



# November Newsletter

Brought to you by the  
Vegreville & District Child Development Coalition

# 2019



## Family Budgeting

Whether it's getting your child involved in extra-curricular, purchasing a gift for a birthday party, or budgeting for the upcoming Christmas season, raising a family requires some serious financial skills! These strategies will help you get your kids involved, without



**Set a budget:** Determine a price limit for gift giving, and a monthly amount that works into your budget for extra-curricular activities;

**Check in with your budget:** Keep record of your purchases. Are you sticking to your price limit?

**Be on the look out for no fee activities:** Check with local Community groups, your local library and other early childhood development organizations!

**Shop early:** To avoid paying top dollar for your gifts, capitalize on the pre-Christmas sales in November.

**Get crafty:** Engage your school-aged kids to create gifts—from homemade soap to baking, a gift handmade will beat any item purchased from a

Check out these local hotspots to have fun and keep more cash in the bank:

- \* Visit the Vegreville Centennial Library
- \* Free movie nights – check the local paper for show-times of these sponsored community events
- \* Park hop across town (snow or shine!)
- \* Check out the calendar for what programs VDCDC, CALS, PLC and AHS are running!

### How to Raise a Charitable Child

To develop the concept of "helping those in need", talk to your kids about saving their change. As their piggy bank grows, encourage them to take a portion of these coins, and help out someone in their community. Another strategy - start a parent matching program! Every loonie that is saved, Mom and Dad will donate a loonie of their own.

There is nothing more rewarding than watching your child light up as they spend these funds helping a local animal shelter or food bank. Celebrate these special moments with your child!



Monday  
November 18th, 2019  
4:30 - 6:30 pm

# teddy bear clinic

In celebration of  
National Child Day!

**NEW!**

**SWEET DREAMS STUFFIES**

Bring your Stuffedie for some stories, and a few activities, before they are tucked in for a special night at the Library!

Monday, November 18th, 2019, 7PM

Register at Vegreville Centennial Library. Post on how you got your P.I.S. Campaign must be in attendance. Keep an eye on our Facebook Page to see what they might get up to!

At VEGREVILLE COMMUNITY HEALTH CENTRE  
5318-50 STREET (former Health Unit)  
FOR CHILDREN AGES 1-6 WITH PARENT

DROP-IN WITH YOUR TEDDY BEAR FOR A CHECK-UP AND EXPLORE THE TEDDY BEAR CLINICS INTERACTIVE STATIONS. Learn, laugh and discover why doctors and health care professionals aren't so scary. Then tuck your Teddy in for a sleepover at the Library!

For more info: Email: [vegcdc@gmail.com](mailto:vegcdc@gmail.com) or Text: 587-801-0972



Vegreville & District Child Development Coalition



# Find the Fun!



# November 2019

SUN	MON	TUE	WED	THU	FRI	SAT
All ParentLink (PLC) Activities are Blue. All Library (VCL) Activities are Red.		<b>Child Development Walk-In Clinic</b> Vegreville Community Health Center 5318 50 St, Wednesday, November 6th 9-11 am and 1-3 pm			1 CLOSED	2 Pancakes & Play 10-1 pm.
3	4 Nature Sprouts 1030-12. Triple P 1245-245, Drop in 2-4	5 Drop in 10-12	6 Drop in 10-12, Music Hour 230-330  Story Time 2 pm	7 Drop in 10-12	8 Remembrance Day themed Drop in 10-12	9
10	11 Remembrance Day 	12 Drop in 10-12	13 Drop in 10-12 Gymboree at 1-3 @ Library Story Time 2 pm	14 Drop in 10-12	15 Police Themed Drop in 10-12	16 Daddy & Me 9-10, Pancakes & Play 10-1
17	18 Triple P 1245-245, Drop in 2-4  Teddy Bear Clinic 430-630 pm	19 Drop in 10-12	20 Drop in 10-12, Parents Timeout 7-830. Story Time 2 pm	21 Drop in 10-12	22 Town Themed Drop in 10-12	23 Grandparents & Me 9-10, Pancakes & Play 10-1
24	25 Triple P 1245-245, Drop in 2-4, Inspire & You 5-630 @ Library	26 Drop in 10-12	27 Drop in 10-12 Story Time 2 pm	28 Drop in 10-12	29 Postal Themed Drop in 10-12 Angry Birds 2 Movie Matinee 1pm	30 A Very Merry Moosemas 230pm

## Movie Matinee

Friday, November 29<sup>th</sup>, 2019

1:00pm

### Vegreville Centennial Library Gym

Bring the whole family, your comfy blankets and pillows and join us for a fun movie!  
We'll supply the popcorn!



Food Bank donations are gratefully accepted!

**THIS MOVIE IS RATED: PG**

Children must be accompanied by a caregiver

If you have any questions or concerns about the movie content please visit [commonsensemedia.org](http://commonsensemedia.org) for additional information



### Phone Numbers

AFC - Aquatic & Fitness Centre

Phone: 780.632.6403

AHS - Community Health Centre

Phone: 780.632.3331

CALS - Community Association for Lasting Success

Phone: 780.632.3225

PLC - Parent Link Centre

Phone: 780.632.2912

VCL - Vegreville Centennial Library

Phone: 780.632.3491

VCD - Vegreville Community Daycare

Phone: 780-603-4417

VDCDC - Vegreville & District Child Development Coalition

Phone: 587.280.0640

VPS - Vegreville Preschool

Phone: 780.632.6008

KidSport - Phone: 780.632.3442

Jump Start - Call PLC, FCSS, FDH, or AFC for more information

 Presents  
**A Very Merry MOOSEMAS**

**A VERY MERRY MOOSEMAS** is Kompany Family Theatre's 2019 seasonal production created especially for the very youngest of audiences. It is a highly interactive show chock-full of holiday-themed stories, songs, adventures and fun.

Will the camp Squealy-Moo campers find the Squealy Moose in time to get their Holiday Hunter Badge? They won't without your help!

**AUDIENCE:** 3 to 10 yrs, families & caregivers.  
**RUNNING TIME:** approx. 45 minutes.

**SATURDAY, NOVEMBER 30<sup>th</sup>, 2:30PM**

**VEGREVILLE CENTENNIAL LIBRARY GYMNASIUM**

  
**FIRST YEARS NETWORK**  
 Vegreville & Area



Kompany Family Theatre is a not-for-profit organization dedicated to providing quality professional theatre for children and families as well as the creation and development of new works. <http://www.kompanyfamilytheatre.com/>

We are grateful for the support of: 



The Vegreville & District Child Development Coalition (VDCDC) is a community group promoting the importance of healthy early child development and facilitating local initiatives to support young children and families. If you would like to contribute to the newsletter or join our coalition, please contact Danielle at [vegcdc@gmail.com](mailto:vegcdc@gmail.com). To join the VDCDC account on the "Remind Me" App, to receive information on upcoming events to your phone, text @vegreville to 587-801-0972 or email with your name and number!