



# Fort Garry/St. Norbert Coalition Winter 2022

'providing support to families with the goal of raising happy, healthy children'

## Pre-Registration Required for all programming.

Due to new Public Health Orders, registration has been delayed until January 12th at 8am.

Stay tuned on our Facebook page and website (fgsn.ca) for further details.

~~In-Person/Inside~~ - **Zoom until further notice**  
**Circle & Rhyme Time**

Tuesday mornings  
Parc la Salle School,  
190 Houde Drive  
Group 1 - 9:15-10 am  
Group 2- 10:30-11:15 am



**Groups 1 & 2 combined on Zoom 10-10:30am**

Come join the fun at Circle & Rhyme on Tuesdays. This 45 minute program will have you & your little one participating in a craft, story time and song time.

Please note: The school requires that all participants over the age of 12, be double vaccinated and wear a mask throughout the programming.

This indoor, in-person program runs from January 25th-March 15th.

~~In-Person/Outside~~ - **Zoom until further notice**  
**Polar Bear Outside Winter Fun!**

Wednesday mornings  
Alex Bridge Park & Zoom  
(by Margaret Grant Pool)  
10:00-10:30 am



Shake off those winter blues with some outdoor and indoor fun! This hybrid program will focus on movement outside one week and the next week we will conduct awesome snow science experiments on zoom. Please note that the program alternates from outdoor and Zoom sessions that both run for 30 minutes. Join us for a roaring good time!

This in-person hybrid program runs from January 26th-March 16th.

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## Zoom Programming

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### Bedtime Fun!

Wednesday nights  
6:30-7:00 pm

Calling all sleepyheads and stuffies! This 8 week bedtime Zoom program will have gentle yoga poses, soothing songs and relaxing books to help your little one get ready for bed.

This virtual program runs from January 26th-March 16th.

### Bounce, Read & Sing

Thursday mornings  
10:00-10:30 am

If you're happy and you know it.... bounce a ball? Read a book? Sing a song? How about all three! Join us as we Zoom through movement activities, read and share fun stories and sing some old favourites and learn some new songs! Your child will have all their wiggles out by the end of this engaging program!

This virtual program runs from January 27th-March 17th.

### Fun in the Kitchen

Friday mornings  
10:00-10:30 am

Food and Science...What could be more fun? Join us in the kitchen and explore the wonderful world of food through cooking, science experiments and songs & rhymes.

Geared to 3-5 year olds.

This virtual program runs from January 28th-March 18th.

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For more information contact :

Cindy Nactigall, Initiative Coordinator at : [coordinator@fgsn.ca](mailto:coordinator@fgsn.ca) or call 204-299-1600  
Or  
Audra Anderson, Administrative Coordinator at: [coalition.admin@fgsn.ca](mailto:coalition.admin@fgsn.ca) or call 204-306-3475(DISK)