

MINDS MATTER - 2024

SUMMER

FOOTHILLS SCHOOL DIVISION



100%

FREE PROGRAMS

ACROSS THE FOOTHILLS



Free Summer Fun

REGISTRATION REQUIRED FOR ALL FREE FUN - EXCEPT DROP IN'S

DROP IN



TASTY TUESDAY'S

1:30pm - 2:30pm

FREE TREAT

NEAR ETHEL TUCKER PARK BEHIND CAMERON CROSSING

July 9-Aug 20

DROP IN



WATER WEDNESDAY'S

1pm Public Swim

FREE ENTRY FOR FIRST 50 PEOPLE

Dr. LANDER MEMORIAL POOL

July 10-Aug 21



RAMPAGE (RVC) VOLLEYBALL

Ages 10-16

TRAINING SESSIONS

THREE LOCATIONS; OKOTOKS, HIGH RIVER, & DIAMOND VALLEY

July 16 - Aug 1



MONDAYS IN JULY

Ages 5-11

EARLY LEARNING

MILLARVILLE

FREE ACTIVITY



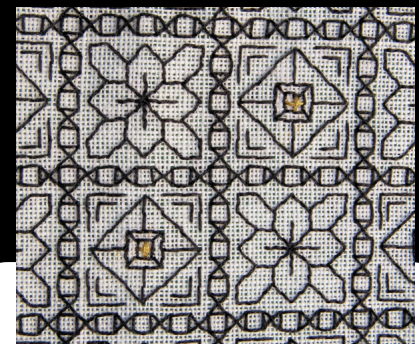
KANANASKIS DAY HIKE

Ages 12+

BUS, FOOD, & GUIDE

PICK UP LOCATIONS TBD

AUG 15, 2024



BLACKWORK TATTOOING

Ages 13+

AUGUST PROGRAM

REG @ Okotoks Art Gallery

OKOTOKS

FREE CLASSES



DAWGS GAME

All Ages Family Event

PATIO TICKET & FOOD

DAWGS STADIUM, OKOTOKS

JULY 31, 2024



SPOT of EMOTIONS

Ages 4-8

4 WEEK PROGRAM

HIGH RIVER @ FAMILY CENTRE

FREE CLASSES



EUNOIA EAL CAMP

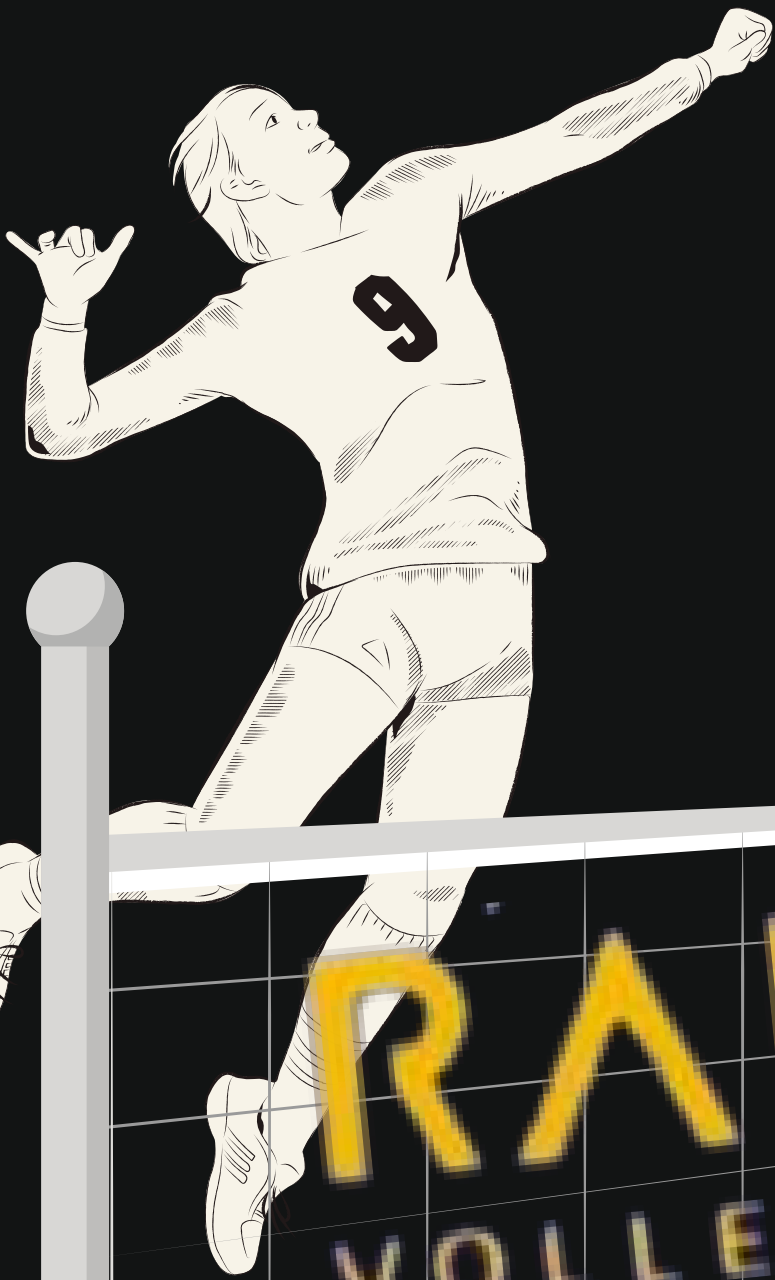
Ages 7-15 **REG @**

eunoiasummer24@gmail.com

BLACK DIAMOND NEAR OKOTOKS ERRATIC

FREE CAMP

AND MORE...



SCAN ME



REGISTER NOW

RAMPAGE

VOLLEYBALL CENTRE

**GYM LOCATIONS IN:
HIGH RIVER, OKOTOKS, & TURNER VALLEY**

(Highwood High, The Comp, & Turner Valley School)



**Tuesday & Thursday
July 16 - Aug 1
6-7:30pm / 7:30-9pm
Ages 10-14 / Ages 13-16
3 WEEKS
6 SESSIONS**





*Book!
Now!*

SCAN ME



DWAGS GAME
All Ages Family Event
PATIO TICKET & FOOD
DWAGS STADIUM, OKOTOKS

JULY 31, 2024



JULY 31 @ 7PM

Baseball

FAMILY & FRIENDS OF ALL AGES

What's included:

