



Success By 6 Week: May 6 - 12, 2019

“Take the time, make the moments matter.”®
with the little ones in your life!”

Each day during Success By 6 Week you’ll find a variety of free activities for young children that encourage simple family fun. From family zumba, marsh dipping, parent and tot swims, touch the trucks, story time and much more.

Monday, May 6

NEW!

Flower Moon Festivities: EarlyON

Date & Time: Monday, May 6, 8:30am-2:30pm

Location: 104 Art Duffy Rd., Sharbot Lake

Description: Come celebrate the Flower moon. Tasting traditional plants, planting seeds and celebrating our countries indigenous heritage.

NEW!

Go Team: EarlyON

Date & Time: Monday, May 6, 8:30am-3:30pm

Location: Kingston Community Health Centres, 263 Weller Ave., Kingston

Description: Wear your favourite team jersey/hat and enjoy a full day of sporting fun, outdoor games and sporty activities.

NEW!

FRENCH EVENT

Activités: EarlyON

Date & Time: Monday, May 6, 9am-12pm

Location: École élémentaire publique Madeleine de Roybon EarlyON, 72 Gilmour Ave

Description: Activités d'apprentissage, jeux, collation, surprises, Invité spécial Chien de service.

NEW!

Higgly Piggly Bumble Bee: EarlyON

Date & Time: Monday, May 6, 9am-3pm

Location: New Life Church, 2837 Creekford Rd., Westbrook

Description: Come and do bee activities with me! Honey Tasting

Activity Colour Code:

Drop-ins & Playgroups

Physical Activities

Learning Activities

Fun Activities

Environment

***Children who are not toilet trained are required to wear diapers or tight-legged plastic pants for swimming.*

NEW!**Come Grow with Us:** EarlyON**Date & Time:** Monday, May 6, 9am-3pm**Location:** Reg Shadbolt Learning Centre, 299 Concession St**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**NEW!****Come Grow with Us:** EarlyON**Date & Time:** Monday, May 6, 9am-3pm**Location:** École JR Henderson Public School, 362 Roosevelt Dr.**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**NEW!****Come Grow with Us:** EarlyON**Date & Time:** Monday, May 6, 9am-3pm**Location:** Boys & Girls Club West End, 1300 Bath Rd., Kingston**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**NEW!****Come Grow with Us:** EarlyON**Date & Time:** Monday, May 6, 9am-3pm**Location:** Boys & Girls Club East End, 695 Innovation Dr., Kingston**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**NEW!****Fun with Science:** Lennox & Addington Resources for Children**Date & Time:** Monday, May 6, 9:30-12pm**Location:** Tamworth Arena (Lion's Room), 713 Addington St., Tamworth**Description:** Come join Tamworth Playgroup as they measure, stir, create and explore with our child friendly experiments during our morning of science discoveries.****Parent & Tot Swim:** Loyalist Township Recreation**Date & Time:** Monday, May 6, 10am-11am**Location:** WJ Henderson Recreation Centre, 322 Amherst Dr., Amherstview**Description:** A swim specially designed for parents and their children (6 years and under) to swim together and have some fun in the pool.**NEW!****Groove & Grow:** Kingston Frontenac Public Library-Rideau Heights Branch**Date & Time:** Monday, May 6, 10:30-11am**Location:** 85 MacCauley St., Kingston**Description:** Music, movement and more! Get ready to naturally develop language and early literacy skills through fun activities and hands-on play.

****KidSplash:** YMCA

Date & Time: Monday, May 6, 11-11:55am

Location: 100 Wright Cres., Kingston

Description: Splish and splash in our Leisure Pool during Kid Splash. Aimed for children 6 years and younger, Kid Splash offers little swimmers the opportunity to become comfortable and enjoy the wonderful world of water.

NEW!

Maker Club: County of Lennox & Addington Libraries-Yarker Branch

Date & Time: Monday, May 6, 6:30-7:30pm

Location: 4315 County Rd. 1, Yarker ON

Description: Drop in for an exciting assortment of STEAM challenges, arts and crafts, fun and games!

Pajama Breakfast for Supper: McDonald's Restaurants

Date & Time: Monday, May 6, 4-8pm

Location: 1165 Division St., Kingston

Description: We encourage parents and caregivers to bring your children in PJ's for dinner. Free hotcakes for children 0-6 years dressed in PJ's.

