



Regina Early Years Family Resource Centre

Airport Location - 2550 Sandra Schmirler Way (306) 510-4650

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am	2
3	4 CLOSED for Stat Holiday	5 Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am	6 Drop-in Play 9:00-4:00 Ask Allie – Autism Navigation 10:00-2:00 Kids in the Kitchen 10:30 am Register by Tuesday @ 4 pm Parent Café 12:30 pm	7 Drop-in Play 9:00-4:00 Family Music & Movement 1:00 pm Supporting Healthy Growing Babies & Beyond 1:30 pm	8 Wonderful Wheels Parade Northwest Parking Lot 10:00-11:30 am Drop-in Play 11:30-4:00	9
10	11 Drop-in Play 9:00-4:00 Critters, Crawlers & Curiosity 9:45 – 11:00 am Toe to Top Movers: Strong Shoulders & Upper Body 1:30-2:30 pm	12 Drop-in Play 9:00-4:00 Play, Practice & Prepare: PreK & K Skills 9:00-4:00	13 Drop-in Play 9:00-12:00 Kids in the Kitchen @ Candy Cane Park 12:30 pm Register by Tuesday @ 4 pm Superheroes in the Park @ Candy Cane Park 1:00 pm	14 Drop-in Play 9:00-4:00 Family Music & Movement 10:30 am	15 Drop-in Play 9:00-4:00 Growing Together: Celebrating Milestones Nature Play Day 1:00 pm	16
17	18 Drop-in Play 9:00-4:00 Family Story Time & Games 10:30 am Toe to Top Movers: Neck, Eyes & Balance 1:30-2:30 pm	19 Drop-in Play 9:00-4:00 Bridges to Wellness 10:00-11:30 am Family Yoga 10:30-11:15 am Ask the OT – Self-Regulation & Activities to Support 11:00 -1:00	20 Drop-in Play 9:00-4:00 Kids in the Kitchen 10:30 am Register by Tuesday @ 4 pm Parent Café 12:30 pm	21 Drop-in Play 9:00-4:00 Family Music & Movement 10:30 am	22 Drop-in Play 9:00-4:00 Nature Play Day 1:00 pm	23
24	25 Drop-in Play 9:00-4:00 Family Story Time & Games 10:30 am Toe to Top Movers: Whole Body Wonder 1:30-2:30 pm	26 Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am	27 CLOSED for Monthly Prep & Planning	28 Drop-in Play 9:00-4:00 Family Music & Movement 1:00 pm Car Seat Clinic 1:00-4:00 Supporting Healthy Growing Babies & Beyond 1:30 pm	29 Drop-in Play 9:00-4:00 Messy Explorers 10:30-11:30 am	30
31						

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 0-6 and their caregivers.*

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 0-6 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 2-6 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.*

Family Music & Movement

A program full of singing, movement, and rhythm! *Suitable for children 0-6 and their caregiver.*

Toe to Top Movers

Join us for a playful and purposeful movement program that helps little bodies grow strong from their toes all the way up to the top! Each week, we will focus on a different part of the body through engaging, hands-on activities designed to build gross motor skills, develop body awareness, and boost physical confidence. *Activities suitable for all ages.*

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 caregiver.*

Messy Explorers

This fun and engaging program will encourage children to explore various art materials and techniques with their own unique approach. Please wear clothing that can get messy, and bring a towel and change of clothes for cleanup. *Suitable for children 2-6 and their caregiver.*

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! **In cases of extreme heat, heavy rain, or smoke, we will bring the fun indoors.** *Suitable for children ages 2–6 and their caregiver. Younger siblings are welcome.*

Wonderful Wheels Parade

Bring your bike, scooter, stroller, or wagon and join us for a morning of fun! We will kick things off with ride decorating, explore some *wheely* important safety tips, cruise through an obstacle course, and wrap it all up with a mini parade to show off your wheels. *Please meet us in the parking lot located northwest of the front of the building.*

Critters, Crawlers & Curiosity

Join us for a morning of outdoor discovery in partnership with the Wascana Centre. We will explore the wonders of nature through fun, hands-on activities that introduce children to the plants, bugs, and animals that call this special space home. We will meet at the Habitat Conservation Area, located just south of Douglas Park near the Douglas Park hill – look for the blue Habitat Conservation Area sign. Dress for the weather, and get ready to dig into nature!

Play, Practice and Prepare: PreK & K Skills

Join us for a playful and practical program to help children build real-life skills for a confident start to Pre-K or Kindergarten. Through hands-on activities, we will explore routines, big feelings, independence, and the muscle strength needed for writing, sitting, and self-care. Caregivers will walk away with helpful tips and tools to support these skills at home – because school readiness starts long before the first day!

Superheroes in the Park @ Candy Cane Park

Join us for a super adventure! We will kick things off by fueling up with a make-your-own superhero snack, then head into action with mask-making and our Super Skills Challenge – where little heroes will climb, balance, slide, and fly through exciting superhero missions. **Registration is required by Tuesday at 4:00 pm for the snack-making portion.** All superheroes are welcome to bring a snack and join us for the Super Skills Challenge! *This is an offsite event – meet us at Candy Cane Park located at 501 Wascana Dr.*

Growing Together: Celebrating Milestones

Join us to complete the Ages and Stages Questionnaire (ASQ) and engage in positive, supportive discussions about your child's growth and development. This program creates a nurturing environment to celebrate your child's strengths, uncover new activities to support their development, and gain valuable insights into their growth.

Parent Café

A relaxed, drop-in group for caregivers of infants between 0–18 months. Whether you are a first-time parent or adding to a growing family, join us for support, encouragement, and community. Each week features a flexible topic focus along with plenty of space for open conversation. Share experiences, exchange tips, and connect with others navigating the first years of parenthood. *Coffee, tea, and water provided.*

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 – Self Regulation & Activities to Support

Join Occupational Therapist, Allison, for a casual chat about self-regulation! Through guided, intentional activities, Allison will demonstrate practical ways to support children in managing their emotions, energy, and behaviour throughout the day. These strategies help children stay calm, focused, and engaged – essential skills for building independence, social confidence, and school readiness. Discover how self-regulation tools can empower children to navigate big feelings and daily transitions with greater ease.

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.

Car Seat Clinic

Stop by for a free car seat check with certified SGI technicians! Whether you are installing a new seat, making adjustments for your growing child, or just looking for peace of mind, their team will be available to help. Learn tips for safe travel and ensure your child's seat is secure and properly fitted.