Entry TICKET

Hot Dog OR Sandwhich

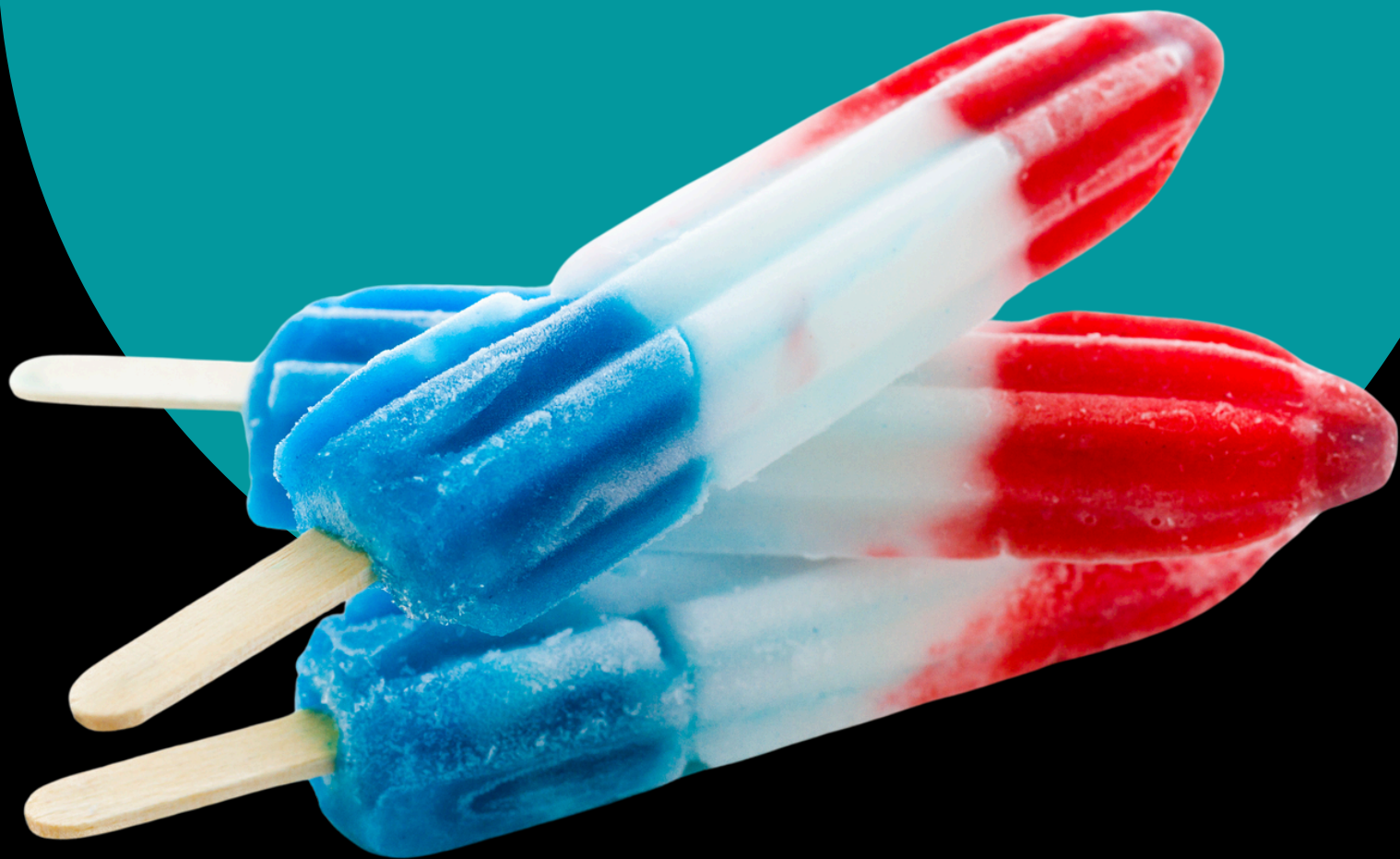
COKE Product

Get outside and
connect with others
at the ball
game!

Trouble booking:
Email ferrariot@fsd38.ab.ca

**DROP
IN**

FREE TREATS 1:30pm - 2:30pm
TASTY
TUESDAY



Get your Scoop on Mental Health

July 9, 16, 23, 30

Aug 6, 13, 20

@mindsmatterfsd



@ Cameron Crossing (7 Riverside Dr)



POOL SIDE WELLNESS

**DROP
IN**



**50 FREE* ADMISSIONS
@ 1pm for Public Swim
July 20, 17, 24, 31
Aug 7, 14, 21**

@mindsmatterfsd 

@ Dr. Lander Memorial Pool

207 Main Street NE, Diamond Valley

Free* for first 50 admissions for each date listed above





EUNOIA EAL CAMP

Ages 7-15 REG @

eunoiasummer24@gmail.com

BLACK DIAMOND NEAR OKOTOKS ERRATIC

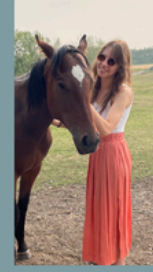
FREE CAMP

EUNOIA

VOLUNTEER OPPORTUNITIES FOR OUR 2024 SUMMER PROGRAMS AT EUNOIA EQUINE ASSISTED LEARNING AND WELLNESS.

**ARE YOU AGED BETWEEN 14-17 AND LOOKING
FOR SOMETHING TO DO OVER THE SUMMER?
THEN COME AND SPEND TIME WITH US!!**

We will teach you
the basics of
handling horses in
an EAL setting.



Gain volunteer
hours, and also a
Wrangling EAL
certificate to add to
your resume!!



Looking forward to
hearing from you.
Its going to be a fun
summer at Eunoia!



Connect with us for
further information
on the training and
the dates of the
camps:

eunoiasummer24@gmail.com

Funded by FCSS, Okotoks, High River, Diamond Valley



**FULL TRAINING
PROVIDED
JUNE 15TH
1-4.30PM**

FREE SUMMER PROGRAM FOR 7-15 YEAR OLDS

Eunoia Equine Assisted Learning and Wellness

- enjoy time with our horses
- explore our nature trails
- crafts and games
- confidence building
- social emotional skills
- make new friends
- **HAVE FUN!!**

*Funded by FCSS Okotoks, High River and
Diamond Valley, and supported by Minds
Matter*

Dates:

July 23-24

July 25-26

July 30-31

August 1-2

All camps are

9:30-3:30

**For registration or information, please contact
eunoiasummer24@gmail.com**

(Please note we are non riding)



