

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>I Love to Read Month</i></p>			<p><b>1</b>                      Anger Management for Adults (Men's Group)                      Public Skating (Selkirk &amp; St. Clements)                      Selkirk Rhyme &amp; Reading Circle                      Storytime                      Whole Baby Love</p>	<p><b>2</b>                      PREP School                      Public Skating (Selkirk)                      Whole Baby Love                      Wiggle, Giggle &amp; Munch</p>	<p><b>3</b>                      Babytime                      Indoor Walking Group                      Public Skate (St. Andrews, St. Clements &amp; Selkirk)                      Wee Play</p>	<p><b>4</b></p>
			<p><b>5</b>                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      Public Skate (St. Andrews, St. Clements &amp; Selkirk)                      Storytime</p>	<p><b>6</b>                      Public Skating (Selkirk)                      Rock n' Read                      St. Andrews Playgroup</p>	<p><b>7</b>                      Baby Talk                      Baby Talk: Stroller Fitness                      Baby Talk Rhyme Time                      Indoor Walking Group                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      Public Skating (Selkirk &amp; St. Clements)                      Storytime</p>	<p><b>8</b>                      Public Skating (Selkirk &amp; St. Clements)                      Selkirk Rhyme &amp; Reading Circle                      Storytime                      Whole Baby Love                      Wiggle, Giggle &amp; Munch</p>
<p><b>12</b>                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      Public Skate (St. Andrews, St. Clements &amp; Selkirk)                      Storytime</p>	<p><b>13</b>                      Public Skating (Selkirk)                      St. Andrews Playgroup</p>	<p><b>14</b>                      Indoor Walking Group                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      Public Skating (Selkirk &amp; St. Clements)                      PREP School                      Rock n' Read                      Storytime</p> <p style="text-align: center;"></p>	<p><b>15</b>                      Anger Management for Adults (Men's Group)                      Public Skating (Selkirk &amp; St. Clements)                      Selkirk Rhyme &amp; Reading Circle                      Storytime                      Whole Baby Love</p>	<p><b>16</b>                      PREP School                      Public Skating (Selkirk)                      Scrap Happy                      Whole Baby Love                      Wiggle, Giggle &amp; Munch</p>	<p><b>17</b>                      Babytime                      Indoor Walking Group                      Public Skate (St. Andrews, St. Clements &amp; Selkirk)                      Wee Play</p>	<p><b>18</b></p>
<p><b>19</b>                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      Public Skate (St. Andrews, St. Clements &amp; Selkirk)                      Storytime</p>	<p><b>20</b>                      Louis Riel Day</p>	<p><b>21</b>                      Baby Talk                      Baby Talk: Homemade Goodness                      Baby Talk Rhyme Time                      Indoor Walking Group                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      PREP School                      Public Skating (Selkirk &amp; St. Clements)                      Rock n' Read                      Storytime</p>	<p><b>22</b>                      Anger Management for Adults (Men's Group)                      Public Skating (Selkirk &amp; St. Clements)                      Selkirk Rhyme &amp; Reading Circle                      Storytime                      Whole Baby Love</p>	<p><b>23</b>                      PREP School                      Public Skating (Selkirk)                      Whole Baby Love                      Wiggle, Giggle &amp; Munch</p>	<p><b>24</b>                      Babytime                      Indoor Walking Group                      Public Skate (St. Andrews, &amp; Selkirk)                      Wee Play</p>	<p><b>25</b></p>
<p><b>26</b>                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      Public Skate (St. Andrews, St. Clements &amp; Selkirk)                      Storytime</p>	<p><b>27</b>                      Public Skating (Selkirk)                      St. Andrews Playgroup</p>	<p><b>28</b>                      Indoor Walking Group                      Kids Unplugged (Gr. 1-3)                      Kids Unplugged (Gr. 4-6)                      PREP School                      Public Skating (Selkirk &amp; St. Clements)                      Storytime</p>	<p><b>29</b>                      Public Skating (Selkirk &amp; St. Clements)                      Selkirk Rhyme &amp; Reading Circle                      Storytime                      Whole Baby Love</p>			

**Anger Management for Adults (Men's Group)** –A 6-week course designed to help adults identify and manage their anger issues. Topics include your history of anger, the causes and triggers of anger, anger and our bodies, how to handle anger, and violence and its effects on the family. Space is limited. Childcare will not be provided.

