

Family Centre Westminster

690 Osgoode Dr, London, Ontario | 519-649-1248

<https://www.facebook.com/familycentrewestminster/>



February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Celebrating Black History Month! 9:00 AM - 9:30 AM Feb 5</p> <p>Indoor EarlyON Playgroup 9:00 AM - 11:30 AM Feb 5, 12, 26</p> <p>Mondays in Motion: Compass Church Indoor Playgroup 9:30 AM - 11:30 AM Feb 5, 12, 26</p> <p>Nobody's Perfect 9:30 AM - 11:30 AM Registration Required Feb 5, 12, 26</p> <p>Little Learners 12:30 PM - 2:30 PM Feb 5, 12, 26</p> <p>Infant Playgroup 1:30 PM - 2:30 PM Feb 5, 12, 26</p>	<p>Good Food Box Pick up Date 9:00 AM - 4:00 PM Feb 27</p> <p>Indoor EarlyON Playgroup 9:00 AM - 11:30 AM Feb 6, 13, 20, 27</p> <p>Westminster Wiggles 10:00 AM - 11:00 AM Feb 6, 13, 20, 27</p> <p>Collective Kitchen 11:30 AM - 1:30 PM Registration Required Feb 6, 13, 20, 27</p> <p>Lights, Camera, Creativity! 2:00 PM - 3:00 PM Registration Required Feb 13, 27</p>	<p>Good Food Box Order Date 9:00 AM - 4:00 PM Feb 21</p> <p>Play All Day Wednesdays: Day and Evening Indoor Playgroup 9:00 AM - 6:00 PM Feb 7, 14, 21, 28</p> <p>Snoezelen Room 9:00 AM - 3:00 PM Registration Required Feb 7, 14, 21, 28</p> <p>Women's Support Group 9:30 AM - 11:30 AM Registration Required Feb 7, 14, 21, 28</p> <p>Little Learners 12:30 PM - 2:30 PM Feb 7, 14, 21, 28</p> <p>Let's Chat & Play: Valentines Fun! CAPC Playgroup at St. John The Divine Parish 1:30 PM - 3:30 PM Feb 14</p>	<p>Indoor Playgroup at Landon Public Library . 9:30 AM - 11:30 AM Feb 1, 8, 15, 22, 29</p> <p>Ukrainian Family Playgroup 1:30 PM - 3:30 PM Feb 1, 8, 15, 22, 29</p> <p>Westminster Outdoors: Off the Beaten Path 2:00 PM - 3:00 PM Off-site event Feb 1, 8, 15, 22, 29</p>	<p>Indoor EarlyON Playgroup 9:00 AM - 11:30 AM Feb 9, 16, 23</p> <p>Infant Hearing Program 9:00 AM - 4:00 PM Registration Required Feb 2, 16</p> <p>London Children's Museum Indoor Playgroup 9:30 AM - 11:30 AM Feb 9, 16, 23</p> <p>Little Learners 12:30 PM - 2:30 PM Feb 2, 9, 16, 23</p> <p>Timeless Tunes: Intergenerational EarlyON Playgroup at Dearness Home 2:00 PM - 3:00 PM Feb 16</p>	<p>Snoezelen Room 9:00 AM - 11:30 AM Registration Required Feb 10</p> <p>Story Saturday Playgroup - Books and Breakfast: The Night Before Lunar New Year 9:00 AM - 11:30 AM Feb 10</p>

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Young Mom's Group 4:00 PM - 6:00 PM Registration Required Feb 5, 12, 26</p>		<p>Scoop and Play: Family Ice Cream Night 3:00 PM - 5:00 PM Feb 28</p> <p>Little Chefs 5:30 PM - 6:30 PM Feb 7, 14, 21, 28</p> <p>Chefs in Training 6:45 PM - 7:45 PM Registration Required Feb 7, 14, 21, 28</p>			

Event Descriptions

Celebrating Black History Month!

We are celebrating Black History Month all month long! Drop in to check out our Spot light and Story Cube highlighting Black History ad Culture, themed activities celebrating Black inventors and leaders, STEAM activities celebrating Black Women in Science, featured black authors and artists in our playroom and social media, cultural snacks, a special Ice Cream Sundar Bar on February 28th featuring Augustus Jackson the father of Ice Cream, and lots more!

Chefs in Training

Come explore the kitchen with us! Children will learn how to make healthy recipes using basic cooking techniques with their peers. Hosted by City of London Recreation.

Collective Kitchen

15 week FREE session! Cook a meal together and enjoy lunch when it's completed as a group. Learn about nutrition and food budgeting. Hosted by Families First Community Action Program for Children.

Good Food Box Order Date

\$14 for a box of healthy fresh produce delivered to the WFC. Call 519-649-1248 or drop in to order.

Good Food Box Pick up Date

Pick up at the FCW if you ordered a Good Food Box. Order by dropping in or calling 519-649-1248.

Indoor EarlyON Playgroup

Join other families with children 6 and under to explore activities in the playroom, crafts, snack and circle time. Drop in!

Indoor Playgroup at Landon Public Library .

Drop in to our newest playgroup location at Landon Branch London Public Library at 167 Wortley Rd. Songs, stories, activities and time to play with opened ended toys and materials is provided. Connect with our ECE's with questions too!

Infant Hearing Program

Hearing screening for all newborn infants in the hospital or in the community. By appointment only.

Infant Playgroup

A playgroup for parents and their non-mobile infants. Drop in for circle time, parent conversation and a different infant focused activity each week.

