


# FEBRUARY 2024

**No Programs Monday, February 19th- Family Day Holiday**



	Monday	Tuesday	Wednesday	Thursday
<b>Indoor Programs</b>	<p><b>Learn and Play</b> 9:30-11:30 AM Aldergrove Public School Birth-6 years unregistered</p>	<p><b>Family Yoga Time</b> 9:30-11:30 AM Aldergrove Public School Birth-6 years unregistered</p> <p><b>New!</b></p>		<p><b>Learn and Play</b> 9:30-11:30 AM Aldergrove Public School Birth-6 years unregistered</p> <p><b>Celebrate Lunar New Year with our special events listed below!</b></p> 
<b>Virtual Programs</b>	<p><b>#Bedtime Stories</b> 6:30PM Facebook Live Birth-6 years unregistered</p>	<p><b>#Rhymes&amp;Music</b> 12:30PM Facebook Live Birth-6 years unregistered</p> <p><b>New!</b></p>	<p><b>#Storytelling</b> 12:30PM Facebook Live Birth-6 years unregistered</p>	<p><b>#PlayandLearn</b> 12:30PM Facebook Live Birth-6 years unregistered</p>
<b>Outdoor Programs</b>			<p><b>Nature Walk</b> 9:30-11:00 AM Aldergrove Park Birth-6 years unregistered</p>	

## Program Descriptions

**Family Yoga Time** - This interactive, indoor program is designed specifically for the energetic and curious nature of children Birth to 6 years of age. This program will introduce basic yoga concepts in a fun and age-appropriate manner, promoting physical activity, flexibility, relaxation and mindfulness for both children and their caregivers and also nurtures their social and emotional well-being in a playful and creative setting.

**Learn and Play** - This indoor program follows a developmental approach aimed at fostering the cognitive, emotional, social, and physical growth of children from birth to six years old through interactive and enjoyable activities. The focus is to provide learning through free play and build positive relationship amongst families. **Special events: February 8: Chinese New Year decorating and celebration & February 22: Lantern making and sweet dumplings.**

**#Storytelling** - Snuggle up in a cozy spot at home and get ready to relax and enjoy a story.

**Nature Walk** - Nature walk is a nature-based outdoor program tailored for children aged 0-6 years, dedicated to fostering a deep connection with the natural world. Through immersive experiences, our program aims to instill a sense of wonder and appreciation for the environment while promoting holistic development and a lifelong love for nature. Located at Aldergrove Park.

**#PlayandLearn** - Join us on Facebook for parents and caregiver to learn different hands-on, open-ended activities for children.

**#Rhymes&Music** - Join us on Facebook for a lively, interactive session designed to engage young minds with rhythm and melody. Through age-appropriate songs and playful rhymes, children can explore language development, coordination, and social interaction in a fun, stimulating environment.

**#BedtimeStories** - Join us live on Facebook for dreamland tales is an enchanting online bedtime stories program created to make the bedtime routine a magical and educational experience for children.

**Join our private Facebook group for virtual programs, by visiting:**

<https://www.facebook.com/groups/markhamcapc> 

For more information or to determine eligibility for free transportation to a program:

Melanie Whittington, Project Facilitator. Mobile: (905) 806-1895 or Email: [capcyorkregion@yorkchild.ca](mailto:capcyorkregion@yorkchild.ca)