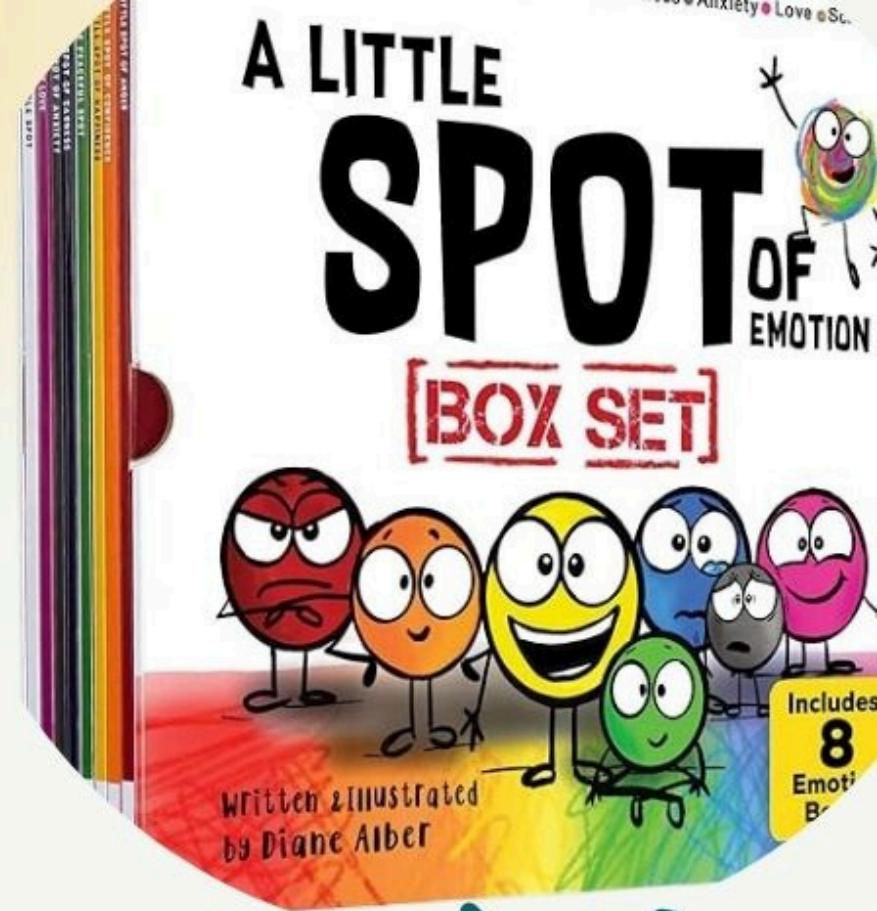
GREATER FOOTHILLS
FAMILY CENTRE



SPOT OF EMOTIONS

4 Week Program for 4-8
year olds (unparented)

Mondays, July 8,15,22 & 29
@ 1:30pm



SCAN ME

Scan to Register



BLACKWORK TATTOOING

Ages 13+

AUGUST PROGRAM

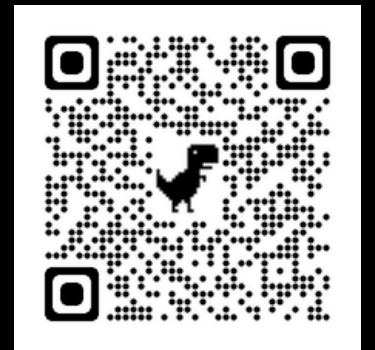
REG @ Active Okotoks

OKOTOKS

FREE CLASSES

**Okotoks
Art Gallery Studio
Wednesdays,
August 7, 14, 28
6 to 7:30 pm**

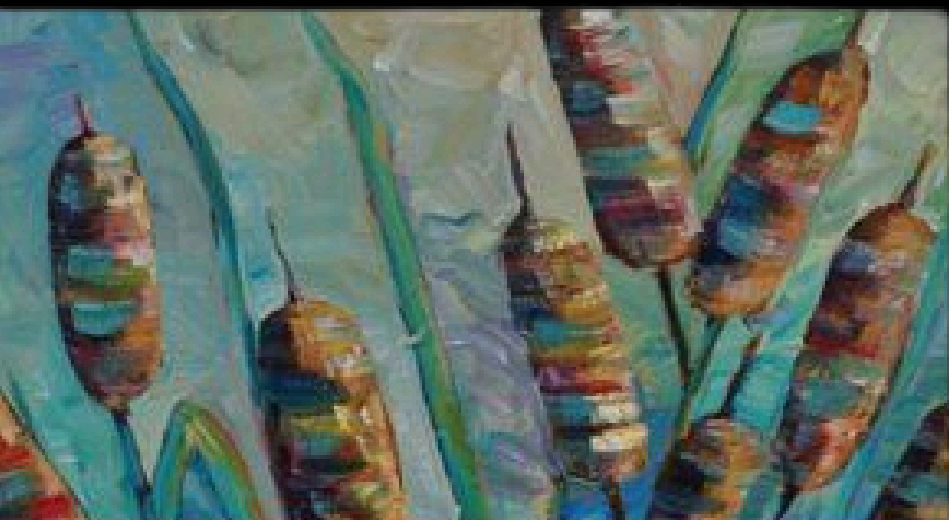
**REGISTER HERE FOR FREE
AT ACTIVE OKOTOKS
Course #22031**



Blackwork Tattoo Illustration with Nirvana Needles

Join local tattoo artist, Sara Gamble of Nirvana Needles, for an exciting class that goes over the fundamentals of modern blackwork tattoo illustration! All while learning how it connects to wellness and mindfulness.

or @
AllEvents



OAG

**OKOTOKS ART GALLERY
AT THE STATION**

RPAC

ROTARY PERFORMING ARTS CENTRE

OMA

**OKOTOKS MUSEUM AND ARCHIVES
AT HERITAGE HOUSE**



KANANASKIS DAY HIKE

Ages 12+

BUS, FOOD, & GUIDE

PICK UP LOCATIONS TBD

AUG 15, 2024

SCAN
ME



Day Hike

Are you a student of
Foothills School Division?
Do you want to get out to
of town for a day hike?

If you answered

YES!

Then complete the FORM,
on the QR code, to
reserve your SPOT!

*Includes bussing, lunch,
water, and snack.*





MONDAYS IN JULY
Ages 5-11
EARLY LEARNING
MILLARVILLE

FREE ACTIVITY

MONDAY
MORNINGS
July 8
July 15
July 22
July 29



Email at least one week before
date you wish to register for a fun morning
lesson and activity in collaboration with
Millarville Early Learning Centre!
ferrariot@fsd38.ab.ca



FREE



GREATER FOOTHILLS
FAMILY CENTRE

Presents



To register or for information, resources and referrals, please call 403-652-8633 or toll free at 1-877-652-8633

Summer 2024 Programs for Children & Families

July Programs

This Summer join us for Stay & Play and Play in the Park days as well as some other fun activities, regular programming resumes in September!



Stay & Play- High River

All families are welcome to attend Stay & Play all summer long at our High River location.

