



MFRC CHILD AND YOUTH CALENDAR



JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29			1	2	3	4
MFRC Closed	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 9 - 17) 1 - 4pm Youth Drop-in (Ages 9 - 17) 5:30 - 8:30pm
Youth Drop-in (Ages 9 - 17) 1 - 4pm	Play Cafe (Ages 0 - 5) 9:30am - 12pm Youth Drop-in (Ages 6 - 15) 3 - 5pm	Stay and Play (Ages 0 - 5) 10 - 11:30am Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Play Cafe (Ages 0 - 5) 9:30am - 12pm Youth Drop-in (Ages 6 - 15) 3 - 5pm Teen Take Over: Teen Choice (Ages 13 - 17) 6 - 9pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm Kids Connection Corner: PJ, Popcorn & Movie Night (Ages 6 - 8) 6 - 8pm	Youth Drop-in (Ages 6 - 8) 1 - 4pm Youth Drop-in (Ages 9 - 17) 5:30 - 8:30pm
Youth Drop-in (Ages 9 - 17) 1 - 4pm	Play Cafe (Ages 0 - 5) 9:30am - 12pm Youth Drop-in (Ages 6 - 15) 3 - 5pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm Coping Skills Bootcamp (Ages 8 - 12) 6 - 7:30pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm	Play Cafe (Ages 0 - 5) 9:30am - 12pm Youth Drop-in (Ages 6 - 15) 3 - 5pm Kids Connection Corner: Bright Minds (Ages 6 - 8) 6 - 8pm	Youth Drop-in (Ages 6 - 15) 3 - 5pm Youth Explore Zone: PJ, Popcorn & Movie Night (Ages 9 - 12) 6 - 9pm	Family Connections: Telus World of Science (All Ages) 10am - 1pm Youth Drop-in (Ages 9 - 17) 1 - 4pm Youth Drop-in (Ages 6 - 8) 5:30 - 8:30pm
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For more information, please contact us:

780-973-4011 ext. 528-6300 | information@mfrcedmonton.com | CFMWS.ca/Edmonton/MFRCPrograms

MFRC CHILD & YOUTH PROGRAMS

Youth Drop In | No Fee

Open to youth (ages 6-17) and offers the ability to move freely throughout the centre with a variety of activities to choose from. For details, please refer to the calendar for age groups, dates, and times. Please note, weekday times are NOT offered on Sturgeon School Division non-school days (i.e. PD Days, Teachers' Convention, Spring Break, etc.).

Play Cafe | Drop In Program | No Fee

Our free drop-in Play Cafe provides a wonderful opportunity to spend time with your children (ages 0-5) and get to know other parents and caregivers in the military community. The space includes a story corner, craft tables, refreshment area and outdoor playground (weather permitting).

Stay & Play | Registered Program | \$2 per family

Parents/caregivers will actively engage with their children through fun activities that focus on early childhood development while building supportive social connections with others. Sessions will include simple activities that you and your child can do at home together. Parents/caregivers and their children 5 years and under are invited to attend.

Teen Take Over | Registered/Drop In Program | No Fee

Come explore video games, computers, art and science materials, board games or air hockey it's your choice! Youth will have free choice to participate in all the activities offered throughout the space while having fun with their peers, building friendships, social skills, confidence and more.

Kids Connection Corner: Movie Night | Registered Program | No Fee

Join us for PJ, Popcorn & Movie Night! Youth can wear their pj's, enjoy some snacks and watch the movie Abominable while connecting with their peers. Popcorn and refreshments will be offered during the movie.

Coping Skills Bootcamp | Registered Event | No Fee

In this three-week course, children will come together in a safe space to share their feelings and participate in activities to practice various coping strategies. By the end of the course, children will have created their own take-home toolkit using what they learned and practiced through the program. Children are expected to attend all three sessions. Activities include making slime, painting, meditating, interactive games, physical movement, yoga, and more!

Kids Connection Corner: Bright Minds | Registered Program | No Fee

Explore, create, discover and learn with us! Youth science enthusiasts will participate in fun and engaging hands-on experiments that will test their knowledge and creativity while working alongside their peers. Activities include growing gummy bears, dissolving candy canes, magnetic experiments and more!

Youth Explore Zone: Movie Night | Registered Program | No Fee

Join us for PJ & Popcorn Movie Night! Youth can get cozy in their pj's, enjoy some snacks and watch the movie Inside Out 2 while connecting with their peers. Popcorn and refreshments will be offered during the movie.

Family Connections | Registered Program | \$10 per adult, \$5 per child

Fun for the whole family! Families are invited to explore a variety of interactive activities and exhibits together at the Telus World of Science while meeting and connecting with other military families in the community. Activities include access to the health zone, space gallery, nature exchange, science garage, arctic journey, CuriousCITY and more! Participant fee includes admission, IMAX Theatre tickets, pizza and refreshments.

Youth Explore Zone: Game On! | Registered Program | No Fee

Calling all gamers! Join us for an exciting evening filled with thrilling challenges and friendly competition in an unforgettable gaming experience where friendships are forged and skills are honed. Test your resilience, skills and strategies against your peers as part of a team or individually. A variety of video games will be available for youth to play. Grab your controllers and let the games begin!