



October 2021

EARLY CHILDHOOD PROGRAMS

Even while we are closed for in-person services during the COVID-19 Pandemic, we are here for you. Currently, our programs are offered online/through Zoom. You can follow us on [Facebook \(@karafr\)](#) and call Janice at 587-525-7279 or email janice@kara-frc.ca to register for the programs below.

Email: info@kara-frc.ca

Website: www.kara-frc.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Indigenous Children's Circle 10:00 - 10:45am via ZOOM	2
3	4	5 "Zoom"topia Session 3: Science Activity 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	6 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	7 "Zoom"topia Session 4: Arts & Crafts 10:00 - 10:30am via ZOOM	8 Indigenous Children's Circle 10:00 - 10:45am via ZOOM	9
10	11 KARA Closed <i>Happy Thanksgiving!</i> 	12 "Zoom"topia Session 1: Arts & Crafts 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	13 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	14 "Zoom"topia Session 2: Gross Motor Activity 10:00 - 10:30am via ZOOM	15 Indigenous Children's Circle 10:00 - 10:45am via ZOOM	16
17	18	19 "Zoom"topia Session 3: Sensory Activity 10:00 - 10:30am via ZOOM	20 Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	21 "Zoom"topia Session 4: Science Activity 10:00 - 10:30am via ZOOM	22 Indigenous Children's Circle 10:00 - 10:45am via ZOOM	23
24 	25	26 "Zoom"topia Session 1: Arts & Crafts 10:00 - 10:30am via ZOOM Family Book Club 6:30 - 7:15pm via ZOOM	27 COW Corner 10:30 - 11:15am via ZOOM Kids Night Out (SURPRISE FOOD CREATION) 6:30 - 7:00pm via Zoom	28 "Zoom"topia Session 2: Sensory Activity 10:00 - 10:30am via ZOOM	29 Indigenous Children's Circle 10:00 - 10:45am via ZOOM	30
31						

Upcoming Parenting Programs

COPEing with Toddler Behaviour: Tuesdays, October 5 - November 23, 6:00 - 7:30 pm

Triple P Group: Thursdays, October 7 - December 2, 6:00 - 8:00 pm

Super Dads Super Kids: Tuesdays, October 12 - November 30, 6:00 - 8:00 pm

Parenting Across Cultures: Mondays, October 18 - November 22, 6:00 - 8:00 pm

Please go to our website www.kara-frc.ca for more information or call Winifred at 587-525-6679 or email winifred@kara-frc.ca to register for the programs.

Please note: All of our programs are delivered through Zoom at this time.

Facts about Fall...

1. Fall was called “harvest” because of the “harvest moon” that occurs when the full moon is closest to the autumn equinox. Before man-made lighting, this moonlight was essential to a prosperous harvest.
2. Pumpkins are grown all over the world. The largest ever made was in New Bremen, Ohio—it was 20 feet in diameter and weighed 3,699 pounds! It took days to bake, but was cut into 5,000 slices when it was finished.
3. Red and purple leaves are only that color because of the presence of sugars and sap that are trapped within the leaves. These sugars provide plants with the energy they need to survive.

Join our **"Zoom"topia** every Tuesday and Thursday, 10:00 - 10:30 via Zoom!

In this program, we will have various educational and fun activities that support healthy development of children. Let's support your child's learning and development through play. Activities can range from gross motor, sensory, arts & crafts, and much more! This includes many different themes (4 sessions per theme) and appropriate activities based on the needs and interests of our families creating a fun experience for all.

This program is previously known as Playtime Drop-In and Creative Play & More.