REG REQ'D

Police Station Tour: Kingston Police

Date & Time: Monday, May 6, 5-6pm

Location: 705 Division St., Kingston

Description: Tour of Kingston Police Headquarters

Registration: associate@unitedwaykfla.ca

Tuesday, May 7

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday, May 7, 8:30am-3:30pm

Location: Kingston Community Health Centres, 263 Weller Ave., Kingston

Description: Dig in and get dirty decorating your own pot and planting something to take home.

Kids Open Gym: Loyalist Gymnastics

Date & Time: Tuesday, May 7, 9-10am

Location: 1396 Bath Rd., Kingston

Description: Let's move and tumble, balance and stretch!

****Parent & Tot Swim:** City of Kingston

Date & Time: Tuesday May 7, 9-10am

Location: Artillery Park Aquatic Centre, 382 Bagot St.

Description: A great way for caregivers to introduce children 6 years and under to the water in our warm Leisure Pool. Children who are not toilet trained must wear water diapers or tight-legged plastic pants.

NEW!

Playgroup in the Park: Lennox & Addington Resources for Children

Date & Time: Tuesday May 7, 9-11:30am

Location: Conservation Park, 2 Factory St. (beside the fire hall), Newburgh

Description: Join Newburgh Playgroup as we dig in the dirt, look for bugs, climb, run and have fun at the park.

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday May 7, 9am-3pm

Location: Robert Meek Community Centre, 559 Bagot St

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday, May 7, 9am-3pm

Location: Boys & Girls Club East End, 695 Innovation Dr.

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

The Joy of Gardening: EarlyON

Date & Time: Tuesday, May 7, 9am-3pm

Location: 4365 Mill Street, Sydenham

Description: All week we will plant seeds, discuss and learn about the flowers and learn about composting.

NEW!

Colour Me Happy: EarlyON

Date & Time: Tuesday, May 7, 9am-3:15pm

Location: Bayridge Public School, 1066 Hudson Dr., Kingston

Description: Explore colours in a variety of ways, parachute play

NEW!

The Joy of Trying New Things: EarlyON

Date & Time: Tuesday, May 7, 9am-3:30pm

Location: 6689 Highway 38, Verona (back entrance off the parking lot).

Description: Join us to try some new foods, learn some new songs and practice some new gross motor activities.

NEW!

Dr. Seuss Party: EarlyON

Date & Time: Tuesday, May 7, 9am-4pm

Location: Reg Shadbolt Learning Centre, 299 Concession St., Kingston

Description: Become your favorite Dr. Seuss story as we read and enjoy a silly Dr. Seuss day of fun.

NEW!

ROhenton Kariwatehkwen (Words Before All Else): EarlyON & Kahwa:tsire Journey Together

Date & Time: Tuesday May 7, 9:30am-12pm

Location: LARC 465 Advance Ave., Napanee

Description: Come join the Kahwa:tsire Child & Family Playgroup as they celebrate Indigenous Culture. Families can design their own version of the Ohenton Kariwatehkwen (Words Before All Else). It is the central invocation for the Haudenosaunee (also known as the Six Nations-Mohawk, Oneida, Cayuga, Onondoga, Seneca, and Tuscarora). It reflects their relationship of giving thanks for life and the world around them.

NEW!

Gym Day: Lennox & Addington Resources for Children

Date & Time: Tuesday May 7, 9:30am-12pm

Location: Addington Highlands Community Centre, 31 Central St. Denbigh

Description: Come join Denbigh Playgroup as we play with balls, beanbags, balance beams, cars and lots more.

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday May 7, 9:30am – 12:30PM

Location: Holy Name Catholic School, 370 Kingston Mills Rd

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday May 7, 9:30am-3:30pm

Location: Centennial Public School, 120 Norman Rogers Dr.

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

****KidSplash:** YMCA

Date & Time: Tuesday, May 7, 10:30-11:55am

Location: 100 Wright Cres., Kingston

Description: Splish and splash in our Leisure Pool during Kid Splash. Aimed for children 6 years and younger, Kid Splash offers little swimmers the opportunity to become comfortable and enjoy the wonderful world of water.

NEW!

Mother's Day Storytime and Craft: Addington Highlands Library-Denbigh Branch

Date & Time: Tuesday May 7, 12-1:30pm

Location: Addington Highlands Community Centre, 31 Central St. Denbigh

Description: We will be celebrating our moms at the Denbigh Library. Lots of stories to share with your mom and making them a gift.

