

2008

## Futureways

### Dear Parents:

Christmas is coming and it's time to celebrate our happiness with our families and friends.

In our manners module, children have successfully learned what are appropriate manners in different situations. They have learned some basic manner such as "please & thank you", sharing and table manners. Even though our manners module is done, we will continue practicing our manners during workshops.

Again, I want to THANK every parents who brought in snack for the group every week. It's been great and you helped a lot with the program.

Now that Christmas is coming, we would like to focus on a holiday theme for this month. Children will complete different activities such as Christmas crafts, group games and outings.

Some of the exciting activities includes: PALS, bowling and a magic show. Please check our calendar for further details.



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Special THANK to Our Great P.A. in Futureways  
Left to Right (Katie, Elizabeth, Sophie, Heather),



Spread some holiday cheer at your family gathering with this savory appetizer.

**Ingredients:**

- 8 ounces of cream cheese (softened)
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- Scallion
- Red bell pepper



*Christmas Package  
Cheese Snack*

1. Mix the dried dill, garlic powder, and salt into the softened cream cheese.
2. Pack the mixture into a rectangular container lined with plastic wrap (you can reuse the cream cheese box).
3. Refrigerate it for at least 3 hours. Before serving time, set the unwrapped block of cheese on a platter and decorate it with a scallion bow and red pepper polka dots and gift tag.



PALS

Pet Access League Society

PALS is a non-profit, registered, charitable organization located in Calgary, AB, dedicated to enhancing the quality life of individuals through pet therapy.

The animals are all well trained for therapeutic purpose.

If your child has allergy to animals, please LET US KNOW!!

December 3, 2008

1. Rachel & Tessa (Golden Retriever)
2. Michelle Kempenich & Bingley (cat)
3. Maggie & Iggy (Keeshond)

December 4, 2008

1. Judy & Caillie (Golden Retriever)
2. Doi & Snuggles (Miniature Poodle)

## The Educational and Comedy Magic of Trent Tinneya

We will be combining Wednesday and Thursday Class on December 17 to participate in an educational magic show. This is a short description of the magic show that day.

### FRIENDS WITH CHARACTER

Trent will use magic to illustrate the qualities and characteristics that we should look for in a good friend. The program demonstrates the importance of having these positive characteristics if we want to have good friends. We can become like the people we associate with and that is why it is so important to have good friends.



*International Award Winning  
Magician Trent Tinneya performs  
Educational Programs and  
Entertaining Comedy magic*

# The Family & Community Resource Centre



## FREE COURSES

Dec 2, 2008

The Heart of Family Relationship

6:30 - 8:00 pm Learning Village  
Family Place

Dec 4, 2008

A Family's Guide to Financial  
Resources Part II

12:30 - 1:30 pm

Alberta Children's Hospital  
Amphitheatre

Dec 5, 2008

Encouraging the 3 R's of Parenting

9:30 - 11:30 pm

Falconridge Boys and Girls Club

Jan 13, 2008

Hand Hygiene and Other ways to  
Prevent Infections at Home and in  
the Community

10:55 - 12:30 pm

Alberta Children's Hospital-  
Auditorium

*Please Check out  
more courses on our  
Parent Board*

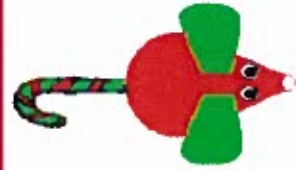
*For more information,  
Contact: Hilda Lam  
403-262-9445  
(ext:109)*

*You can also register  
online at:  
[www.fcrc.sacyhn.ca](http://www.fcrc.sacyhn.ca)*

## Reminder to Parents

- Please Sign in your child every workshop, attendance will be taken.
- Toys from home should stay home or in their lockers.
- Bring:
  - Winter Gear
  - Indoor shoes
  - Snack (If your child does not eat our snacks)
- Secret Santa Dec 10 & 11

## Candy Cane Mouse Christmas Craft



### You'll Need:

Two colors of Felt  
Wrapped 6 inch candy cane  
Plastic Wiggle eyes  
Small Pom-Pom for the nose

1. Cut the body and ear piece.



2. Cut two slits at the tip where the ears will go.



3. Insert the ear piece into the slits.



4. Glue on eyes and nose.



5. Insert the candy cane on the backside of the mouse, through the ears.



PLEASE CONTACT HILDA IF  
YOU ARE NOT ATTENDING  
CLASS

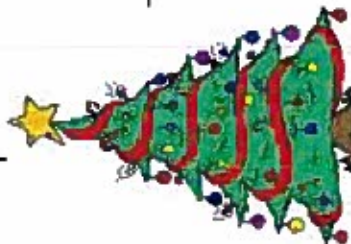
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# December 2008

Mon	Tue	Wed	Thu	Fri
1	2 Attachment: The Heart of Family Relationships 625 – 800 pm LVC: Valleyview	3 Futureways: PALS (Therapy Dog) 6:00pm – 6:30pm	4 Futureways: PALS (Therapy Dog) 6:00pm – 6:30pm	5 Encouraging the Three R's in Parenting: Respect, Responsibility and Resiliency
8	9	10 Futureways: Bowling/Christmas Party/Secret Santa 6:00 pm – 8:00 pm	11 Futureways: Bowling/Christmas Party/Secret Santa 6:00pm – 8:00 pm	12
15	16	17 Futureways: Magicians 6:30pm – 7:30pm	18 <b>Futureways Close till Jan 7, 2009</b>	19
22	23	24 Christmas Eve	25 Christmas	26 Boxing Day
29	30	31 New Year's Eve		



More workshops available: Please check parent board or go to [www.fcrc.sacyhn.ca](http://www.fcrc.sacyhn.ca)