

# FAMILY ACTIVITIES IN WESTLOCK *May*

## Parent Link Drop-In Playgroups

Encourage your child's development through play, socialization, and games! **\*\*No Cost to Attend\*\*** (parents & children 0 - 5 yrs)

~ Stay tuned for playgroups moving outside mid May~

**Tuesdays** 9:30 - 11:30 am  
@ Spirit Centre Fieldhouse

**Thursdays** 9:30 - 11:30 am  
@ St. Mary School

**Saturday May 25** 10:00 - 11:30 am  
@ Belvedere Park

*Mother's Day Tea Party*

Help us celebrate Moms!  
May 11, 2019: 1 - 2:30 pm  
@ Westlock Parent Link Centre  
#203, 10011 - 106 Street  
Call to register  
780-307-2444 ext. 1  
~ Space is Limited ~

## What's Up @ Your Library?

Mother Goose	Mondays @ 10:00 am
Story Time	Mondays @ 11:00 am
Story and Song	Fridays @ 10:30 am
**On the Road May 10 - meet at Continuing Care @ 10:15	
<b>Special Events</b>	
Story Time and You and Me Book Club	May 1 & 29 @ 10:00 am May 1 & 29 @ 10:30 am
Parent Night Out "The House"	May 3 @ 6:15 pm
Teen Lockdown "Antman and The Wasp"	May 4 @ 4 pm
Family Flick "The Lego Movie 2"	May 11 @ 1:00 pm
Puppet Show	May 15 @ 10:30 am

Westlock Parent Link presents



## Managing Fighting and Aggression

May 21 @ St. Mary School 12:00 - 2:30 pm

Register to attend by May 16

Call 780-307-2444 ext. 1

Get the strategies to build strong, healthy relationships, and confidently manage your children's behavior.

**\*\*FREE Childcare & Lunch\*\***

## SCIENCE WEDNESDAY



Come and explore the world of Science, Technology, Engineering, and Math (STEM). Children, with their caregivers, will have the opportunity to learn while conducting age appropriate experiments. A participatory, "hands-on" approach will be encouraged to develop your 2.5 - 5 yr. old's understanding and curiosity.

Wednesdays, May 1 - 29 @ PLC from 1:00 - 2:15 pm

Don't wait to register - space is limited.

Call 780-307-2444 ext. 1



## RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Resilience is a documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress.

A FREE screening will be shown at the **Westlock Gospel Chapel**

**May 7 @ 6:30 pm**, followed by a discussion. **\*\*Suitable for 18+ only\*\***



Get ready for clues on Facebook and then find us for supper, activities, and connection with your community!

## Westlock Preschool Society

Join us to find out about preschool!  
May 24, 2019  
@ Westlock Elementary School  
Open House 10 am - 12 pm  
Pre-Registration and AGM 7 - 9 pm






# COMMUNITY CALENDAR OF EVENTS FOR MAY

Health Link Alberta - 811

Poison & Drug Information Services 1-800-332-1414



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>10 am Mother Goose @ L</p> <p>11 am Story Time @ L</p> 	<p>9:30 - 11:30 am PLC Playgroup @ RSC</p> 	<p><i>Please Note:</i> May 15 @ 10:30 am Puppet Show @ L</p>	<p>9:30 - 11:30 am PLC Playgroup @ St. Mary School</p> 	<p>10:30 am Story and Song @ L *on the road May 10</p> <p><i>Please Note:</i> May 3 @ 6:15 pm "Parent Night Out" @ L</p> <p>May 10 6:30 - 8:30 @AC McDonald's Free Swim 2<sup>nd</sup> Friday of the month</p>	<p><i>Please Note:</i> May 11 @ 1 pm Family Flick @ L</p> <p>May 4 @ 4 pm "Teen Lockdown" @ L</p> <p>May 4 &amp; 18 @ 1 - 5 pm Royal Canadian Legion &amp; The Elks Club ~ 12 and under free swim @ AC</p> <p>May 25 @ 10 am PLC Playgroup @ Belvedere park</p>

## THE ROAD APPLE CARNIVAL

May 18, 2019 @ 9931 - 106 St.  
Carnival: 11 am - 4 pm downtown  
Admission by Donation

### FEATURING

BBQ, wagon rides, carnival games,  
Antique Car show and so much more  
Proceeds go to the Stollery  
Children's Hospital



## Parent Link Playgroups

We are moving playgroups outside!

Belvedere Park 105 ST and 110 AVE

Lions Park 110 ST and 100 AVE

\*stay tuned to Facebook so we can meet  
at our community parks\*

## GIANT TIGER



Parent Link extends a big  
THANK YOU to Westlock  
Giant Tiger for supplying  
snacks for our programs.

For information on the current swimming schedule,  
visit [www.westlock.ca](http://www.westlock.ca) or call the Aquatic Centre.

### For more information, call

PLC Parent Link Centre - (780) 307-2444 ext 1  
AC Westlock Aquatic Centre (780) 349-6677  
L Westlock Municipal Library - (780) 349-3060  
EOTO Each One Teach One (780) 349-0742  
FCSS Westlock & District FCSS - (780) 349-5900

Find this calendar online at



Classifieds, Events, Jobs, Garage Sales & Community