NEW!

Joys of Songs & Rhymes: EarlyON

Date & Time: Tuesday, May 7, 12:30-2:30pm

Location: Kingston Community Health Centres, 263 Weller Ave., Kingston

Description: Support your babies development as you and your baby learn together doing rhymes and making a book to take home. Note: only for baby's under age 1.

REG REQ'D

Food for You, Food for Two: KFL&A Public Health

Date & Time: Tuesday, May 7, 12:30-3pm

Location: 20 Manitou Cres. West (lower level), Amherstview

Description: Learn about healthy eating, labour & delivery, breastfeeding, care for a baby, parenting tips and much more!

Registration Required: 613-354-3357.

NEW!

Kinder Music Yoga Surf: Studio Yoga Yoga

Date & Time: Tuesday May 7, 1pm

Location: 48 Dundas St. East Napanee

Description: A vibrant blend of music, yoga and culture. Suitable for preschoolers.

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday May 7, 1-7pm

Location: Boys & Girls Club West End, 1300 Bath Rd

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Tuesday, May 7, 1:30- 4:30pm

Location: Joyceville Public School, 2903 Joyceville Rd

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

REG REQ'D

Marsh Dipping: Cataraqui Region Conservation Authority

Date & Time: Tuesday, May 7, 3:30-4:30pm

Location: 1641 Perth Rd., Kingston

Registration Required: 613-546-4228 x222, registration closes 4pm on Friday, May 3rd.

NEW!

Zoodles of Fun: EarlyON

Date & Time: Tuesday May 7, 4-7pm

Location: Rideau Heights Community Centre, 85 MacCauley St., Kingston

Description: Bring your favorite stuffy and join us for zoo themed activities.

Touch the Trucks: Lennox & Addington Resources for Children

Date & Time: Tuesday May 7, 5-7pm

Location: Strathcona Paper Centre 16 McPherson Drive, Napanee

Description: Bring your children for our 10th annual Touch the Trucks. There will be a variety of vehicles - firetruck, police car, argo, dump truck, farm tractor and lots more.

Wednesday, May 8

NEW!

Flower Moon Festivities: EarlyON

Date & Time: Wednesday, May 8, 8:30am-12pm

Location: 104 Art Duffy Rd., Sharbot Lake

Description: Come celebrate the Flower moon. Tasting traditional plants, planting seeds and celebrating our countries indigenous heritage.

NEW!

Colour Me Happy: EarlyON

Date & Time: Wednesday May 8, 8:30am-1pm

Location: Kingston Community Health Centres, 263 Weller Ave., Kingston

Description: Explore colours in a variety of ways, parachute play (EarlyON Group)

NEW!

Mother's Spa Day: LARC's EarlyON Child and Family Centre

Date & Time: Wednesday, May 8, 9-11:30am

Location: Napanee Playgroup-Trinity United Church 25 Bridge St. East Napanee

Description: Let's celebrate our moms. Come get pampered by your child! They will be giving manicures, pedicures, new hairstyles, and lots more.

NEW!

Come Grow with Us: EarlyON

Date & Time: Wednesday, May 8, 9am-1pm

Location: Robert Meek Community Centre, 559 Bagot St

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Wednesday, May 8, 9am-1pm

Location: Boys & Girls Club East End, 695 Innovation Dr.