Tuesdays in July- 9-11:30am

Wednesdays in July- 1-3pm

Thursdays in July- 9-11:30am

Check out Stay & Play times for August on the back of this program guide!

Play in the Park Dates (weather permitting)

9:30-11:30am

Join us as we travel around the parks throughout our Network area communities. Don't forget to bring a hat, a water bottle and sunscreen!



- Tuesday, July 2-Claresholm- Centennial Park-Spray Park
- Wednesday, July 3- Nanton-Centennial Park
- Monday July 8- Vulcan- Park at Vulcan Swimming Pool
- Tuesday July 9- Claresholm-Centennial Park-Spray Park
- Wednesday July 10- Nanton-Centennial Park
- Thursday July 11- Stavely- Centennial Park
- Thursday July 11-Diamond Valley- Spray Park
- Monday July 15-Vulcan- Park at Vulcan Swimming Pool
- Tuesday July 16-Claresholm- Centennial Park-Spray Park
- Wednesday, July 17- Nanton- Centennial Park
- Thursday July 18-Stavely- Centennial Park
- Thursday July 18- Diamond Valley- Riverwood Tot Park
- Monday July 22- Vulcan- Park at Vulcan Swimming Pool
- Tuesday July 23- Claresholm-Centennial Park-Spray Park
- Wednesday July 24- Nanton-Centennial Park
- Thursday July 25-Stavely- Centennial Park
- Thursday July 25- Diamond Valley- Spray Park
- Monday July 29- Vulcan- Park at Vulcan Swimming Pool
- Tuesday July 30- Claresholm-Centennial Park-Spray Park
- Wednesday July 31- Nanton-Centennial Park

Check out Play in the Park Dates for August on the back of this program guide!

Summer Wonder! JULY SESSIONS

Join us outside at our High River centre for Summer themed activities- Check out July dates, times and activities! Registration is required



- Tuesday July 2 @ 2pm- Wacky Science
- Wednesday, July 3 @ 10am- Outdoor Games
- Monday July 8 @ 2pm- Scavenger Hunt
- Tuesday July 9 @ 2pm- Kite Making
- Wednesday July 10 @ 10am-Sidewalk Chalk
- Thursday July 11 @ 1:45pm- Songs & Stories
- Monday July 15 @ 2pm- Painting Crafts
- Tuesday July 16 @ 2pm- Wood Projects
- Wednesday July 17 @ 10am- Sensory Play
- Thursday July 18 @ 1:45pm- Obstacle Course
- Monday July 22 @ 2pm- Outdoor Games
- Tuesday July 23 @ 2pm- Rock Painting
- Wednesday July 24 @ 10am- Outdoor Dramatic Play
- Thursday July 25 @ 1:45pm- Meet at George Lane Park
- Monday July 29 @ 2pm- Dinosaur Dig
- Tuesday July 30 @ 2pm- Fairy Gardens
- Wednesday July 31 @ 10am- Mud Kitchen



SPOT Program

Mondays, July 8,15,22 & 29 @ 1pm

Facilitated by our friends at Minds Matter this program focuses on EMOTIONS and becoming an emotion detective! This program is designed for 4-8 year olds. *Registration is required.



FREE



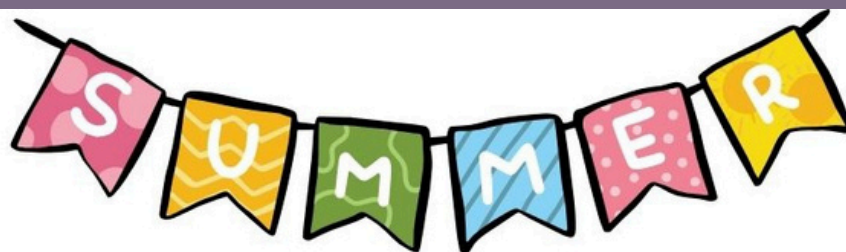
August Programs

Play in the Park Dates (weather permitting) 9:30-11:30am

Join us as we travel around the parks throughout our Network area communities. Don't forget to bring a hat, a water bottle and sunscreen!



- Thursday, Aug.1 - Stavely- Centennial Park
- Thursday, Aug 1- Diamond Valley-Spray Park
- Tuesday, Aug 6- Claresholm- Centennial Park-Spray Park
- Wednesday Aug 7- Nanton-Centennial Park
- Thursday Aug 8 - Diamond Valley- Riverwood Tot Park
- Monday Aug 12- Vulcan- Park at Vulcan Swimming Pool
- Tuesday, Aug.13- Claresholm- Centennial Park- Spray Park
- Wednesday Aug 14- Nanton- Centennial Park
- Thursday, Aug 15- Stavely- Centennial Park
- Thursday Aug.15-Diamond Valley- Spray Park
- Monday Aug 19-Vulcan- Park at Vulcan Swimming Pool
- Tuesday Aug 20- Claresholm-Centennial Park- Spray Park
- Wednesday Aug 21-Nanton-Centennial Park
- Thursday Aug 22-Stavely-Centennial Park
- Monday Aug 26- Vulcan- Park at Vulcan Swimming Pool
- Tuesday, Aug 27- Claresholm- Centennial Park-Spray Park



Summer Wonder! AUGUST SESSIONS

Join us outside at our High River Centre for Summer themed activities- Check out August dates, times and activities! Registration is required



- Thursday Aug 1@1:45pm- Sidewalk Chalk
- Monday Aug 12 @2pm- Songs & Games
- Tuesday Aug 13 @ 2pm-Scavenger Hunt
- Wednesday Aug 14 @ 10am-Outdoor Games
- Thursday Aug 15 @1:45- Wacky Science
- Monday Aug 19 @ 2pm- Painting Crafts
- Thursday Aug 22 @ 1:45pm-Sensory Play
- Monday Aug 26 @ 2pm- Obstacle Course



SCAN ME

For Parents and Caregivers...

Triple P- One on One Parenting Sessions

Ongoing sessions by appointment, available in person or via Zoom

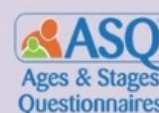


Triple P is a parenting program but it does not tell you how to be a parent, it is more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It is all about making Triple P work for you! Triple P can help you raise happy, healthy kids, manage your kid's behaviour, set routines and rules, balance work and family and much more.

Ages & Stages Questionnaire-

The Ages & Stages Questionnaire is an early years developmental check-in, designed to provide a snapshot of your child's development which can help in catching delays and celebrating milestones. Its easy to do and you can receive great activity ideas to help enhance your child's skill development. To learn more, talk to one of our team members at 403-652-8633 or complete one online using this link, <https://www.asqonline.com/family/91b5e7> or scan the QR code below

SCAN ME



Investing in Families, Builds A Stronger Future

We are grateful for your support and commitment to families.



