


NOVEMBER | NOVEMBRE

Sunday/	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeu	Friday/Vendredi	Saturday/Samedi
Workshops with this star require registration. ★ Inscription requise pour ateliers avec cette étoile. Register by clicking the links provided in the PDF Calendar or by calling 613.737.6369			Please remember to bring your indoor shoes when visiting our playgroups! S'il vous plaît rappelez-vous d'apporter vos chaussures d'intérieur lors de votre visite à nos groupes de jeu!		1 Navigating Child Care Options Through AFCS: Info Session Don Reid Playgroup 9:30—11:00 am	2
3	4 Introduction to Solids Baby & Me Playgroup 2:00—3:00 pm	5	6 Evening Playgroup Special Activity: Loose Parts 5:30—7:30 pm	7 Healthy Snack Ideas for Toddlers & Preschoolers Loblaws In-Store Tour ★ 9:30—10:30 am	8 Dietitian Visit Hunt Club Riverside Playgroup 9:00—11:15 am	9
10		12	13 Evening Playgroup 5:30—7:30 pm Relationships Are Crucial - Importance of Attachment in Early Childhood ★ 6:30—8:30 pm	14 Little Bookworms: Old Bear Trainyards Location 9:30—11:00 am ★	15 Maker Station: Recycled Robots ★ 9:00—11:30 am	16 Understanding Children's Sleep Habits Information Session Don Reid Playgroup 9:00—11:30 am
17	18 Immunization Discussion Baby & Me Playgroup 1:30—3:30 pm	19 First Words Visit McLean Playgroup 9:00—11:00 am	20 Evening Playgroup Special Activity: The 5 Senses 5:30—7:30 pm	21 Intergenerational Art Group Perley Rideau 1750 Russell Rd. 10:00—11:00 am ★	22	23
24	25	26	27 Evening Playgroup 5:30—7:30 pm	28 Navigating Child Care Options Through AFCS: Info Session Don Reid Playgroup 1:30—3:00 pm	29 Storytime with the Librarian Trainyards Playgroup 10:15—10:45 am	30

Navigating Child Care Options Through Andrew Fleck Children's Services: Information Session (During Don Reid playgroup)

Join our Parent Navigator for a better understanding of the early learning and child care services that are being offered through Andrew Fleck Children's Services.

Navigation des options de garde d'enfants offert par les services à l'enfance Andrew Fleck : Séance d'information (pendant le groupe de jeu à Don Reid)

Rejoignez notre Navigatrice pour parents pour mieux comprendre les services d'apprentissage et de garde pour jeunes enfants offert par les Services à l'enfance Andrew Fleck.

Introduction to Solids Discussion (During Baby & Me Playgroup)

A Dietitian will be available during playgroup from 2:00—3:00 pm to answer questions and provide information on introducing solids to infants.

Evening Playgroup

Join us every Wednesday for our evening bilingual drop-in playgroup! The playgroup is open to all families, providers and guardians and their children 0-6 years of age. Special activities will be offered during the evening playgroup on the following dates:

- **November 6th: Loose Parts** - creative activities that will allow your child the opportunity to develop their creative side through the exploration of loose parts. Loose parts are items that can be rearranged, combined, moved, taken apart and put back together... The possibilities are endless!
- **November 20th: The 5 Senses** - fun activities to support learning about the 5 senses.

Groupe de jeu en soirée

Rejoignez-nous les mercredis pour notre groupe de jeu bilingue en soirée! Ce groupe de jeu est ouvert à tous les familles, responsables de garde et tuteurs et leurs enfants de 0-6 ans. Des activités spéciales seront offertes lors de nos groupes de jeu en soirée aux dates suivantes:

- **le 6 novembre: Pièces détachées** - des activités créatives qui permettront à votre enfant de développer son côté créatif en explorant des pièces détachées. Les pièces détachées sont des objets qui peuvent être réarrangés, combinés, déplacés, séparés et réassemblés... Les possibilités sont infinies!
- **le 20 novembre: Les 5 sens** - activités amusantes pour favoriser l'apprentissage des 5 sens.