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Wednesday, May 8, 9am-1pm

Location: Boys & Girls Club West End, 1300 Bath Rd

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!**Little Movers and Shakers:** EarlyON**Date & Time:** Wednesday, May 8, 9am-1pm**Location:** Reg Shadbolt Learning Centre, 299 Concession St., Kingston**Description:** Enjoy a morning of song and dance and make a musical instrument to take home.**NEW!****The Joy of Gardening:** EarlyON**Date & Time:** Wednesday, May 8, 9am-3pm**Location:** 4365 Mill Street, Sydenham**Description:** All week we will plant seeds, discuss and learn about the flowers and learn about composting.**NEW!****Jack & the Beanstalk - A Gardening Adventure:** LARC's EarlyON Child & Family Centre**Date & Time:** Wednesday, May 8, 9:30am-12pm**Location:** Land O' Lakes Lions Hall 12 Firehall Rd, Northbrook**Description:** The Land 'O Lakes Gardening Club is hosting another memorable gardening experience for the children in our community. Come on out and make a beautiful garden creation to enjoy through the summer months.**NEW!****Indigenous Dancing:** LARC's EarlyON Child & Family Centre & Kahwa:tsire Journey Together**Date & Time:** Wednesday, May 8, 9:30am-12pm**Location:** Wilton Community Hall 251 Simmons Rd.**Description:** Come join the Wilton Playgroup as they learn some beautiful Indigenous dances and celebrate the culture.**NEW!****Come Grow with Us:** EarlyON**Date & Time:** Wednesday, May 8, 9:30am-12:30pm**Location:** Centennial Public School, 120 Norman Rogers Dr.**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**NEW!****Come Grow with Us:** EarlyON**Date & Time:** Wednesday, May 8, 9:30am -12:30pm**Location:** Glenburnie Public School, 2252 Battersea Rd.**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**Baby and Me:** Kingston Frontenac Public Library-Calvin Park Branch**Date & Time:** Wednesday, May 8, 10-10:30am**Location:** 88 Wright Cres., Kingston**Description:** Stories, songs, rhymes and tickles for newborns and pre-walkers. Parents and caregivers will learn, and practise, fun and simple ways to incorporate early literacy skills in the home. For newborns and pre-walking babies.

REG REQ'D

Teddy Bear Hospital: Kingston Museum of Health Care

Date & Time: Wednesday, May 8, 10-11am

Location: Museum of Health Care, 32 George St., Kingston

Description: Bring your teddy bear or other special stuffed animal to the Museum of Health Care where trained “teddy doctors and nurses” will be on hand to examine and treat your toy’s bumps, lumps, and bruises. Learn, laugh, and find out why doctors and hospitals aren’t so scared after all! The event will include a story time and hands-on-activities. Suitable for ages 0-6, with adult accompaniment.

Registration Required: <https://forms.gle/2o33L1D4qe4Pqu826>

NEW!

BILINGUAL EVENT

Story Party: Kingston Military Family Resource Centre

Date & Time: Wednesday May 8, 10am-12pm

Location: CFB Kingston Batoche Community Centre, 32 Lundy's Lane, Kingston

Description: Come & join us for many fun activity stations, snacks, crafts, prizes and some fun surprises! It's a Story Party and our book chosen is Goodnight Already! Ça suffit, bonne nuit! Special guest *Story time with our Base Commander!

NEW!

Groove & Grow: Kingston Frontenac Public Library-Rideau Heights Branch

Date & Time: Wednesday, May 8, 10:30-11am

Location: 85 MacCauley St., Kingston

Description: Music, movement and more! Get ready to naturally develop language and early literacy skills through fun activities and hands-on-play.

NEW!

Teddy Bear Picnic Storytime: County of Lennox & Addington Libraries-Amherstview Branch

Date & Time: Wednesday May 8, 10:30-11:30am

Location: 322 Amherst Dr., Amherstview

Description: Today's the day the Teddy Bears have their picnic. Join Amy for a storytime filled with stories, songs, rhymes and a simple craft.

NEW!

Royal Tea Party Storytime: County of Lennox & Addington Libraries-Napanee Branch

Date & Time: Wednesday May 8, 10:30-11:30am

Location: 25 River Rd., Napanee

Description: Princes & Princesses come dressed in your finest & join Patricia for a storytime filled with royal stories and songs.

****KidSplash:** YMCA

Date & Time: Wednesday May 8, 11-11:55am

Location: 100 Wright Cres., Kingston

Description: Splish and splash in our Leisure Pool during Kid Splash. Aimed for children 6 years and younger, Kid Splash offers little swimmers the opportunity to become comfortable and enjoy the wonderful world of water.

Flower Fun: Canadian Tire Garden Centre

Date & Time: Wednesday, May 8, 11am-2pm

Location: 2560 Princess St., Kingston

Description: Planting a flower to take home and watch it grow in your garden or in your window.

REG REQ'D

Teddy Bear Hospital: Kingston Museum of Health Care

Date & Time: Wednesday, May 8, 1-2pm

Location: Museum of Health Care, 32 George St., Kingston

Description: Bring your teddy bear or other special stuffed animal to the Museum of Health Care where trained “teddy doctors and nurses” will be on hand to examine and treat your toy’s bumps, lumps, and bruises. Learn, laugh, and find out why doctors and hospitals aren’t so scared after all! The event will include a story time and hands-on-activities. Suitable for ages 0-6, with adult accompaniment.