Greater Foothills Family Resource Network Partners



September Program Guide coming August 16th!

High River



FREE

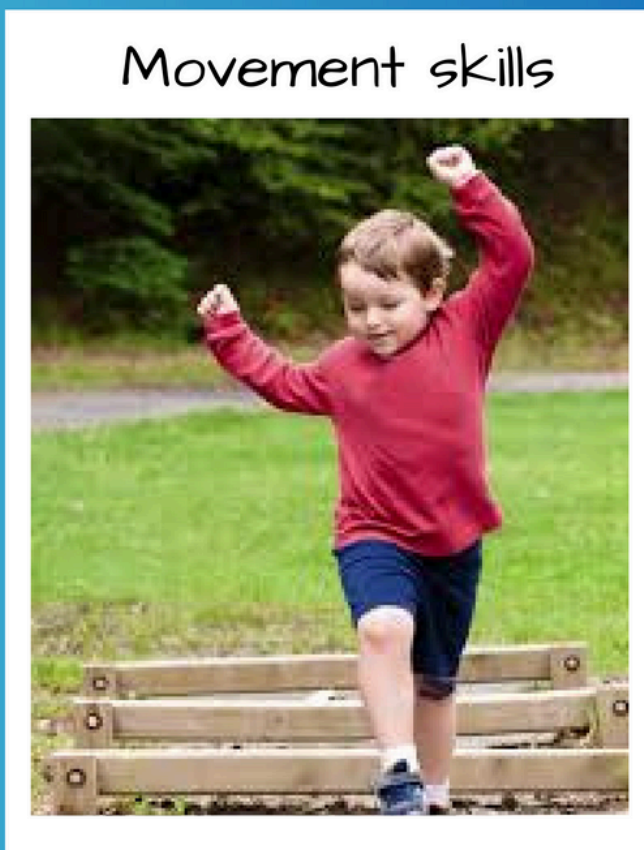
Ready, Set, Go!

Getting ready for Kindergarten

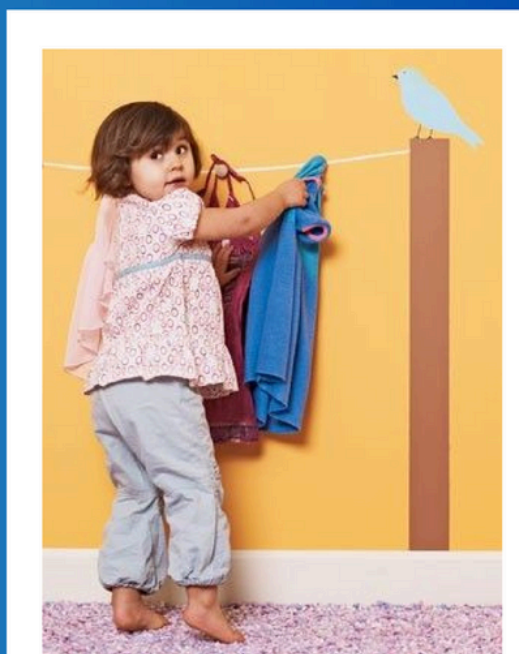
This camp focuses on practicing general skills and routines for kindergarten.



Communication and social skills



Movement skills



Routines and self help skills



Scissor and pencil skills



Offered by the AHS Rural Pediatric Allied Health Team

Cost: FREE

Dates (4 days): July 15-18

Time: 9:00-11:00am

Location: Joe Clark School
High River, AB

For more information, please contact

PediatricRural.AlliedHealth@ahs.ca
or 403-995-2638

*Registration closes 2 weeks prior to camp date

Diamond Valley



FREE

Ready, Set, Go!

Getting ready for Kindergarten



Help your child build the skills and confidence for a successful transition into kindergarten.



Communication and social skills

Movement skills



Routines and self help skills



Scissor and pencil skills



This camp is offered by the AHS Rural Pediatric Allied Health Team

Cost: FREE

Dates (4 days): July 8-11

Time: 9:00-11:00am

Location: Turner Valley School
Diamond Valley, AB

For more information and to register, please contact

PediatricRural.AlliedHealth@ahs.ca
or 403-995-2638

*Registration closes 2 weeks prior to camp date

Okotoks



FREE

Ready, Set, Go!

Getting ready for Kindergarten



Help your child build the skills and confidence for a successful transition into kindergarten.



Communication and social skills

Movement skills



Routines and self help skills



Scissor and pencil skills



This camp is offered by the AHS Rural Pediatric Allied Health Team

Cost: FREE

Dates (4 days): July 2-5

Time: 9:00-11:00am

Location: St. Mary's School
Okotoks, AB

For more information and to
register, please contact

PediatricRural.AlliedHealth@ahs.ca
or 403-995-2638

*Registration closes 2 weeks prior to camp date

Book Bike



Adventures

Mondays through Thursdays, 2:00 - 3:30

Starting July 2, 2024

For more details and location information, see
highriverlibrary.ca/Events



Book Bike Info



Events Calendar



This summer at High River Library, grab your astronaut suit and moon boots and hop aboard our spaceship as we blast off past satellites and asteroids, leaving the Milky Way behind us. Join us as we land on an undiscovered planet and gaze up at never-before-seen star constellations before catching a comet and letting it carry us to galaxy clusters far beyond this world.

When we're tired from our interstellar travels, we'll return home to our cozy books and beds where we can gaze out the window to the night sky and contemplate our unique place in this vast and wondrous universe.

Registration opens Tuesday, June 4 at highriverlibrary.ca
For ages 4-6, 7-9, 10-12, and teens

Summer reading club activities begin on July 2 and continue throughout July & August

Participants must be at least 4 years old by March 31, 2024



GET IN TOUCH

(403) 652-2917

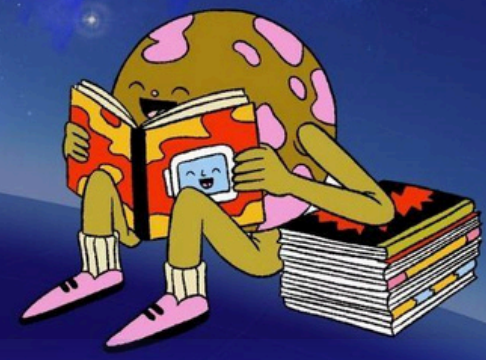
highriverlibrary.ca

909 1 St SW, High River, AB T1V 1A5



TD Summer Reading Club

HIGH RIVER LIBRARY 2024



Teen Night Take Over

Explore all the things High River Library has to offer - after hours. Best part is it's free! Have anything you want to see? Reach out to us on social media, or in person to share your feedback and experiences!"