Healthy Snack Ideas for Toddlers & Preschoolers (Loblaws tour with a Dietitian) ★

South Keys Loblaws 2210 Bank Street

Become a skilled shopper and learn how to make healthy snack choices at the grocery store! Join a registered dietitian as she brings you on an interactive tour where you will learn how to read food labels and make the best food choices for you and your family. An activity table will be set up for children if they are in attendance. *La session se déroulera en anglais mais les questions peuvent être posées en français.*

[REGISTER NOW!](#)

Visit with a Dietitian (During Hunt Club Riverside Playgroup)

A registered Community Dietitian will be available during playgroup to answer questions and provide information on healthy eating habits.

Relationships Are Crucial - Importance of Attachment in Early Childhood ★

For parents/guardians and/or caregivers.

Attachment relationship is central to the child's overall cognitive, social and emotional development. This workshop will help you understand how to foster and develop a healthy attachment relationship with your child and the role it plays in their social, cognitive, and emotional development and maturation. [REGISTER NOW!](#)

Little Bookworms: Old Bear (600—700 Industrial Ave.) ★

For children 2.5—5 years of age and their parents/guardians and/or caregivers.

A perfect opportunity for you and your child to enjoy the magic of books! Join us for this wonderful story about hibernation and the beauty of each season. Children will have the opportunity to participate in activities that relate to the book. [REGISTER NOW!](#)

Maker Station: Recycled Robots (During Don Reid Playgroup) ★

A special maker station will be set up in our boardroom for children to invent and create their own robot from recycled materials and various art supplies. *All Ages Welcome!* [REGISTER NOW!](#)

Station de fabrication : robots recyclés (pendant le groupe de jeu Don Reid) ★

Une station de matériaux recyclables sera installée dans notre salle de conférence pour permettre aux enfants d'inventer et créer leur propre robot à partir de matériaux recyclés et de divers objets d'art.

Tous les âges sont les bienvenus! [INSCRIVEZ-VOUS MAINTENANT!](#)

Understanding Children's Sleep Habits - Information Session (During Don Reid Playgroup)

An Early Years Educator will be available to provide information and tips on healthy sleep habits, and to discuss challenges or concerns you may be having. Handouts and book recommendations will be provided. *No registration required.*

Immunization Discussion (During Baby & Me Playgroup)

A registered Public Health Nurse will be available during playgroup to answer questions and provide information on immunization for infants.

First Words Visit (During McLean Playgroup)

Come talk to a bilingual outreach educator from the First Words Program about your child's speech and language development or any concerns you may have.

Intergenerational Art Group (Perley Rideau Veteran's Health Centre) ★

An opportunity to come together with the seniors at the Perley Rideau Veteran's Health Center to explore our creative side through visual arts. [REGISTER NOW!](#)

Story time with the Librarian (During Trainyards Playgroup)

Join a librarian from the Ottawa Public Library as she facilitates circle time with songs, stories and rhymes!

DECEMBER | DÉCEMBRE

Sunday/Dimanche	Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeudi	Friday/Vendredi	Saturday/Samedi
1 	2	3	4 Evening Playgroup 5:30—7:30 pm Understanding your Preschooler 6:30—8:30 pm ★	5 Intergenerational Tree Decorating Waterford Retirement Community 10:00—11:30 am ★	6 Storytime with the Librarian & Kiosk Info Hunt Club Riverside Playgroup 10:00-11:00 am	7 Pajama Party & Cookie Decorating Don Reid Playgroup 9:00—11:30 am
8	9 Know Your Childcare Options Baby & Me Playgroup 1:30—3:30 pm	10	11 Evening Playgroup Special Activity: Movement in Art 5:30—7:30 pm	12 Fire Prevention Officer Don Reid Playgroup 10:00—10:45 am	13	14
15	16	17	18 Evening Playgroup 5:30—7:30 pm	19 Little Bookworms: The First Day of Winter Trainyards location 9:30—11:00 am ★	20	21
22	23	24 CLOSED at noon/ FERMÉ à midi	25 CLOSED/FERMÉ Christmas Day/Noël	26 CLOSED/FERMÉ Boxing Day	27 CLOSED/ FERMÉ	28 CLOSED/ FERMÉ
29	30 CLOSED/ FERMÉ	31 CLOSED/ FERMÉ	Workshops with this star require registration. Inscription requise pour ateliers avec cette étoile. ★ Register by clicking the links provided in the PDF Calendar or by calling 613.737.6369 Inscrivez-vous en utilisant les liens fournis dans le calendrier PDF ou en appelant le 613.737.6369.			

