




July 2018

Suite 300, 7930 Bowness Road NW 403-288-1446



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>Centre Closed</p> 	<p>Stay & Play Bowness 10:00 - 12:00 pm</p> <p>Parent Cafe 1:30 - 3:30 pm</p>	<p>Stay & Play Bowness 10:00 - 12:00 pm</p>	<p>Stay & Play Bowness 10:00 - 12:00 pm</p> <p>Postpartum Support Group 9:30 - 11:30</p> <p>Drop In and Play 1:00 - 3:30pm</p>	<p>Stay & Play Bowness 10:00 - 12:00 pm</p>	<p>Bowness Stampede Parade</p> <p>Drop In & Play 11:00 - 12:00 pm</p>
8	9	10	11	12	13	14
	Centre Closed	<p>Parent Cafe 1:30-3:30 pm</p>	<p>Teddy Bear Picnic Edworthy Park 10:00 – 12:00 pm</p> <p>Triple P Developing Good Bedtime Routines 1:30 - 3:30 pm</p>	<p>Postpartum Support Group 9:30 - 11:30 am</p> <p>Drop In & Play 1:00 - 3:30 pm</p>	<p>Let's Splash... Bowness Park 10:00 - 12:00 pm</p>	
15	16	17	18	19	20	21
	<p>Scavenger Hunt Shouldice Park 10:00 – 12:00 pm</p>	<p>Drop In & Play Smoothie Day 1:00 - 3:30 pm</p>	<p>Playground Play Edworthy Park 10:00 – 12:00</p>	<p>Postpartum Support Group 9:30 – 11:30 am</p> <p>Noodle-Do Play 1:30 - 3:30 pm</p>	<p>Bowness Park Playground Play 10:00 - 12:00 pm</p>	
22	23	24	25	26	27	28
	<p>Picnic in the park Shouldice Park 10:00 - 12:00 pm</p>	<p>Infant Massage 9:30 - 10:30 am</p> <p>Drop In & Play Fruit Salad Day 1:00 - 3:30 pm</p>	<p>Story in The Park Edworthy Park 10:00 – 12:00</p> <p>Triple P Dealing with Disobedience 1:30 - 3:30 pm</p>	<p>Postpartum Support Group 9:30 – 11:30 am</p> <p>Drop In & Play 1:00 - 3:30 pm</p>	<p>"I went walking...What did you see?" Bowness Park 10:00 - 12:00 pm</p>	
29	30	31				
	<p>Games in the Park Shouldice Park 10:00 – 12:00 pm</p>	<p>Drop In & Play Baking Time 1:00 - 3:30 pm</p>			<p>* Programs in BLUE require registration. Please visit www.familiesmatter.ca to register</p>	