Teen Night Take Over



**Books
 Games
 Crafts
 Anime
 Tech
 & More**
 Keep an eye out on social media for upcoming theatre experiences!



Teen Night Take Over



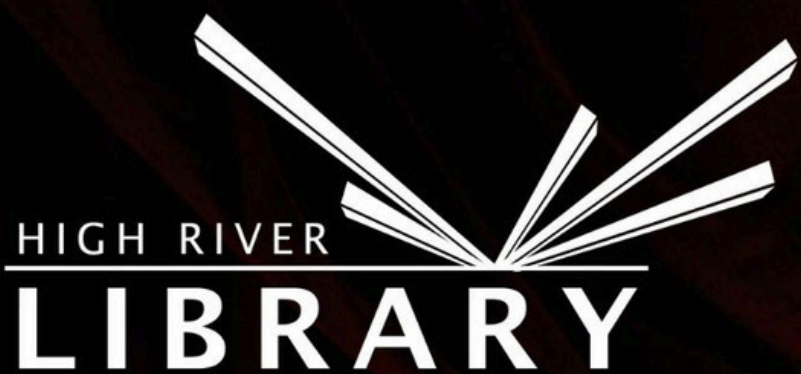
Thursday Nights - 6:00 - 8:00

Dive into adventure! Teen Night Take Over at the library after closing hours! Join us at 6:00 PM for snacks and activities! No registration needed – just show up and let the fun begin! Check out highriverlibrary.ca for more details.



Events Calendar





LITERACY THEATRE

WEDNESDAY AFTERNOONS FROM

4:00 - 5:30

AGES 11 - 18

STARTING JULY 3 - AUGUST 21

**FOR MORE INFORMATION VISIT OUR WEBSITE, GRAB A
BROCHURE OR EMAIL: REBECCAD@HIGHRIVERLIBRARY.CA**



Register Here
or at highriverlibrary.ca





CONTACT US

403-938-2220

info@okotokslibrary.ca
www.okotokslibrary.ca

FIND US

23 Riverside Dr.
Okotoks, AB T1S 1A6

 @okotokslibrary

 @okotokspubliclibrary



okotoks
public
library

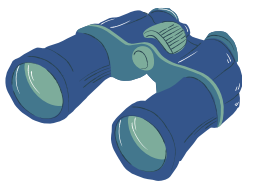
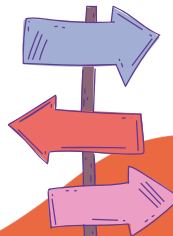


SUMMER ADVENTURE AT THE LIBRARY

JULY 2 - AUGUST 16, 2024

LIBRARY HOURS

Mon: 10:00-5:00
Tues: 10:00-8:00
Wed: 10:00-8:00
Thurs: 10:00-8:00
Fri: 10:00-5:00
Sat: 10:00-5:00
Sun: 1:00-4:00



CHILD PROGRAMS:

BOOK BIKE STORYTIME (10:30-11:00):

AGES 3-7

Mon: JULY 8, 15, 22, 29, AUG 12 @ Cimarron Park
Wed: JULY 3, 10, 17, 24, 31, AUG 7, 14 @ Bill Robertson Playground
Fri: JULY 5, 12, 19, 26, AUG 9 @ Lion's Campground Playground

Join us for a drop-in story time at specified Okotoks Parks, joined by our book bike! Program will be held at library during inclement weather*. DROP-IN.

BABIES PLAYROOM (10:30-11:15)

4-12 MOS

Mon: JULY 8, 15, 22, 29



Drop in for open-ended play and encourage your baby to engage in a variety of sensory materials. DROP-IN.

BUSY TODDLERS (10:30-11:15)

AGES 1-3

Wed: JULY 3, 10, 17, 24, 31, AUG 7

Let your little one explore with blocks, imaginative play, and engage in singing, counting, and more! REGISTRATION REQUIRED.

STORYTIME (10:15-11:00)

AGES 3-5

Tues: JULY 2, 9, 16, 23, 30, AUG 6, 13
Thurs: JULY 11, 18, 25, AUG 1, 8, 15

Join us for a special story time where we will read, sing, and create! DROP-IN.

CREATIVE KIDS (3:00-4:00):

AGES 6-9

Mon: JULY 8, 15, 22, 29, AUG 12

Come craft with us! Join us for a summer program full of creative and crafty projects! REGISTRATION REQUIRED.

IMAGINATION LAB (3:00-4:00):

AGES 6-12

Tues: JULY 2, 9, 16, 23, 30, AUG 6, 13



Keep your brain active this summer! Join us for a program all about imagination and experimenting! REGISTRATION REQUIRED.

LEGO CLUB (2:30-4:00)

AGES 6-12

Wed: JULY 3, 10, 17, 24, 31, AUG 7, 14

Join us for our very popular LEGO Club to create, explore, and build with lego! DROP-IN.

WEEKEND WIND-DOWN (3:00-4:00)

AGES 6-12

Fri: JULY 5, 12, 19, 26, AUG 9

Get ready to relax before the busy weekend ahead! Join us for a quiet space dedicated to relaxing, independent activities! DROP-IN.

TEEN PROGRAMS:

EXPLORING CREATIVITY (3:00-4:00):

AGES 10-13

Thurs: JULY 11, 18, 25, AUG 1, 8, 15

Get creative this summer and join us for a variety of art and craft projects! REGISTRATION REQUIRED.

TEEN RECHARGE: (3:00-4:00):

AGES 13-17

Wed: JULY 3, 10, 17, 24, 31, AUG 7, 14

Stop by the library for a chill afternoon with a variety of self-directed activities! DROP-IN.

SPECIAL EVENTS:

OKOTOKS TEDDY BEAR PICNIC | JULY 4, 10:00-1:00

Have fun with your favourite furry friends at this event hosted right outside the library hosted by the Okotoks Family Resource Centre.

WRAP-UP PARTY | AUGUST 16, 1:30-3:00

Wrap up your summer with the Library! Join us for treats and more! DROP-IN.



HELL☀️ Summer

MCMAN FAMILY RESOURCE NETWORK

Youth Life Skills

July 2024

The Family Resource Network Presents

Ages 12 - 18 (In person) Life Skills - July 15th, 16th, 17th, 22nd, 23rd, 24th, 29th, 30th and 31st

A series that focuses on social, emotional, communication and self management skills. Youth will have an opportunity to strengthen their self- understanding and self-confidence through the following lessons: giving and receiving feedback, listening behaviours, effective questions and managing emotions. (10:30AM - 12:30PM)

Ages 14 - 18 (In person)

Learner's Prep - July 29th, 30th and 31st

Learners Prep is for youth who want to prepare for their learners' test. The sessions covers an introduction to the learners test, study plan and basic process for writing the test. (1:00PM - 2:30PM)

Ages 14-18 (In person & Zoom)

Let's Get Cookin'! - July 29th & 31st

Let's Get Cooking is a two-part workshop for youth that want to learn how to cook.