Evening Playgroup

Join us every Wednesday for our evening bilingual drop-in playgroup! The playgroup is open to all families, providers and guardians and their children 0-6 years of age. A special activity will be offered during the evening playgroup on the following date:

- **December 11th: Movement in Art** - Let's move beyond the art table and create visual art while challenging our coordination and various muscle groups. Art activities will be offered to encourage movement, such as arm & leg circles, reaching high & low and manipulating unique tools. Join us to see what we can create by combining movement and art!

Groupe de jeu en soirée

Joignez-vous les mercredis pour notre groupe de jeu bilingue en soirée! Ce groupe de jeu est ouvert à tous les familles, responsables de garde et tuteurs et leurs enfants de 0-6 ans. Une activité spéciale sera offerte lors de notre groupe de jeu en soirée à la date suivante:

- **le 11 décembre: L'art en mouvement** - Allons au-delà de la table d'arts et créons des arts visuels tout en défiant notre coordination et nos divers groupes musculaires. Des activités d'arts seront offerts pour encourager le mouvement, telles que des cercles avec les bras et les jambes, atteindre haut et bas et manipuler des outils uniques. Venez participer à cette soirée pour voir ce que nous pouvons créer en combinant le mouvement et l'art!

Understanding Your Preschooler ★

For parents/guardians and/or caregivers.

Do you have questions about your preschooler's behaviour? We can help you find the answers. This workshop will help you recognize and understand behaviour traits characteristics and inherent to the preschool stage. Cet atelier aura lieu en anglais mais les questions peuvent être répondues en français. [REGISTER NOW!](#)

Intergenerational Christmas Tree Decorating (Waterford Retirement Community) ★

Kick off the season of giving by joining us as we create simple ornaments and help decorate the Waterford community tree. [REGISTER NOW!](#)

Story time with the Librarian & Kiosk Information (During Hunt Club Riverside Playgroup)

Join a librarian from the Ottawa Public Library as she facilitates circle time with songs, stories and rhymes! Curious about the Ottawa Public Library Book Kiosk and the Hold Pick-Up Lockers at the Hunt Club Riverside Community Centre? The Librarian will provide us with more information and a demonstration on how to use the services.

Pajama Party & Cookie Decorating (During Don Reid Playgroup)

Stay in your pj's and join us for a fun morning of holiday songs, cookie decorating and more!

Fête de pyjama et décoration de biscuits (pendant le groupe de jeu Don Reid)

Restez dans vos pyjamas et venez nous rendre visite pour une matinée amusante de chansons festives, de décoration de biscuits et plus encore!

Know Your Child Care Options (During Baby & Me Playgroup)

Finding child care can be overwhelming for many new parents. However, knowing what child care options are available will help you choose what is best for your family. Come talk with an early childhood educator and discuss the many options available and the steps to apply for licensed child care.

Session d'information sur les différentes options des services de garde d'enfants

(pendant le groupe de jeu bébé et moi)

Trouver un service de garde peut être une tâche accablante pour de nombreux nouveaux parents. Cependant, connaître les options de garde d'enfants qui sont disponibles vous aidera à choisir ce qui convient le mieux pour votre famille. Venez parler avec une éducatrice de la petite enfance et discutez des nombreuses options disponibles et les étapes pour faire une demande pour un service de garde agréé.

Fire Prevention Officer Visit (During Don Reid Playgroup)

Our community Fire Prevention Officer will be joining us to address the importance of smoke alarms and cooking safety.

Visite d'un agent de prévention des incendies (pendant le groupe de jeu Don Reid)

Notre agent communautaire de prévention des incendies se joindra à nous pour parler de l'importance des détecteurs de fumée et de la sécurité de la cuisson.

Little Bookworms: The First Day of Winter (600—700 Industrial Ave.) ★

A perfect opportunity for you and your child to enjoy the magic of books! Join us for this lovely story about the magic of winter. Children will have the opportunity to participate in activities that relate to the book. [REGISTER NOW!](#)