Registration Required: <https://forms.gle/2o33L1D4qe4Pqu826>

Farm Fresh Fun in Frontenac: Ormsbee Mercantile

Date & Time: Wednesday, May 8, 4:30-6:30pm

Location: 3814 Battersea Rd., Sunbury

Description: Come plant a seed and take it home to watch it grow! Learn all about local farming with some of the South Frontenac’s awesome farmers!

NEW!

Maker Club: County of Lennox & Addington Libraries-Bath Branch

Date & Time: Wednesday May 8, 6:30-7:30pm

Location: 197 Davy Street, Bath

Description: Drop in for an exciting assortment of STEAM challenges, arts and crafts, fun and games!

Thursday, May 9

NEW!

Flower Moon Festivities: EarlyON

Date & Time: Thursday, May 9, 8:30am-2:30pm

Location: 104 Art Duffy Rd., Sharbot Lake

Description: Come celebrate the Flower moon. Tasting traditional plants, planting seeds and celebrating our countries indigenous heritage.

****Parent & Tot Swim:** City of Kingston

Date & Time: Thursday, May 9, 9-10am

Location: Artillery Park Aquatic Centre, 382 Bagot St.

Description: A great way for caregivers to introduce children 6 years and under to the water in our warm Leisure Pool. Children who are not toilet trained must wear water diapers or tight-legged plastic pants.

NEW!

Messy Play: Lennox & Addington Resources for Children

Date & Time: Thursday, May 9, 9-11:30am

Location: Bath United Church 402 Academy St., Bath

Description: Come join Bath Playgroup for a morning of getting messy with dirt, water, go and more. Be prepared to get dirty!

NEW!

Come Grow with Us: EarlyON

Date & Time: Thursday, May 9, 9am-1pm

Location: Boys & Girls Club West End, 1300 Bath Rd

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Thursday, May 9, 9am-3pm

Location: Robert Meek Community Centre, 559 Bagot St

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

The Joy of Gardening: EarlyON

Date & Time: Thursday, May 9, 9am-3pm

Location: 4365 Mill Street, Sydenham

Description: All week we will plant seeds, discuss and learn about the flowers and learn about composting.

NEW!

Come Grow with Us: EarlyON

Date & Time: Thursday, May 9, 9am-3pm

Location: École JR Henderson Public School, 362 Roosevelt Dr.

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Splish, Splosh, Bubble, Plop: EarlyON

Date & Time: Thursday May 9, 9am-3:15pm

Location: Bayridge Public School, 1066 Hudson Dr., Kingston

Description: Spend a carefree time exploring the senses with your child. Dress for mess!

NEW!

Indigenous Learning Day: EarlyON Child & Family Centre & Kahwa:tsire Journey Together

Date & Time: Thursday, May 9, 9am-3:30pm

Location: Katarokwi Learning Centre, 38 Cowdy St., Kingston

Description: Come and join us for Indigenous music and dance.

NEW!**The Joy of Trying New Things:** EarlyON**Date & Time:** Thursday May 9, 9am-3:30pm**Location:** 6689 Highway 38, Verona, back entrance off the parking lot.**Description:** Join us to try some new foods, learn some new songs and practice some new gross motor activities.**NEW!****Music with our Grandfriends:** LARC's EarlyOn Child and Family Centre**Date & Time:** Thursday, May 9, 9:30- 11:30 am**Location:** John Parrott Centre 309 Bridge St. West, Napanee**Description:** We will be making some musical instruments and have invited some musicians to entertain our friends of all ages. Space limited.**NEW!****Come Grow with Us:** EarlyON**Date & Time:** Thursday May 9, 9:30am-3:30pm**Location:** Joyceville Public School, 2903 Joyceville Rd**Description:** All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.**Baby and Me:** Kingston Frontenac Public Library-Isabel Turner Branch**Date & Time:** Thursday, May 9, 10-10:30am**Location:** 935 Gardiners Road, Kingston**Description:** Stories, songs, rhymes and tickles for newborns and pre-walkers. Parents and caregivers will learn, and practise, fun and simple ways to incorporate early literacy skills in the home. For newborns and pre-walking babies.**Rhythm and Rhyme:** Kingston Frontenac Public Library-Calvin Park Branch**Date & Time:** Thursday, May 9, 10am-10:30am**Location:** 88 Wright Cres., Kingston**Description:** Through rhythm, rhyme and movement, children three and under will naturally develop language and increase their ability to hear the smaller sounds in words. Experience hands-on play with bells, rhythm sticks, scarves, shakers and more. For ages 3 and under.**Success By 6 @ Playtrium:** Playtrium**Date & Time:** Thursday, May 9, 10am-12pm**Location:** 541 Days Rd, Kingston**Description:** Climb, crawl, slide through our multi-level play structure! Invite your friends and find out what's new! 0-6 years.****KidSplash:** YMCA**Date & Time:** Thursday, May 9 10:30-11:55am**Location:** 100 Wright Cres., Kingston**Description:** Splish and splash in our Leisure Pool during Kid Splash. Aimed for children 6 years and younger, Kid Splash offers little swimmers the opportunity to become comfortable and enjoy the wonderful world of water.