Time: Wednesdays Age: Men Location: Growing Years, 216 Manitoba Ave. Contact: Jaime, Ph: 785-8218 Cost: Free

**Baby Talk** - This is a well baby drop-in clinic for parents with infants and toddlers. It is an opportunity to meet other new parents, as well as consult with a public health nurse on a variety of issues. No appointment is needed—just drop in!

Date: Tues, Feb. 7<sup>th</sup> Time: Tuesday, 10 - Noon Location: Selkirk Recreation Complex Walking Track Contact: Public Health @ 785-7702 Cost: Free  
Date: Tues, Feb. 21<sup>st</sup> Time: Tuesday, 10 - Noon Location: Selkirk United Church, 202 McLean Ave. Contact: Public Health @ 785-7702 Cost: Free

**Baby Talk Rhyme Time** - Interact with your child through rhymes, songs and lullabies. Time: Tuesday, 10:15 & 11:00 AM Contact: Janaya, Ph: 738-2964 Cost: Free

**Stroller Fitness** – Turn your walking time with baby into an indoor walking club on the Selkirk Recreation Complex Walking Track. Please remember to bring a sturdy stroller with a brake and safety buckle. Date: Tues, Feb. 7<sup>th</sup> Time: Tuesday, 10 - Noon Location: Selkirk Recreation Complex Walking Track Contact: Public Health @ 785-7702 Cost: Free

**Homemade Goodness** - Have you ever wondered about making your own baby food? Not sure where to start? Unsure if you have the correct equipment for making and storing the baby food? Come and join us at Baby Talk and learn how to make delicious, healthy choices for your baby. Please call to confirm you will be attending.

Date: Tues, Feb. 21<sup>st</sup> Time: Tuesday, 10 - Noon Location: Selkirk United Church, 202 McLean Ave. Contact: Public Health @ 785-7702 Cost: Free

**Baby Time** - Join us for singing, finger plays and rhymes in our baby program created for children from birth to two year. (10 week program)

Time: Sunday 3:00 - 3:30 pm Friday 10:00 - 10:30 am Age: 0-2 Location: Red River North Regional Library Contact: Ph: 482-3522 Cost: Free

**Indoor Walking Group** – This is a program for anyone wishing to start walking indoors. Drop into the hall to walk, get more health and fitness information and to socialize. Everyone is welcome, including moms with children in strollers. Bring clean, indoor walking shoes, a towel and a water bottle. Cost is \$20 (includes a walking package with pedometer and a t-shirt) or drop-in at \$5/ month.

Register with Teresa at 738-2264 or [recreation@rmofstandrews.com](mailto:recreation@rmofstandrews.com) Days: Tuesdays and Fridays Time: 9:00 – 11:00 am Location: St. Andrews Community Club

**Kids Unplugged**– Interested in crazy crafts and games. (10 week program) Call to register.

(Grade 1-3) Time: Sunday 2:30 pm Tues 5:30 pm Location: Red River North Regional Library Contact: Ph: 482-3522 Cost: Free

(Grade 4-6) Time: Sunday 4:00 pm Tues 7:00 pm Location: Red River North Regional Library Contact: Ph: 482-3522 Cost: Free

**PREP (Preschool Readiness Experience Program) School** – This is a school readiness program for children 4-5 years old and their parent/caregiver. Children will experience social, self-help, language and cognitive skill development through a variety of activities. Parents will learn how to continue building these skills by incorporating activities at home. Please call to register your child.

Time: Tuesdays & Thursdays, 9:30 - 12:00 noon Age: 4-5 Location: Growing Years, 216 Manitoba Ave. Contact: Heidi, Ph: 785-8218 Cost: Free

**Public Skating (Selkirk Rec Complex)** – Until April 1. For skating guidelines, please check [http://www.cityofselkirk.com/main.asp?ID=1115&cat\\_ID=3&fxoid=menufx\\_5](http://www.cityofselkirk.com/main.asp?ID=1115&cat_ID=3&fxoid=menufx_5)

Selkirk Rec Complex - Days: Monday – Friday Time: 3:00 – 4:30 (except Tues which ends at 4:15 pm) Contact: 785-4950

Old Barn - Days: Monday – Friday Time: 3:00 – 4:15 (except Thursdays which ends at 4:30 pm) and Sundays (1:15 – 2:15 pm) Contact: 785-4950