Part 1 In person July 29th: Basic nutrition, kitchen safety tips and prepare to cook.

Part 2 Zoom July 31st: Cook a meal. Caregivers must be present in the home. Groceries will be provided. (4:30PM - 6:00PM)



McMan

Contact Marnie Johnston to register:
403-508-0436
marnie.johnston@mcmancalgary.ca

72 North Railway St, Okotoks



MCMAN FAMILY RESOURCE NETWORK

Youth Life Skills

August 2024

The Family Resource
Network Presents

Ages 12-18 (In person & Zoom)
Let's Get Cookin'! - August 27th & 29th

Let's Get Cooking is a two-part workshop for youth that want to learn how to cook.

Part 1 In person August 27th: Basic nutrition, kitchen safety tips and prepare to cook.

Part 2 Zoom August 29th: Cook a meal. Caregivers must be present in the home. Groceries will be provided. (4:30PM - 6:00PM)

Ages 12-18 (In person)

Anxiety 101 - Preparing for a new school year - August 28th

Does the new school year have your teen feeling anxious, worried or fearful? In this workshop your teen will have the opportunity to gain an understanding of anxiety, what it is and what it is not, self discovery and learn new tools. (1:00PM - 3:00PM)



JUNE PROGRAMS

Preschool Programs



Scan for more info!

Storytime Stars

Ages 3-5

This program is designed to help develop the skills children need when entering school. This is an independent class for your child. They will hear stories, sing songs, play games, and create a craft.

Registration required.

- Mondays, May 6-June 11, 11:15am - 12:00pm
- Tuesdays, May 7-June 12, 10:15am - 11:00am
- Wednesdays, May 8-June 13, 10:15am - 11:00am

Drop-in Storytime

Ages 0-5 with caregiver. Drop in.

A special time at the library for childcare providers and their children. Drop in and listen to stories, learn rhymes and sing songs.

- Mondays, 10:15am - 10:45am (no class June 24)
- Thursdays, 10:15am - 10:45am (no class June 27)

Hands On: Playdough

Ages 3-5 with caregiver. Drop in.

Get your hands on some playdough! We supply the dough and you bring the imagination. Let's get messy!

- Friday June 7, 10:30am-11:30pm

NEW

The Solar System

All ages. Family-friendly.

Presented by Royal Astronomical Society of Canada, Calgary Centre (RASC).

We travel to all 8 planets and far beyond. We'll teach you how to see these planets from your backyard!

Registration appreciated, drop-in welcome.

- Saturday, June 8, 1:00 p.m. - 2:00 p.m.
- Saturday, June 8, 2:30 p.m. - 3:30 p.m.



OKOTOKS PUBLIC LIBRARY
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www.okotokslibrary.ca



JUNE PROGRAMS

Baby & Toddler Programs



Scan for more info!

Construction Play for Busy Toddlers

Ages 1-3 with caregivers.

Join us for a fun and creative program of cardboard imaginative play. Each week, we will create, sing, read, and learn about colours.

Registration required.

- Wednesdays, June 5 & 12
 - 10:15am – 11:00am (colours)
 - 11:30am – 12:15pm (numbers)

Mom and Baby Gym

Babies 2-6 months with caregivers.

Meet new moms and workout with your baby with stability ball exercises. You can also enjoy the reading and play area with baby books, mirror-mirror activities, and toys that enhance tummy time.

Registration required.

- Mondays, June 3, 10, 17 & 24
 - 11:00am – 12:00pm

Summer Festival for Toddlers

Ages 1-3 with caregivers. Drop-in.

Come, join us for symbolic play based on Summer stories, music, parachute games, and other enjoyable activities.

- Tuesdays, June 4, 11, 18 & 25
 - 10:15am – 11:15am



Hello SUMMER



Drop-in Storytime

Ages 0-5 with caregivers. Drop in.

A special time at the library for childcare providers and their children. Listen to stories, learn rhymes, and sing songs.

Mondays, 10:15am - 10:45am (no class June 24)

Thursdays, 10:15am – 10:45am (no class June 27)

NEW

Infant Massage

Babies 0-12 months with caregivers.

Classes presented by Susan Hass, Registered Nurse.

Baby massage can have many lifestyle and health benefits for your little one. It can help your baby feel loved and nurtured, and promote relaxation. As each class will build new massage strokes, it is recommended caregivers attend all classes.

Please bring a towel to lay your baby and a light blanket to each class.

Registration required.

- Thursdays, June 6 - July 4, 10:30 a.m. - 11:45 a.m.

JUNE PROGRAMS

Children's Programs



Scan for more info!



NEW

The Solar System

All ages. Family-friendly.

Presented by Royal Astronomical Society of Canada, Calgary Centre (RASC).

We travel to all 8 planets and far beyond. We'll teach you how to see these planets from your backyard!

Registration appreciated, drop-in welcome.

- Saturday, June 8, 1:00 p.m. - 2:00 p.m.
- Saturday, June 8, 2:30 p.m. - 3:30 p.m.



Creation Station

Ages 6-10

Join us for a fun-filled program that encourages creativity and imagination with hands-on activities including drawing, painting, crafting, and STEAM projects. *Children under age 8 must have a parent/caregiver present in the library*

Registration required.

- Thursday, June 6, 13 & 20, 3:45pm-4:45pm

EmpowerHER Club

Girls, Ages 8-13. Drop-in.

With a new and exciting theme each week, EmpowerHer offers fun and engaging activities to empower young girls. By joining in, you can make new friends, ignite your creativity, and learn something new. This program fosters creativity, teamwork, and self-confidence!

- Wednesday, June 5 & 19, 4:30pm - 5:45pm

Peaceful Pages

Ages 8-12. Drop-in.

Join us for 45 minutes of relaxation after a long day at school! In Peaceful Pages we will do a mindful activity, followed by some easy and gentle beginner yoga.

- Wednesday, June 5, 5:00pm - 5:45pm



Artful Minds

Ages 9-12.

In this exciting and creative library program designed for young artists, we will unleash our imagination and explore the colorful world of art with engaging weekly art projects!

Registration required.

- Thursday, June 23 & 30, 5:30pm - 6:45pm
- Thursday, July 6 & 13, 5:30pm - 6:45pm

Homework Help for Newcomers

Grades 5 - 9. Drop-in.