Kids Open Gym: Loyalist Gymnastics

Date & Time: Thursday May 9, 11am-12pm

Location: 1396 Bath Rd., Kingston

Description: Let's move and tumble, balance and stretch!

REG REQ'D

Food for You, Food for Two: KFL&A Public Health

Date & Time: Thursday, May 9, 12:30-3pm

Location: 465 Advance Ave. (at Lennox & Addington Resources for Children), Napanee

Description: Learn about healthy eating, labour & delivery, breastfeeding, care for a baby, parenting tips and much more! **Registration Required:** 613-354-3357.

NEW!

Come Grow with Us: EarlyON

Date & Time: Thursday, May 9, 1-7pm

Location: Boys & Girls Club East End, 695 Innovation Dr

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Mother's Day Craft and Storytime: Addington Highlands Public Library-Flinton Branch

Date & Time: Thursday, May 9, 3-4pm

Location: 3641 Flinton Road, Flinton

Description: This day is all about Moms. We will be making a craft and reading some stories about Moms.

Pajama Breakfast for Supper: McDonald's Restaurants

Date & Time: Thursday, May 9, 3pm-12am

Location: 475 Centre St. North, Napanee

Description: Children 0-12 yrs of age will receive a free pancake dinner when they wear their pyjamas into the restaurant.

Pajama Breakfast for Supper: McDonald's Restaurants

Date & Time: Thursday, May 9, 4-8pm

Location: 705 Sir John A McDonald Blvd., Kingston

Description: We encourage parents and caregivers to bring your children in PJ's for dinner. Free hotcakes for children 0-6 years dressed in PJ's.

NEW!

Pyjama Party at Family Fun Night: LARC's EarlyON Child & Family Centre

Date & Time: Thursday, May 9, 5:30-7:30pm

Location: LARC 465 Advance Ave., Napanee

Description: Wear your pyjamas and we will be having a light party, soothing music, reading in our relaxing book corner and creating a bedtime snack.

REG REQ'D

South Frontenac Emergency and Public Works Vehicles Tour: Public Works Yard

Date & Time: Thursday, May 9, 5-8pm

Location: 2490 Keeley Rd., Sydenham

Description: Enjoy an opportunity to explore inside the awesome vehicles used by the OPP, Fire Department, Paramedic Services and Public Works in South Frontenac Township.

Registration Required: associate@unitedwaykfla.ca

Friday, May 10

NEW!

Zoodles of Fun: EarlyON

Date & Time: Friday, May 10, 8:30am-3:30pm

Location: Rideau Heights Public School, 77 McCauley St., Kingston

Description: Bring your favorite stuffy and join us for zoo themed activities.

NEW!

Come Grow with Us: EarlyON

Date & Time: Friday, May 10, 9am-3pm

Location: Bayridge Public School, 1066 Hudson Dr., Kingston

Description: Dig in and get dirty decorating your own pot and planting something to take home.

NEW!

Come Grow with Us: EarlyON

Date & Time: Friday, May 10, 9am-3pm

Location: Reg Shadbolt Learning Centre, 299 Concession St

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Friday, May 10, 9am-3pm

Location: Boys & Girls Club East End, 695 Innovation Dr

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Friday, May 10, 9am-3pm

Location: Boys & Girls Club West End, 1300 Bath Rd

Description: All week we will plant seeds, discussing and learn about growing Healthy bodies, fun Physical Literacy activities and healthy snacks.

