

# January 2018



| Monday  | Tuesday  | Wednesday   | Thursday  |
|---|--|---|---|
| 1<br><br><b>NO CHILDREN'S FITNESS IN DUTTON</b>   | 2<br><br><b>NO COOKIN KIDS IN JANUARY.</b><br><br><b>NO GROW WITH BABY IN DUTTON.</b>  | 3<br><br><b>NO OEYC PLAYGROUP TODAY!</b>  | 4<br><br>                    |
| 8<br><br><b>Children's Fitness for 3-6 and 7-9 year olds @ West Elgin Secondary School 6:30pm to 7:30pm Call 519-768-1715 ext. 2203 to register.</b><br><br><b>Infant Program (Drop in) Ages 0-18 months 10-11:30 @ WECHC</b> | 9<br><br><b>Krazy Kitchen 10:00 am to 12:00 noon @ the WECHC call ext. 2202 to register.</b>   | 10<br><br><b>OEYC PLAYGROUP for 0-6 year olds and their caregiver at the WECHC 10 am to 11:30 am.</b><br><br><b>OEYC Parent Café for parents/caregivers while children attend playgroup at the WECHC 10 am to 11 am.</b><br><b><u>Call ext. 2314 to register!</u></b> | 11<br><br>                   |
| 15<br><br><b>Infant Program (Drop in) Ages 0-18 months 10-11:30 @ WECHC</b>   | 16<br><br><b>@ the Kitchen Table Ages 10 –12 years 4:30 to 6:30 pm Call 519-768-1715 ext. 2314 to register.</b><br><br><b>Children's Fitness for 3-6 year olds at the Rodney Recreation Centre from 5:30-6:30pm call 519-768-1715 ext. 2203 to register.</b> | 17<br><br><b>Grow with Baby Well baby checks for infants 0-18 months. 1:30 pm to 3:00pm in Rodney at Tiny Tots.</b>   | 18<br><br>                  |
| 22<br><br><b>Grow with Baby Well baby checks for infants 0-18 months. 9:30 am to 11am @ the WECHC.</b><br><b>Infant Program (Drop in) Ages 0-18 months 10-11:30 @ WECHC</b>   | 23<br><br>  | 24<br><br>  | 25<br><br><b>Kitchen Kids for 2 1/2 to 6 year olds from 6 pm to 7:30 pm @ WECHC call to register.</b>           |
| 29<br><br><b>Infant Program (Drop in) Ages 0-18 months 10-11:30 @ WECHC</b>   | 30<br><br>  | 31<br><br>  | <b>Programs are filling fast! Please see the back for next available dates. We apologize for any waitlists.</b> |

Let's Connect Team

519-768-1715 [www.wechc.on.ca](http://www.wechc.on.ca)

Debi, Registered Nurse...ext. 2312  
Cindy, Early Childhood Educator...ext. 2202

Larissa, Registered Dietitian...ext. 2292  
Kristyn, Child and Youth Worker...ext.2314

# WHAT'S HAPPENING

a newsletter for families with children 0-18 years of age

## TEEN Corner

If you have a youth grade 8 + who is interested in being part of the WECHC Youth Advisory please contact Kristyn @ kmunroe@wehc.on.ca

Healthy Beginnings, Healthy Life Children's Fitness  
519-768-1715 ext. 2203 to register

Dutton: NO Children's Fitness in Dutton for January

West Lorne: January 8th (3 to 6 and 7 to 9 years)  
@ West Elgin Secondary School  
6:30-7:30pm

Rodney: January 16th (3 to 6 years)  
@ the Rodney Rec Centre  
5:30-6:30pm

Don't forget to LIKE the  
West Elgin Community Health Centre's  
Facebook page to keep up to date on



programming and events!



As the holidays come to end and school starts up again the Let's Connect Team hopes you had a safe, happy, and healthy holiday break!

Welcome to 2018!  
We hope this will be one of  
our best years yet!

## Let's Move and Talk Pregnancy!

### Free 6 week program for

FREE 6 week prenatal low impact fitness and discussion topics. This program will only run with a minimum of 4 mom's registered. Please call ext. 2202 if interested.

### Post Natal Fitness!

FREE low impact post natal fitness (for mom's that have a child 18 months or younger)

Will start again on March 22nd- April 26th  
@11 am to noon.

Call Cindy @ ext. 2202 to register!  
Limited childcare available!

## @ the Kitchen Table

**Next available:**  
**Part-time Spots Only**  
**4:30pm to 6:30pm**

Ages 10 to 12 cook a meal with each other while learning cooking skills.  
Ext. 2314 to register

## Krazy Kitchen

**Next available:**  
**January 9th 2018**  
**10:00am to Noon**

Parents learn to cook with Childcare.

## Cookin' Kids

**Next available:**  
**May 1st 2018**  
**4:30 to 6:00pm**

Ages 7 to 9 cook a meal for their family

## Kitchen Kids

**Next available:**  
**April 22nd 2018**  
**6:00 to 7:30pm**

Ages 2 1/2 to 6 cook with a parent/guardian.

Call ext. #2202 to register.

## PARENT CORNER

**Next Parent Café: January 10th**

### Parents are required to register

prior to this program in order to ensure proper childcare support.

Call Kristyn @ ext. 2314 to register!

I ❤️ My  
Parents

## Infant Program (Drop in)

Starting on January 15th

Monday's from 10-11:30  
@ the WECHC.



Songs, crafts, activities, guests and more  
Call Cindy at ext. 2202 for more information.

*We apologize once again for waitlists and we will do our best to accommodate you in a program as early as a spot is available.*



West Elgin  
Community  
Health Centre

If you would like to be on the West Elgin  
Community Health Centre Let's Connect  
mailing list and receive our monthly  
newsletter and upcoming events please  
e-mail kmunroe@wehc.on.ca

Every  
One  
Matters.