Tutoring is provided by volunteer local high school students with strong academic records.

Supportive study help for newcomer students adjusting to the Alberta curriculum. Join us for some extra help with homework and study skills.

- Friday, June 7 & 14, 3:30pm to 4:30pm

Reading to Dogs

Ages 7-12

Young readers gain confidence by reading stories to a furry friend. These professionally screened dogs are gentle and willing to listen.

Registration required.

- Tuesday, June 4, 2024.
- 6:00pm-6:30pm OR 6:30pm-7:00pm



LEGO Club

Ages 6-12. Drop-in.

Enjoy playing with LEGO and meeting new friends. Children under age 8 must have a parent/caregiver present in the library*

- Wednesdays, 3:30pm – 4:45pm
- No class June 26

Okotoks Chess Club

All ages. Drop-in.

This club aims to improve chess play and maintains a friendly environment where learning takes priority over winning.

- Wednesdays, 6:30pm - 8:00pm



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JUNE PROGRAMS

Teen Programs



Scan for more info!

NEW

Mindful Moments: Teen Relaxation Zone

Ages 13-17. Drop-in.

A cozy spot to chill out between study sessions. Enjoy fun games, tasty snacks, and calming activities to relax and recharge.

- Wednesday, June 12, 4:00 p.m. - 8:00 p.m.
- Friday, June 14, 1:00 p.m. - 4:30 p.m.
- Monday, June 17, 1:00 p.m. - 5:00 p.m.
- Tuesday, June 18, 1:00 p.m. - 5:00 p.m.
- Wednesday, June 19, 4:00 p.m. - 8:00 p.m.
- Monday, June 24, 1:00 p.m. - 5:00 p.m.
- Tuesday, June 25, 1:00 p.m. - 5:00 p.m.



Teen Anime & Manga Club

Ages 13-17. Drop-in.

Join us as we celebrate all things manga and anime! Big thanks to Crunchyroll for the free membership that gives us access to their great anime & manga.

- Wednesday, June 26, 4:00 p.m. - 5:00 p.m.

NEW

Permission to Pause: Youth (LGBTQ+)

Ages 11-14. Drop-in

Facilitated by Aime Hutton (she/her), LGBTQ+ Coach, Inch by Inch Empowerment, and in partnership with True Colors Alliance.

Do you ever feel overwhelmed? Does your mind race with anxiety, stress, or worries? Come learn about giving yourself permission to pause and make yourself a permission flag to remind you all the ways you can put a pause in your day.

- Monday, June 3, 3:30 p.m. - 4:15 p.m.

Okotoks Chess Club

All Ages. Drop-in.

Play chess in a friendly environment where learning takes priority over winning.

- Wednesdays, 6:30 p.m. - 8:00 p.m.

Teen STEAM Thursday Makerspace

Ages 13-17. Drop-in.

Join us Thursdays for a STEAM based Makerspace. Thank you to the Alberta Community Initiative Program for supporting the Teen STEAM Makerspace.

- Thursdays, 4:00 p.m - 5:00 p.m

Think Outside the Book: Creating Art from Recycled Pages

Ages 13 -17. Drop-in.

This is a unique art program where we will turn recycled book pages into creative works of art and is designed for teens who want to explore their artistic talents while promoting sustainability.

- Wednesday, June 26 , 6:30 p.m. - 8:00 p.m.

Homework Help for Newcomers

Grades 5 - 9. Drop-in.

Tutoring is provided by volunteer local high school students with strong academic records. Supportive study help for newcomer students adjusting to the Alberta curriculum.

Join us for some extra help with homework and study skills.

- Friday, June 7 & 14, 3:30 p.m. - 4:30 p.m.

NEW

The Solar System

All ages.

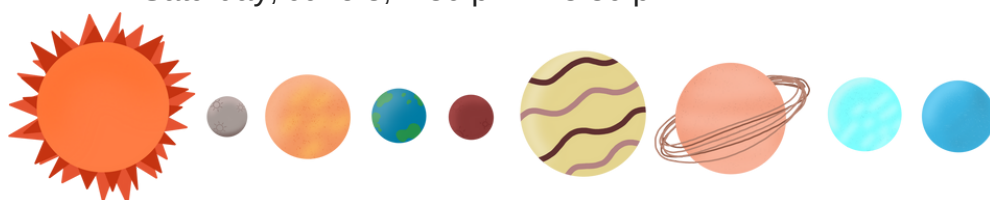
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JUNE PROGRAMS

Adult Programs



Scan for more info!

NEW

Tools for a Great Life

Drop-in.

Class facilitated by Swamini Pratibha

www.bhaktimarga.ca

Drop in for a gentle, non-lecture style class, discussing ways to have a great life, beginning with a 10 minute meditation. Themed topics may center around happiness, outlook on life, physical fitness (including yoga), diet, and meditation tools. Each discussion will feature supporting literature found within the library.

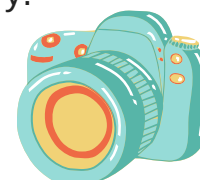
- Wednesday, June 19, 6:45pm - 7:45pm

Library Photographers

Drop-in.

This monthly program provides you with an incentive to go out and be a photographer by providing a monthly prompt. There will also be opportunities to go on photo taking excursions around and near the library.

- Thursday, June 20, 6:30pm - 7:30pm



NEW

Game Café For Seniors

Drop-in.

Enjoy a game of bingo, board games and a cup of coffee or tea. You are welcome to bring your own games or choose from the selection provided.

- Friday, June 7, 1:00pm - 2:30pm

NEW

Permission to Pause: Adults (LGBTQ+ Adults and Allies)

Drop-in *Facilitated by Aime Hutton (she/her), LGBTQ+ Coach, Inch by Inch Empowerment, and in partnership with True Colors Alliance.* Do you ever feel overwhelmed? Does your mind race with anxiety, stress, or worries? Come learn about giving yourself permission to pause and make yourself a permission flag to remind you all the ways you can put a pause in your day.

- Monday, June 3, 11:00am - 11:45am

NEW

Book Sale

Drop-in.

Join us for our book sale hosted by The Friends of the Okotoks Public Library! All proceeds support OPL.

Prices for books, DVDs & audiobooks: by donation.

- Friday, May 31, 10am-4pm
- Saturday, June 1, 10:00am - 4:00pm
- Sunday, June 2, 2pm-4pm

OM Chanting

Drop-in.

Classes facilitated by Swamini Pratibha

When we practice OM Chanting, we practice padaseva bhakti – the expression of Divine Love and service to all.

- Saturdays, 10:30am - 11:30am



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