

Suffield Military Family Resource Centre

Child & Youth Development

- Daily** Kiddie Kare (6 months-3 yrs): 08:30-11:30. \$14.00/child /session. Facilities located in Community Centre. Children must be pre-registered to attend.
- Mon Wed** Senior Youth Club (12-17 years): 18:00-21:00. \$1.00 /youth. Bulk passes can be purchased from the MFRC. Canteen sales available. Youth must be pre-registered to attend. Youth Club located at 16 Edgewood Rd.
- Tue Thur** JuniorYouth Club (8-11 years): 18:30-20:30. \$1.00 /youth. Bulk passes can be purchased from the MFRC. Canteen sales available. Youth must be pre-registered to attend. Youth Club located at 16 Edgewood Rd.

Personal Development (Workshops, Courses, Events)

- 7** Job Interview Skills Workshop: \$3.00/person, 10:00-11:00 at the MFRC. Register by 1st April. Minimum of 4 people required.
- 7** Yoga Class: 6:00-7:00pm. \$3.00/person (Special Rate!!!!). Classes take place at the Gym. Book from 31st March onwards. 6 participants required for lessons to take place.
- 12** Volunteer Appreciation Lunch: Free for all MFRC Volunteers. We will call you with details nearer the time. Children welcome. If you would like to volunteer with the MFRC, give Kerry a call on (403) 544-5567.
- 13** Belly Dancing Lesson: \$13.00/person. 8:00-9:15pm at the Gym. Try your hand at this excellent and intense work out! Tighten your core and have fun at the same time. Must be over 15 years to attend. Register by 6th march. Minimum of 8 people required.
- 16** Calgary Bus Trip-Chinook Mall: Leaves Canex at 08:00-arriving back at approx. 20:30. \$5.00/person, MFRC Volunteers travel free. Register by 9th April.
- 19** Family Spring Supper & Silent Auction: \$5.00/person. Supper hosted by MFRC, Silent Auction hosted by Ralston School Parent Council. Come out and show your support, bid on some great items and as always, enjoy a fantastic supper...with no dishes! Supper will be served at 5:00pm, with the evening wrapping up around 7:00pm. Tickets must be purchased by 12th April, and we require a minimum of 20 participants for the evening to proceed. Hope to see you there.
- 20** Volunteer Coffee Social: Free for all MFRC Volunteers. We will call nearer the time with more information. Drop by and meet other volunteers and enjoy coffee and treats. Children welcome
- 26** Look out for your May/June Ralston Community Newsletter. Inside you will find all kinds of event information and articles. Please contact Kerry (403 544 5567) if you would like more information.
- Wed** Guitar Lessons: Individual sessions booked from 4:15pm onwards. Lessons run from 6th April for 4 weeks at a cost of \$68.00/person, in the MFRC. Register by 30th March, minimum of 6 students required for sessions to take place.
- Wed** Drum Lessons: Individual sessions booked from 7:00pm onwards. Lessons run from 6th April for 4 weeks at a cost of \$73.00/person, at the MFRC Annex. Register by 30th March, minimum of 6 students required for sessions to take place.



The MFRC would like to welcome all new arrivals to Ralston, Redcliff & Medicine Hat. If you have any questions, we are here to help. Stop by the MFRC or the Medicine Hat Satellite Office for coffee, information and a friendly smile. See you soon....

For more program information, please call 544-5567. All participants must pre-register and pre-pay (or cancel) at the MFRC, one week prior to event.



Mon

Tue

Wed

Thu

Fri

Sat

April 2011



MFRC Out of Hours Emergency Cell Phone Number: (403) 580-6182

					1 Kiddie Kare Lunch Program	2
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3	4 Kiddie Kare Lunch Program Sr. Youth Club	5 Kiddie Kare Lunch Program Jr. Youth Club	6 Kiddie Kare Lunch Program Sr. Youth Club Drum Lessons Guitar Lessons	7 Kiddie Kare Job Interview Skills Lunch Program Jr. Youth Club Yoga Class	15 Kiddie Kare Lunch Program	16 Calgary Bus Trip Chinook Mall
10 International Volunteer Week! → Thank you to all our Volunteers.	11 Kiddie Kare Lunch Program Sr. Youth Club	12 Kiddie Kare Lunch Program Volunteer Lunch Jr. Youth Club	13 Kiddie Kare Lunch Program Sr. Youth Club Belly Dancing	14 Kiddie Kare Lunch Program Jr. Youth Club	22 MFRC & Programs closed for Good Friday	
17	18 Kiddie Kare Lunch Program Sr. Youth Club	19 Kiddie Kare Lunch Program Jr. Youth Club Family Supper & Silent Auction	20 Kiddie Kare Lunch Program Vol. Coffee Morn. Sr. Youth Club	21 Kiddie Kare Lunch Program Jr. Youth Club		
24 	25 MFRC & Programs closed for Easter Monday	26 Ralston Community Newsletter goes out today!	27 Drum Lessons Guitar Lessons	28		
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Ralston Office Hours
(403) 544-5567
Mon, Tue, Wed, Thu, Fri
7:30 am-12 noon &
12:30 pm-3:30 pm

Medicine Hat Satellite Centre Hours
(403) 526-2830
Mon, Wed, Fri
07:30 am-12 noon
12:30 pm-3:30pm
Located in Bay 8, Ross Glen Business Park,
Medicine Hat

Kiddie Kare & Youth Club Closed for Easter Week