on Facebook for additional programs and events!

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

Phone: 204-998-8400

# APRIL PROGRAMMING



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>April 11 &amp; 25 Move &amp; Groove</b> 9:30-10:30 a.m. Westwood Church 401 Westwood Dr
<b>Play'n Learn</b> <b>*NEW*</b> 9:30-11:00 a.m. Bord Aire CC 471 Hampton St.		<b>Book &amp; Cook</b> 9:30-11:00 a.m. Messiah Church 400 Rouge Rd <b>*REGISTRATION REQUIRED*</b>	<b>Play'n Learn</b> <b>*NEW*</b> 9:30-11:00 a.m. Crestview School 333 Morgan Cres.	<b>April 25 Play'n Learn</b> <b>*NEW*</b> 9:30-11:00 a.m. MFRC 102 Comet St.



## Families with Children 2-4 years

This registered 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!

Wednesday mornings

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

Session 1:

- OR -

Session 2:

April 9th – May 7th  
9:30 – 11:00 a.m.

May 14th – June 11th  
9:30 – 11:00 a.m.

**REGISTRATION OPENS MARCH 24 at 9:00 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 and indicate the session you wish to register for.



## Families with Children 1-4 years

Tuesdays 9:30 - 11:00 a.m.

Westwood Community Church  
(401 Westwood Dr)

An open gym experience for families with children 1-4 years that includes climbers, tunnels, balls, bikes, bouncers and more. Get active with your child(ren) as they gain strength, balance, coordination and confidence. No registration required, drop in and join the fun!



Friday, April 11 and 25  
9:30 – 10:30 a.m.

Westwood Community Church

(401 Westwood Dr)

A fun and engaging program for families with children 2-4 years that promotes physical activity and creative expression, combining music and movement

\*Note that April 25 will be the last day for Move and Groove until the Fall. Families are encouraged to join us on Friday mornings, May 9th – June 6th from 10:00-11:00, at Woodhaven Park, for our new Woodland Play program as we move our play outdoors.

# 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.

# MAY & JUNE

PROGRAMMING



**We are**  
**CLOSED**

**Programs CLOSED**  
**July and August.**

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<b>Play'n Learn</b> <b>*NEW*</b> 9:30-11:00 a.m. Bord Aire CC 471 Hampton St.		<b>Book &amp; Cook</b> 9:30-11:00 a.m. Messiah Church 400 Rouge Rd <b>*REGISTRATION REQUIRED*</b>	<b>Play'n Learn</b> <b>*NEW*</b> 9:30-11:00 a.m. Crestview School 333 Morgan Cres.	<b>May 9, 23 &amp; June 6</b> <b>Play'n Learn</b> <b>*NEW*</b> 9:30-11:00 a.m. MFRC 102 Comet St.



**Friday mornings**

**May 9th - June 6th 10:00-11:00 a.m.**

**Woodhaven Park (200 Glendale Blvd)**

Meet in the parking lot by the Community Centre

**For families with children 2-4 years.**

Rain, shine or snow we're taking our play outdoors! Together we'll explore, build, discover, climb and create in nature. Dress for the weather and bring a blanket to sit on. Water bottles and sunscreen are encouraged.



# SUMMER SEND OFF

**Friday, June 20th**

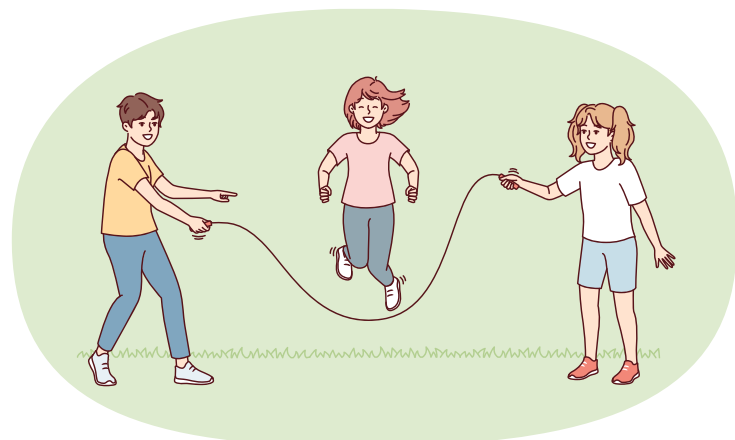
**9:30-11:00 a.m.**

**Westwood Community Church**

**401 Westwood Dr.**

**No registration required.**

Join us for a morning of gym play, crafts and more as we celebrate our last day of programming before the summer.



**REMINDER** in wet weather to please bring inside shoes to wear while attending programs.





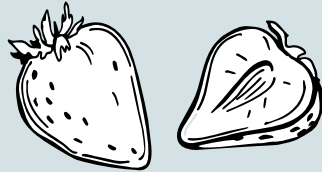
To keep our children safe, hot beverages are not permitted in Starting Strong programs.

Please finish your morning coffee/tea before arriving.

## Mini Rice Cake Flowers

### Ingredients:

- mini rice cakes
- cream cheese
- assortment of fresh fruit cut into small pieces



*\*a reminder that grapes are a choking hazard and should always be cut lengthwise into smaller pieces before being served to children*

### Directions:

Spread a little cream cheese over one side of each rice cake.

Slice fruit into small pieces.

Place a blueberry in the centre of half of the mini rice cakes. Add sliced fruit to each rice cake to form flower petals.



## Five Flowers Tall

(Tune: Five Little Ducks)



Cut an empty cardboard egg carton into individual sections. Let your child colour each section a different colour. Use the flowers as you play with this fun spring rhyme.

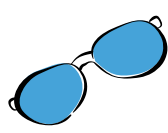
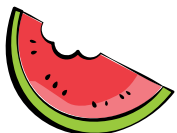
*(Number of flowers) pretty flowers in the flower shop,*

*Blooming brightly with the petals at the top.*

*Along came (child's name) with some money one day,*

*Bought a (colour) flower and took it away.*

*(Count number of flowers that remain and repeat until no flowers are left.)*



Starting Strong programs are designed for parents/ caregivers and child to participate together to ensure all children reach their full potential. Parents/ Caregivers are asked to please keep cell phones away except to take a photo of your child(ren) or in an emergency situation.



STARTINGSTRONGFAMILIES