NEW!

The Joy of Gardening: EarlyON

Date & Time: Friday, May 10, 9am-3pm

Location: 4365 Mill Street, Sydenham

Description: All week we will plant seeds, discuss and learn about the flowers and learn about composting.

NEW!**FRENCH EVENT**

Décorez votre assiette!: EarlyON

Date & Time: Friday, May 10, 9am-3:30pm

Location: École élémentaire catholique Mgr. Rémi-Gaulin. EarlyON, 51 rue Virginia

Description: Décorez votre assiette! Activités santé, nutrition, et collation. Invité special Pedayoga.

NEW!

Come Grow with Us: EarlyON

Date & Time: Friday, May 10, 9:30am-3:30pm

Location: Centennial Public School, 120 Norman Rogers Dr.

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Come Grow with Us: EarlyON

Date & Time: Friday, May 10, 9:30am-3:30pm

Location: Glenburnie Public School, 2252 Battersea Rd.

Description: All week we will plant seeds, discussing and learn about growing healthy bodies. fun physical literacy activities and healthy snacks.

Rhythm and Rhyme: Kingston Frontenac Public Library-Central Branch

Date & Time: Friday, May 10, 10-10:30am

Location: 130 Johnson Street., Kingston

Description: Through rhythm, rhyme and movement, children three and under will naturally develop language and increase their ability to hear the smaller sounds in words. Experience hands-on play with bells, rhythm sticks, scarves, shakers and more. For ages 3 and under.

****Parent & Tot Swim:** Loyalist Township Recreation Services

Date & Time: Friday, May 10, 10-11am

Location: WJ Henderson Recreation Centre, 322 Amherst Dr., Amherstview

Description: A swim specially designed for parents and their children (6 years and under) to swim together and have some fun in the pool.

NEW!

Tour the Ranch & Feed the Animals: Second Chance Ranch

Date & Time: Friday, May 10, 10am-12pm

Location: 6038 County Rd. 2, Napanee

Description: Come take a tour of our ranch, bring some apples & carrots to feed our animals. Boots may be required.

****KidSplash:** YMCA

Date & Time: Friday, May 10, 11-11:55am

Location: 100 Wright Cres., Kingston

Description: Splish and splash in our Leisure Pool during Kid Splash. Aimed for children 6 years and younger, Kid Splash offers little swimmers the opportunity to become comfortable and enjoy the wonderful world of water

Fun with Kingston Fire & Rescue: City of Kingston

Date & Time: Friday, May 10, 1-2pm

Location: Frontenac Mall Parking Lot, 1300 Bath Rd. Kingston

Description: Come meet Firefighters and explore the big fire truck!

REG REQ'D

Water Conservation Tour: Utilities Kingston

Date & Time: Friday, May 10, 1-3pm

Location: 1211 John Counter Blvd., Kingston

Description: Take a tour of the Water Conservation Garden and stay for craft time.

Registration Required: associate@unitedwaykfla.ca

REG REQ'D

Touch the Trucks: Utilities Kingston

Date & Time: Friday, May 10, 1-3pm

Location: 1211 John Counter Blvd., Kingston

Description: Check out Utilities Kingston trucks and even get a ride in a Utilities bucket truck!

Registration Required: associate@unitedwaykfla.ca

Saturday, May 11

NEW!

Come Grow with Us: EarlyON

Date & Time: Saturday, May 11, 9am-12:30pm

Location: New Life Church, 2837 Creekford Rd., Westbrook

Description: Dig in and get dirty decorating your own pot and planting something to take home.

NEW!

Come Grow with Us: EarlyON

Date & Time: Saturday, May 11, 9am-1pm

Location: Boys & Girls Club West End, 1300 Bath Rd

Description: All week we will plant seeds, discussing and learn about growing healthy bodies, fun physical literacy activities and healthy snacks.

NEW!

Listen & Sing Along: Tett Centre

Date & Time: Saturday, May 11, 10am-12pm

Location: 370 King St., West, Kingston (Malting Tower)

Description: Drop in and listen to the Canadian children's music performer Gary Rasberry!

