



Regina Early Years Family Resource Centre

Airport Location – 2550 Sandra Schmirler Way | 306.510.4650 | reginafrcentreairport@gmail.com

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
²	³ Drop-in Play 9:00-4:00 Family Story Time: Foster Friends: Learning to Care for Animals 10:30 am Ask Allie – Autism Navigation 10:00-2:00 Community Corner 11:00 am	⁴ Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am Rigamajig Building 11:30-4:00 PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i>	⁵ Drop-in Play 9:00-4:00 Ask the OT – Transitions 10:00 -12:00 Toe to Top Movers: Infants 11:00 am Rigamajig Building 12:00-4:00 <i>Nursing Students</i>	⁶ Drop-in Play 9:00-4:00 Sing and Sign <i>Topic: Farm Animals</i> 10:00-10:30 am Lights, Radios, Action! A Visit with Regina Police 10:30 am Rigamajig Building 11:30-4:00 <i>Nursing Students</i>	⁷ Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am Rigamajig Building 12:30-4:00 Nature Play Day 1:00 pm	⁸ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
⁹	¹⁰ Drop-in Play 9:00-4:00 Family Story Time: Remembering With Love 10:30 am Rigamajig Building 11:30-4:00	¹¹ CLOSED for Stat Holiday	¹² Drop-in Play 9:00-4:00 Kids in the Kitchen 10:00 am <i>Register by Tuesday @ 4 pm</i> Toe to Top Movers: Infants 11:00 am Rigamajig Building 12:00-4:00	¹³ Drop-in Play 9:00-4:00 World Kindness Day Stories with Sandi 10:00 am Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm	¹⁴ Drop-in Play 9:00-4:00 Toe to Top Movers: Toddlers & Preschoolers 10:30 am Rigamajig Building 11:30-4:00	¹⁵ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
¹⁶	¹⁷ Drop-in Play 9:00-4:00 Family Story Time: The Colours of Us 10:30 am Rigamajig Building 11:30-4:00	¹⁸ Drop-in Play 9:00-8:00 Bridges to Wellness 10:30-11:30 am Family Yoga 10:30-11:15 am Rigamajig Building 11:30-4:00 PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i>	¹⁹ Drop-in Play 9:00-4:00 Toe to Top Movers: Infants 11:00 am Rigamajig Building 12:00-4:00 <i>Nursing Students</i>	²⁰ Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm National Day of the Child Heritage Community Association (1770 Halifax St.) 1:00-3:00 Supporting Healthy Growing Babies & Beyond 1:30 pm <i>Nursing Students</i>	²¹ Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am Rigamajig Building 12:30-4:00 Nature Play Day 1:00 pm	²² Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
²³	²⁴ Drop-in Play 9:00-4:00 Family Story Time & Games 10:30 am Rigamajig Building 11:30-4:00	²⁵ Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am Rigamajig Building 11:30-4:00 PMAD Peer Support Group *virtual* 6:30-8:30 pm <i>Registration Required</i>	²⁶ CLOSED for Monthly Prep & Planning	²⁷ Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm <i>Nursing Students</i>	²⁸ Drop-in Play 9:00-4:00 Toe to Top Movers: Toddlers & Preschoolers 10:30 am Rigamajig Building 11:30-4:00	²⁹ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
³⁰						

Events

Drop-in Play

Never underestimate the importance of play! Play builds imagination and creativity, fosters cognitive growth, supports social, emotional and physical development, improves early literacy and numeracy skills, as well as delivers behavioural benefits. *Our drop-in play is for children prenatal up to age 6 and their caregivers.*

Family Story Time & Games

This interactive program supports early learning through stories, songs, games, and hands-on activities. Each session explores a variety of topics and concepts, building literacy, numeracy, and a love of learning through play and connection. *Suitable for children 0-5 and their caregivers.*

Special Story Times this Month:

Foster Friends: Learning to Care for Animals – Meet our (stuffy) foster pets – Terry the Terrier and Cleo the Cat! Visit them all month long to help feed, walk, bathe, pet, or tuck them in!

Remembering With Love – A gentle story time to remember those we love — near or far, here or in our hearts.

World Kindness Day: Stories with Sandi – Celebrate World Kindness Day with heartwarming stories that remind us how small acts of kindness can make a big difference!

The Colours of Us – Celebrate what makes each of us unique as we mix and create our own beautiful skin tones. Take home your special shade to create meaningful art and memories!