**Public Skate (St. Andrews)** – Anyone on the ice, 17 years old and under, helmets are mandatory. Anyone 18 years and over, helmets are strongly encouraged. For more information:

<http://standrewsrec.com/schedule.asp?ID=2&month=12&year=2010> Time: Fridays (4-5 PM) and Sundays 12:30-1:30 PM Location: St. Andrews Community Club Cost: Free

**Public Skating (East Selkirk)** – Helmets are required for ALL public skaters. For more information, please check <http://www.eastselkirk.com/notices/detail.asp?ID=69>

Days: Sunday (3-4 pm), Tuesday (3:45-4:45), Wednesday (3:45-4:45), Friday (3:45-4:45) Contact: 785-2364

**Rock N Read** - This program is a hands-on experience for parents and their children where participants learn rhymes, fingerplays, book sharing and book-making techniques.

Time: Alternating Mon. & Tues (9:30 - 11:00AM) Age: 0-5 Location: Ruth Hooker School, 430 Morris Ave Contact: Ph: 482-3614 Cost: Free

**Selkirk Rhyme & Reading Circle** - Parents/Caregivers enjoy a fun, FREE program for your children 0 to 5 yrs. Join us for rhymes and songs, snack time, story time, book sharing, craft time and a parents corner.

Time: Wednesdays, 10 – 11:30 am Contact: Janaya to register at 485-2275 Cost: Free

**St. Andrews Community Club Playgroup** – This is a program for children ages 5 and under available for residents of St. Andrews. This is a free structured program with playtime, circle time, craft and snack time. There are a total of 25 preschool spots available. Advance registration is required as this is not a drop in program. Runs for 8 weeks (Jan 16 – March 12)

Days: Mondays Time: 10:00 – 11:00 Location: St. Andrews Community Club Contact Teresa at 1-866-738-2264 or [recreation@rmofstandrews.com](mailto:recreation@rmofstandrews.com)

**Scrap Happy** – Mom's Night Out – Have fun putting your favourite pictures onto scrapbook pages. Growing Years has many scrap booking supplies - but you must bring your own pictures. Please note that this is an evening for moms only - child care will not be provided. Spots are limited, so please call if you are planning to attend.

Time: Thursday, Feb. 16 Time: 5:30 – 8:00 p.m. Age: Moms Location: Growing Years, 216 Manitoba Ave. Contact: Ph: 785-8218 Cost: Free

**Storytime**—A program for children ages 3-5 years. We will be doing all things crazy with crafts, stories and singing, so come and have some fun. (10 week program)

Time: Sunday 1 - 2 pm Tues 10 - 11 am Tues 1 - 2 pm Wed 1 - 2 pm Age: 3-5 Location: Red River North Regional Library Contact: Ph: 482-3522 Cost: Free

**Valentine Card Making** – A parent and child together activity. All supplies provided by Growing Years. Spots are limited, so please let us know if you are planning to attend. To register, call Growing Years.  
Days: Fri. Feb. 10      Time: 1: 30 – 3:00 pm      Age: all      Location: Growing Years, 216 Manitoba Ave.      Contact: Ph: 785-8218      Cost: Free

**Wee Play** – Open to parents & children of all ages. Schedule a play date with friends. Parent-led – staff supported. No registration needed.  
Days: Tuesdays      Time: 10:00 – 11: 30 am      Age: all      Location: Growing Years, 216 Manitoba Ave.      Contact: Ph: 785-8218      Cost: Free

**Wiggle, Giggle & Munch (Ruth Hooker School)** - This physical activity program offers time for 2-5 year olds and their parents/caregivers have fun together with active play and a healthy snack.  
Time: Alternate Wed. & Thurs. 9:30 - 11:00AM      Age: 2-5 yrs      Location: Ruth Hooker School, 430 Morris Ave      Contact: Ph: 482-3614      Cost: Free

**Whole Baby Love** - The program is available to Pre and Post Natal parents with infants up to one year of age. Baby n' Me offers support for all Moms and Dads, and promotes the importance of good Pre and Post Natal care, as well as healthy infant development. Milk coupons are provided to expectant and nursing Moms. Child care for toddlers is provided. Sponsored by Healthy Child Manitoba. Time:  
Wed. 10-12 noon and Thurs. 1– 3 pm      Age: Prenatal – 1 year      Location: Growing Years, 216 Manitoba Ave.      Contact: Ph: 785-8218      Cost: Free