Kingston Area Recycling Centre Tour: Kingston Area Recycling Centre

Date & Time: Saturday, May 11, 10am-2pm

Location: 196 Lappan's Lane, Kingston

Description: Tours of recycling centre, chance to sit in garbage/recycle truck, prize giveaways.

Family Storytime: Kingston Frontenac Public Library-Calvin Park Branch

Date & Time: Saturday, May 11, 10:30-11:15am

Location: 88 Wright Cres., Kingston

Description: The whole family is encouraged to participate actively in stories, songs and movement activities to maximize your child's experience in learning socialization and pre-reading skills for life. For children of all ages, recommended for ages 6 and under.

REG REQ'D

Sprinkles & Frosting: Loblaws PC Cooking School

Date & Time: Saturday, May 11, 10:30am-12pm

Location: 1100 Princess St. Kingston

Description: Cupcake decorating.

Registration Required: associate@unitedwaykfla.ca

NEW!

Maker Club: County of Lennox & Addington Libraries-Napanee Branch

Date & Time: Saturday, May 11, 10:30am-12:30pm

Location: 25 River Rd., Napanee

Description: Drop in for an exciting assortment of STEAM challenges, arts and crafts, fun and games!

NEW!

Maker Club: County of Lennox & Addington Libraries-Amherstview Branch

Date & Time: Saturday, May 11, 10:30am-12:30pm

Location: 322 Amherst Dr., Amherstview, ON

Description: Drop in for an exciting assortment of STEAM challenges, arts and crafts, fun and games!

NEW!

Maker Club: County of Lennox & Addington Libraries-Tamworth Branch

Date & Time: Saturday, May 11, 10:30am-12:30pm

Location: 1 Ottawa St., Tamworth

Description: Drop in for an exciting assortment of STEAM challenges, arts and crafts, fun and games!

NEW!

Craft, Storytime and Fun @ Indigo Kingston: Indigo

Date & Time: Saturday, May 11, 11am-1pm

Location: 945 Gardiners Rd, Kingston

Description: Story time and crafts

****Open Swim & Water Slide:** Kingston Military Community Sports Centre

Date & Time: Saturday, May 11, 2-4:30pm

Location: 11 Navy Way, Kingston

Description: Bring your family and join us for an afternoon of fun while swimming in our Aquatic Center. We have a small pool, hot tub, water slide and 25m lap pool with diving board. We hope that you can join us.

Sunday, May 12

NEW!

Creating in the Great Outdoors: EarlyON

Date & Time: Sunday, May 12, 9am-3pm

Location: Kingston Community Health Centres, 263 Weller Avenue

Description: Come and create in an open-air classroom combined with fun outdoor activities.

Kids Open Gym: Loyalist Gymnastics

Date & Time: Sunday, May 12, 9:30-11am

Location: 1396 Bath Rd., Kingston

Description: Let's move and tumble, balance and stretch!

REG REQ'D

Junior Music Preview: Queen's Community Music and Sistema Kingston

Date & Time: Sunday, May 12, 10-11am

Location: Harrison LeCaine Hall, Room 228

Description: For children ages 4-5, with a caregiver.

Registration Required: 613-533-2934 or community.music@queensu.ca

NEW!

Tour the Farm & Pet the Animals: Land O'Lakes Rescue Petting Farm

Date & Time: Sunday, May 12, 1-4pm

Location: 1200 Rd. 506, Cloyne

Description: Come for a tour, bring your camera, carrots and apples to feed the animals. Boots maybe needed. 1km off Hwy 41 on right hand side.

Parent & Tot Skate: City of Kingston

Date & Time: Sunday, May 12, 1:30-2:20pm

Location: Invista Centre, 1350 Gardiners Rd, Kingston

Description: An opportunity for caregivers to introduce children (6 yrs & under) to skating in a comfortable setting. CSA approved helmets with screen required for children. Helmets recommended for adults.

Family Zumba: YMCA

Date & Time: Sunday, May 12, 2-2:45pm

Location: 100 Wright Cres., Kingston

Description: Come dance, shake and wiggle it out in Family Zumba! Easy to follow choreography and upbeat music makes it fun for the whole family.

Pajama Breakfast for Supper: McDonald's Restaurants

Date & Time: Sunday, May 12, 4-8pm

Location: 7 Niagara Park Dr., Kingston

Description: We encourage parents and caregivers to bring your children in PJ's for dinner. Free hotcakes for children 0-6 years dressed in PJ's.