

# June

## 2020

### FCSS FAMILY FUN CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31	1 Weekly Activity Post Contest	2 BABY & FAMILY FUN BAG DELIVERIES	3	4 Mental Health & You-th Outdoor Yoga (Ages 8-14)	5	6
7 Senior's Week is June 1-7 Celebrate Edson Senior's!	8 Weekly Activity Post Contest	9	10 MENTAL HEALTH & YOU-TH (Ages 7- 13) SENIOR FOCUS (Ages 60+) SIGN-UP	11 Senior's Chair Yoga (Ages 60+)	12	13
14	15 Weekly Activity Post Contest	16 MENTAL HEALTH & YOU-TH + SENIOR FOCUS DELIVERIES	17 FAMILY FUN BAG SIGN-UP (Ages 1-6)	18 Mental Health & You-th Outdoor Yoga (Ages 8-14)	19	20 Dad-urday
21	22 Weekly Activity Post Contest  Zoom Presentation	23 FAMILY FUN BAG DELIVERIES	24 CANADA DAY BAG SIGN-UP Ages 1-13 & 60+ One Bag Per Family	25 Senior's Chair Yoga (Ages 60+)	26	27
28	29 Weekly Activity Post Contest	30 CANADA DAY BAG DELIVERIES	July 1 <b>HAPPY CANADA DAY!!</b>	<b>COMING SOON:</b> <b>Psychological First Aid for a Pandemic, with Children, Youth and Families</b> Join us for a free 2 hour interactive webinar that builds on the foundations of AHS PFA program, providing a compassionate and caring response to address basic, social and emotional needs in the impact and response phase of this pandemic.		

#### DAD-URDAY:

##### Ages 4-8 + Dad

One child per pair. \$15/pair. Lunch provided. All Alberta Health Regulations enforced. For more information or to register visit [edson.ca/FCSSPrograms](http://edson.ca/FCSSPrograms).

#### CHAIR YOGA

##### Ages 60+

Chairs, mats and water provided. Register to participate. Call Ali at 780-723-8616 or email [alicjab@edson.ca](mailto:alicjab@edson.ca) to register.

#### YOUTH YOGA & MEDITATION

##### Ages 7-13

Mats and water provided. Register to participate. Visit [edson.ca/FCSSPrograms](http://edson.ca/FCSSPrograms) to register.

**All Alberta Health Regulations related to COVID-19 will be enforced at all outdoor programming. Any individuals not adhering to the enforced measures will be asked to leave. | Cancellations due to weather will be rescheduled. | There will be no refunds. | For information regarding upcoming Zoom presentations please call 780-723-8616.**