



January 2019
EARLY CHILDHOOD PROGRAMS

Our programs are parent-child interaction for children 0-6 yrs & FREE of Cost
 Kids Night Out- Older Siblings welcome & light supper provided

KARA
 6717 132 Ave
 Edmonton, AB T5C 2A4
 Phone: 780-478-5396
 Email: info@kara-frc.ca
 Website: www.kara-frc.ca

KARA-Too
 #108, 5606-134A Ave
 Edmonton, AB T5A 2H1
 Phone: 780-473-2204

Dunluce Community Centre
 #9,11930 162 Avenue

KARA Family Resource
 Centre
 Phone: 780-478-5396

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day KARA Closed	No Programming This Week			5
6	7 This week's theme is: Transportation	8 Play-time Drop-In KARA-Too 9:30-11am	9 Grow With Me KARA-Too 10-11:30am Kids Night Out KARA 6-8pm	10 Creative Play & More KARA 9:30-11am Drop-In Fun Dunluce 9:30-11am	11	12 Me & My Buddy KARA-Too 10am-Noon
13	14 This week's theme is: Fairy Tales	15 Play-time Drop-In KARA-Too 9:30-11am	16 Grow With Me KARA-Too 10-11:30am Kids Night Out KARA 6-8pm	17 Creative Play & More KARA 9:30-11am Drop-In Fun Dunluce 9:30-11am	18	19
20	21 This week's theme is: Numbers	22 Play-time Drop-In KARA-Too 9:30-11am	23 Grow With Me KARA-Too 10-11:30am Kids Night Out KARA 6-8pm Rhymes That Bind KARA 6-7:30pm	24 Creative Play & More KARA 9:30-11am Drop-In Fun Dunluce 9:30-11am	25	26 Me & My Buddy KARA-Too 10am-Noon
27	28 This week's theme is: Wonderful World of Books	29 Play-time Drop-In KARA-Too 9:30-11am	30 Grow With Me KARA-Too 10-11:30am Kids Night Out KARA 6-8pm Rhymes That Bind KARA 6-7:30pm	31 Creative Play & More KARA 9:30-11am Drop-In Fun Dunluce 9:30-11am		



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Please Note:

Our free drop-in programs are for families with children 0 to 6 years old.
A snack is provided for all drop-ins.



Rhymes That Bind

Rhymes That Bind is a 10 week program using rhymes, songs, and simple movement games to encourage interaction between parents and children (0 to 6 years old). These rhymes and songs can help with daily routines and support language development in children.

When: January 23 to March 27

6 to 7:30 PM

To find out more information please **call us at 780-478-5396.**



Frozen Banana Penguins

Ingredients:

1. Bananas
2. 1/2 cup Chocolate Chips
3. Reeces Pieces or orange M&Ms
4. White Chocolate chips for eyes



How to Make:

1. Place chocolate chips in microwavable bowl
2. Microwave chocolate chips at 30 second intervals, stirring in between, until melted
3. Cut the bottom of the banana to make it flat
4. Dip bananas in chocolate until top and sides are covered
5. Place onto foil lined baking sheet
6. Cut orange Reeces Pieces in half and attach as beak and feet with melted chocolate
7. Place white chocolate chips as eyes
8. Freeze for approximately 20 minutes

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