Let's Chat & Play: Valentines Fun! CAPC Playgroup at St. John The Divine Parish

Playgroup for families with children 0-6 at 390 Baseline Rd. W. Join in for activities, circle time and free play. London Food Bank depot is also on-site during this playgroup. This month there will be Valentines loose parts playdough, pink hot cocoa, and a special treat to enjoy! Warm beverages are also available for adults. In need of food while you're there and haven't accessed the London Food Bank yet this month? You can also access the Mobile London Food Bank in Southcrest! Book an appointment with Janina by calling 519-280-3328 to secure your food.

Lights, Camera, Creativity!

A creative in-person program inspired by a story book. The program will be recorded and shared on social media families for all to enjoy. Register on Eventbrite: this program offers different activities each session and runs twice a month. February 13: Reading Stella Queen of the Snow and making crystal snowflakes! February 27: Reading Curious George and the Pizza Party and making mini pizzas!

Little Chefs

This course will bring kids into the kitchen and teach them not only great tasting recipes, but cooking fundamentals such as how to stay safe in a kitchen, measure ingredients, read recipes, and set a table. Hosted by City of London Recreation.

Little Learners

Little Learners join us through this CAPC program to play and learn as they prepare for JK next year. FREE! Call 519-649-1248 to register.

London Children's Museum Indoor Playgroup

In partnership with our friends at the London Children's Museum we will be exploring and playing together each Friday morning indoors at the Museum at 21 Wharncliffe Rd S, London. FREE

Mondays in Motion: Compass Church Indoor Playgroup

Indoor playgroup at Compass Church is at 345 Pond Mills Rd. This playgroup runs in the gym and offers so many opportunities to run, roll and play! A variety of activities will be provided; craft, sensory, gross motor, fine motor, dramatic play and more!

Nobody's Perfect

At Nobody's Perfect sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent. Sessions are based on what you and other parents want to learn about, not step by step from a book. FREE limited childminding available, snacks and bus tickets are provided. Nobody's Perfect is a place where parents can: MEET with other parents of young children (ages 0-6) SHARE questions or concerns and ideas about being a parent LEARN about child development, safety, health and behaviour TALK about real-life parenting experiences WORK together with the support of a trained facilitator DISCOVER ways of positive parenting In partnership with SLNRC Settlement Services and Families First CAPC

Play All Day Wednesdays: Day and Evening Indoor Playgroup

We are open all day for drop in on Wednesdays! Join other families with children 6 and under to explore activities in the playroom, crafts and circle time. Drop in! Snack provided!

Scoop and Play: Family Ice Cream Night

Let's salute Black History Month with the 'Father of Ice Cream': AUGUSTUS JACKSON! ??Drop in during our All Day Play to enjoy a sweet treat in the community room at our Ice Cream Sundae Bar then have fun playing as a family. Augustus Jackson worked as a White House chef in the 1820s. After moving back to Philadelphia, he started his own catering and confectionery business. Augustus discovered that ice, mixed with salt, could lower and control the temperature of his special mix of ingredients and ice cream flavors. His flavored ice cream was so popular that he packaged them in cans and distributed them to ice cream parlors all throughout Philadelphia for \$1 a quart, selling out each day!

Snoezelen Room

The Snoezelen room uses music, lighting effects, gentle vibrations and tactile sensations which all provide opportunities for a unique sensory experience. This room provides a space where you can relax and have the opportunity to choose an activity at your own pace allowing for exploration, self-direction and fun. Book one or more 1 hour spaces for your family. Siblings welcome in the room or can be provided with other opportunities to keep them busy. This room is open to all who feel they could benefit from the Snoozelen environment.

Story Saturday Playgroup - Books and Breakfast: The Night Before Lunar New Year

Join us for a special story Saturday Playgroup. This month's book is The Night Before Lunar New Year so we will be enjoying all things cookies! This month our feature breakfast is: Pancakes and tropical fruit! Try out some lychee and dragon fruit! Drop in for playroom fun, sensory, special crafts, circle time and breakfast for all! Win a copy of the book to take home!

Timeless Tunes: Intergenerational EarlyON Playgroup at Dearness Home

Join us at Dearness Home at 710 Southdale Rd. E. along with senior community members on the third Friday of each month, for an afternoon music & movement and play. Participants will have an opportunity to move and groove with new friends while creating music with shakers and more!

Ukrainian Family Playgroup

Drop into the playroom and meet other families for free play! Circle time will be in Ukrainian and a snack is provided! All families are welcome! Email Oleksandra at oromakhina@slnrc.ca with any questions

Westminster Outdoors: Off the Beaten Path

This outdoor playgroup in Westminster Ponds, is located at 696 Wellington Rd. The playgroup runs in most weather and gives many opportunities to run, explore and discover the beauty of nature in our own backyard! Each session will start with a story and then we will head out to explore the forest, and do an activity inspired from the story we read. We will end our time together with an active song and story time!

Westminster Wiggles

Westminster Wiggles invites mobile infants (crawling/walking/cruising) to our active infant group. Participate in movement based songs and stories and explore gross motor opportunities such as the trampoline, climbing blocks, stepping stones, a ball pit, scooter boards, and foam blocks.

Women's Support Group

Join our Women's Support Group! Women with children 0-6 are invited to our group to discuss parenting and healthy living, and wellness tips with other women and some fun activities too! Childminding, snacks, grocery cards and bus tickets provided. Registration required.

Young Mom's Group

Weekly program with fun activities, parenting support and information for young moms 14-24 and their infants/children. Free dinner, grocery cards and bus tickets provided. Call 519-649-1248 or email asmallman@slnrc.ca to register.