Family Yoga

This program is designed with the whole family in mind! Join Fran for a yoga experience that emphasizes emotional bonding and connection between you and your child, physical wellbeing, and mental relaxation. *Suitable for children 0-5 and their caregiver. *Please bring a yoga mat, if you have one. Some mats are available at the centre.**

Kids in the Kitchen

Experience a fun and engaging hands-on cooking program where children and adults can explore different ways to collaborate in the kitchen, while learning new, simple recipes to make and enjoy together! *Suitable for children 2-5 and their caregiver. Register with your child's name and age by email: reginafrcentreairport@gmail.com or call/text: 306-510-4632. Registration is required by 4 pm on Tuesday.*

Toe to Top Movers: Infants

A guided program designed to nurture both movement and meaningful connections. Each week, a facilitator leads playful, hands-on activities that support your baby's strength, coordination, and body awareness – from their toes all the way to the top! Along the way, you will enjoy opportunities to bond with your little one through touch, movement, and joyful interaction. *Suitable for infants 0–crawling.*

Toe to Top Movers: Toddlers & Preschoolers

A guided program designed to support gross motor development, build body awareness, and boost physical confidence and coordination. Each week, a facilitator leads playful, purposeful movements that help little bodies grow strong from their toes all the way to the top! *Suitable for children walking–5 years.*

Sing and Sign

This program will support overall child development through music, movement, and stories with a focus on early communication through sign. Signing is kinetic – utilizing the natural need to move and turning it into an asset to build communication. Each session will include a minimum of 10 signs. **This month's topic is: Farm Animals.** *Suitable for children 0-2, and their caregivers. Siblings welcome.*

Tot Music

A program full of singing, movement, and rhythm! *Suitable for children 18 months-5 and their caregivers.*

Eensy Weensy Rhymers

This program promotes early literacy skills, while supporting social-emotional development, child-caregiver bonding, and daily parenting routines through songs and play. *Suitable for children 0-18 months and their caregivers.*

Messy Minis

Come explore messy and sensory play, while learning about the benefits they bring to your child's development. Please bring your child, and yourself, in clothes that can get messy. Remember to bring a towel and change of clothes for cleanup. *Suitable for infants 6 months-18 months and their caregivers.*

Nature Play Day

Join us for outdoor adventures that spark curiosity, movement, and connection as we explore nature and engage our senses through hands-on, open-ended play. Dress for the weather – we will be outside rain or shine! **If the weather isn't cooperating, we will bring the fun indoors.** *Suitable for children 2–5 and their caregiver. Younger siblings are welcome.*

Lights, Radios, Action! A Visit with Regina Police

Join us for an exciting visit with members of the Regina Police Service! Come get an up-close look at police equipment, explore the police car, and learn how officers help keep us, and our community, safe. *Suitable for all ages.*

Rigamajig Building

Calling all mini engineers! Come design, build, and explore your curiosity and creativity with big pieces, big ideas, and endless possibilities! *Suitable for children 2-5 and their caregivers.*

Community Corner

Becoming a parent is beautiful, exhausting, and sometimes a little isolating – but you don't have to do it alone! Community Corner is a free, mom-led support group that offers a welcoming space to share, connect, and simply be with others who understand. Join other parents for conversation, encouragement, and friendship. *All caregivers and their children 0-5 are welcome!*

National Day of the Child

Join us at the Heritage Community Association (1770 Halifax Street) for a fun-filled celebration! Enjoy a variety of activities as we honour this special day alongside other community organizations – celebrating children's rights, voices, and the joy of childhood. *Suitable for all ages.*

Nursing Students

We are excited to welcome a new block of nursing students! They will be supporting programs, promoting health and wellness, and offering special activities later in their placement – watch our social media for updates!

Ask Allie – Autism Navigation

Allie will be available at our centre to answer any questions you may have about autism, including how to go about assessment and diagnosis, early intervention, parent support, coregulation, and more!

Ask the OT – Transitions

Join Occupational Therapist, Allison, for a casual and informative chat about transitions! Discover how smooth, predictable transitions can reduce anxiety, support emotional regulation, and foster a sense of security. Learn simple strategies to make daily routines more engaging and structured — helping children build confidence, cooperation, and readiness for learning and everyday activities.

Supporting Healthy Growing Babies & Beyond

Public Health Nurses will be visiting our centre to offer baby weigh-ins, share information and answer questions around supporting healthy growing babies and children. PHNs will share information about development, feeding, sleeping, health, vaccines, and more!

Bridges to Wellness

Lin, Perinatal Health Coordinator, will be available at the centre to share information and answer questions on topics such as mental health, building mindfulness, self-care, coregulation, and more – bridging the gaps and connecting families with community services and resources.

PMAD Peer Support

This weekly support group creates an opportunity to connect with other caregivers who have similar lived experiences. **Now alternating between in-person and virtual sessions.** *Register online at www.saskphn.ca*

Growing Together: Celebrating Milestones

Curious about your child's growth and development? Families are welcome to complete the Ages and Stages Questionnaire (ASQ) anytime you visit the REYFRC. Our team is here to guide you through the process and share positive, supportive conversations about your child's growth. Together, we will celebrate your child's progress, explore new activities to encourage learning, and gain meaningful insights into their unique journey.