

MFRC CHILD AND YOUTH CALENDAR

SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	4 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	5 MFRC CLOSED
6 MFRC CLOSED	7 MFRC CLOSED	8 Stay and Play (Ages 0-5) 10:00 - 11:30 am Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	9 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Youth Drop-in (Ages 6-15) 6:00 - 8:00 pm	10 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Game Night (Ages 6-15) 6:00 - 8:00 pm	11 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Kids Connection Corner: PJ, Popcorn & Movie Night (Ages 6-8) 6:00 - 8:00 pm	12 Youth Drop-in (Ages 6-15) 1:00 - 4:00 pm
13	14 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	15 Stay and Play (Ages 0-5) 10:00 - 11:30 am Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	16 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Youth Drop-in (Ages 6-15) 6:00 - 8:00 pm	17 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Game On! (Ages 6-15) 6:00 - 8:00 pm	18 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Youth Explore Zone: PJ, Popcorn & Movie Night (Ages 9-12) 6:00 - 8:00 pm	19 Youth Drop-in (Ages 6-15) 1:00 - 4:00 pm
20	21 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	22 Stay and Play (Ages 0-5) 10:00 - 11:30 am Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	23 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Youth Drop-in (Ages 6-15) 6:00 - 8:00 pm	24 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Discover You (Ages 11-17) 6:00 - 7:30 pm	25 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Teen Take Over (Ages 13-17) 6:00 - 8:00 pm	26 Youth Drop-in (Ages 6-15) 1:00 - 4:00 pm Family Connections: Game Ovr (Ages 5+) 1:30 - 3:30 pm
27	28 Play Cafe (Ages 0-5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm	29 Youth Drop-in (Ages 6-15) 3:00 - 5:00 pm Youth Drop-in (Ages 6-15) 6:00 - 8:00 pm	30 MFRC CLOSED	1	2	3



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.

Game Night | Registered Program | No Fee

Join us for some fun and friendly competition playing board games and meeting new friends! Youth are invited to test their knowledge and quick-thinking skills as they work together with their peers to brainstorm and problem solve while making connections with each other. A variety of board games will be available for youth to play in pairs or in groups. Some games include, but are not limited to What Do You Meme, Quick Draw, Kerplunk and more!

Kids Connection Corner: PJ, Popcorn & 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 animated family adventure film The SpongeBob Movie while they connect with their peers. Popcorn and refreshments will be offered during the movie.

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!

Youth Explore Zone: PJ, Popcorn & Movie Night | Registered Program | No Fee

Join us for Youth Choice PJ & Popcorn Movie Night! Youth can get cozy in their pj's, enjoy some snacks and together choose a movie to watch while they connect with their peers. Popcorn and refreshments will be offered during the movie.

Discover You | Registered Program | No Fee

Connect, create and grow through our Discover You Series. Youth will participate in hands-on sessions that combine fun activities, creative challenges, group conversations and practical tools designed to help build confidence, strengthen relationships, and develop skills to handle everyday challenges. Participants will also create a library of take-home activities from each session to support their learning and growth.

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

Come explore video games, computers, art and science materials, board games or bubble 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.

Family Connections: Game Ovr | Registered Program | \$10 per participant

Ready to transport yourself into a new world? Join us for an exciting afternoon exploring some of the best VR experience that Game Ovr has to offer! Families can step into the world of Virtual Reality as they travel to different parts of the globe, dive beneath the ocean, attend Wizard Academy, test their survival skills, and so much more. With a variety of adventures to choose from, there is something for everyone to enjoy.