

McMan Spoke Service Wetaskiwin– Family Resource Network

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Ponoka Learn & Play 10:30am-12:00pm	2 Rimbey Learn & Play 10:30am-12:00pm Rimbey Glow 3:30pm-5:00pm	3 STAFF DAY	4 Wetaskiwin Learn & Play 10:30am-12:00pm Wetaskiwin Glow 3:30pm-5:00pm	5
6 Wetaskiwin Free Swim 11:00am-2:00pm Free Skate Ponoka 1:00pm-2:30pm	7 Millet Learn & Play 10:30am-12:00pm -Millet Glow 3:30pm-5:00pm	8Wetaskiwin Parent & Baby/ Tot swim 1:00pm- 2:30pm Ponoka Learn & Play 10:30am-12:00pm	9 Rimbey Learn & Play 10:30am-12:00pm Rimbey Baby & Me 1:00pm-2:30pm	10 Ponoka Baby & Me 1:00pm-2:30pm	11 Wetaskiwin Learn & Play 10:30am-12:00pm Wetaskiwin Glow 3:30pm-5:00pm	12
13 Free Skate Ponoka 1:00pm-2:30pm -Free swim Ponoka 12:00pm-1:00pm	14 Millet Learn & Play 10:30am-12:00pm -Millet Glow 3:30-5:00pm	15 Ponoka Parent & Baby/Tot swim 2:45-3:45 Ponoka Learn & Play 10:30am-12:00pm	16 Rimbey Learn & Play 10:30am-12:00pm Rimbey Glow 3:30pm-5:00pm	17 Wetaskiwin Baby & Me 10:30am-12:00pm	18 Wetaskiwin Learn & Play 10:30am-12:00pm -Wetaskiwin Glow 3:30pm-5:00pm	19 Wetaskiwin Free Swim 11:00am- 2:00pm Free Swim Ponoka 12:30pm-1:30pm
20 Wetaskiwin Free Skate 1:00pm-3:00pm	21 Millet Learn & Play 10:30am-12:00pm Millet Glow 3:30pm-5:00pm	22Wetaskiwin Parent & baby/ Tot swim 1:00pm- 2:30pm Ponoka Learn & Play 10:30am-12:00pm	23 Rimbey Learn & Play 10:30am-12:00pm	24 STAFF DAY	25 Wetaskiwin Learn & Play 10:30am-12:00pm -Wetaskiwin Glow 3:30pm-5:00pm	26
27 Wetaskiwin Free Skate 1:00pm-3:00pm	28 Millet Learn & Play 10:30am-12:00pm - Millet Glow 3:30pm-5:00pm	29 Ponoka Parent & Baby/Tot swim 2:45-3:45 Ponoka Learn & Play 10:30am- 12:00pm	30 Rimbey Learn & Play 10:30am-12:00pm Rimbey Glow 3:30pm-5:00pm	31 Millet Baby & Me 1:00pm-2:30pm		

McMan Spoke Service– Wetaskiwin
4415A 49th Street, Wetaskiwin
Barbara.Docken@mcmancentral.ca
780-360-4124
www.mcmancentral.ca



TO REGISTER (OR MORE INFORMATION):

Barbara.Docken@mcmancentral.ca

780-360-4124

Learn & Play: Let the kiddos play. Developmental activities, stories, games and more.
Ages 0-6 older siblings welcome.

Glow: (age 6-12) Watch FB for details of weekly activities. Drop off

Baby & Me: Time to connect with other parents and families.

Free Skate Ponoka: [Register@www.ponoka.ca/aquaplex](http://www.ponoka.ca/aquaplex)

Free Swim Ponoka : [Register@ www.ponoka.ca/aquaplex](http://www.ponoka.ca/aquaplex)

Free Skate Wetaskiwin- No need to pre register any questions contact Manluk Center @780-361-4444

Free Swim Wetaskiwin No need to pre register any questions contact Manluk Center @ 780-361-4444

Rhyming Tots: Drop in program .Oral language fun with rhyming songs & stories
Wednesdays 10:00am- 11:00 am @ McMan Office
in Wetaskiwin

S.P.E.A.K : Personal Empowerment and Safety Program for Preschoolers
Wednesdays 11:00am-12:00pm @ McMan Office
Wetaskiwin. [Watch Facebook for registration](#)

EMERGENCY FIRST AID: Level C for Youth and Adult. A comprehensive course, covering first aid, cardiopulmonary resuscitation (CPR) for adults, children, and infants, and proper use of AED's. This course meets the requirements for Provincial Worker Safety, Insurance Boards , and includes the most up-to-date First Aid and CPR Guidelines. Ponoka March 4th

Rimbey March 11th Adults (18+) Rimbey March 12th Youth (14-18)

Millet March 18th Adults (18+) Millet March 19th Youth (14-18)

Wetaskiwin- McMan Office 4415 A 49 Street

Rimbey- Blindman Youth Action Center 4907 49th Street

Millet- Town of Millet (old school in the gym) 5120 50st

Ponoka - Hudson Green Community Activity Center

To register (or more information): Barbara.Docken@mcmancentral.ca

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