



Regina Early Years Family Resource Centre

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

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ Drop-in Play 9:00-4:00 Ask Allie – Autism Navigation 10:00-2:00 Family Story Time & Games 10:30 am	² Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i>	³ Drop-in Play 9:00-4:00 Ask the OT – Self-Regulation 10:00-12:00 Toe to Top Movers: Infants 11:00 am	⁴ Drop-in Play 9:00-4:00 Sing and Sign Topic: <i>Family</i> 10:00-10:30 am	⁵ Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am Nature Play Day 1:00 pm	⁶ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
⁷	⁸ Drop-in Play 9:00-4:00 Stories & Stained Glass Art with Sandi from the Family Literacy Hub 10:30 am	⁹ Drop-in Play 9:00-4:00 Bridges to Wellness 10:30-11:30 am Family Yoga 10:30-11:15 am PMAD Peer Support Group <i>*virtual*</i> 6:30-8:30 pm <i>Registration Required</i>	¹⁰ Drop-in Play 9:00-4:00 Kids in Mrs. Claus' Kitchen 10:00 am <i>Register by Tuesday @ 4 pm</i> Toe to Top Movers: Infants 11:00 am	¹¹ Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm Supporting Healthy Growing Babies & Beyond 1:30 pm	¹² Drop-in Play 9:00-4:00 Toe to Top Movers: Toddlers & Preschoolers 10:30 am	¹³ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
¹⁴	¹⁵ Drop-in Play 9:00-4:00 Family Story Time: Celebrating Hanukkah & Kwanzaa 10:30 am	¹⁶ Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am Milk & Cookies with Santa 6:30 pm <i>RSVP required by Monday @ 6pm</i> PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i>	¹⁷ Drop-in Play 9:00-4:00 Toe to Top Movers: Infants 11:00 am	¹⁸ Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm	¹⁹ Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am Nature Play Day 1:00 pm	²⁰ Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
²¹	²² Drop-in Play 9:00-4:00 Cozy Christmas Family Story Time 10:30 am Community Corner 11:00 am	²³ Drop-in Play 9:00-4:00 ALL ABOARD! The Polar Express Story, Hot Chocolate & Special Visitor 10:30 am PMAD Peer Support Group <i>*virtual*</i> 6:30-8:30 pm <i>Registration Required</i>	²⁴ Drop-in Play 9:00-12:00 CLOSED at 12:00 for the Holidays	²⁵ CLOSED for Stat Holiday	²⁶ CLOSED for Stat Holiday	²⁷ CLOSED for the Holidays
²⁸	²⁹ CLOSED for the Holidays	³⁰ CLOSED for the Holidays	³¹ CLOSED for the Holidays			<i>See you back Monday, January 5th!</i>

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:

Stories & Stained Glass Art – Join Sandi from the Family Literacy Hub for a morning of cozy winter stories, followed by a special stained-glass inspired art activity your family can take home.

Celebrating Hanukkah & Kwanzaa – Join us as we celebrate and honour these two special holidays through stories, traditions, and simple hands-on activities that help children learn about the beauty of light, community, and culture.

Cozy Christmas Story Time – Join us for a morning of cozy Christmas stories as we count down the days until Christmas with warmth, wonder, and winter cheer!

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 Mrs. Claus' Kitchen

Experience a warm, festive and hands-on cooking adventure where children and adults will explore ways to collaborate in the kitchen, while learning a simple, silly holiday treat – Reindeer Farts! *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: *Family*.** *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 and a towel 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. Remember to dress for the weather! **If the weather is not cooperating, we will bring the fun indoors.** *Suitable for children 2–5 and their caregiver. Younger siblings are welcome.*

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 local parents for conversation, encouragement, and friendship. *All caregivers and their children are welcome!*

Milk & Cookies with Santa

Join Santa Claus for an evening of Christmas stories and photos, followed by milk and cookies. We welcome you to wear your jammies, if you choose! *Please RSVP no later than Monday, December 15th at 6:00 pm. Suitable for all ages.*

ALL ABOARD! The Polar Express

Come aboard for a magical day of hands-on fun! A golden ticket awaits, filled with engaging activity choices your family can complete to earn a special take-home prize that continues the learning and fun at home. Join us for stories and hot chocolate at 10:30, followed by a visit from a very special guest. We encourage you to wear your coziest jammies! *Suitable for all ages.*

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

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.

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.