



127 First Ave W
 Cochrane, AB
 403-851-2265
www.facebook.com/plc
parentlink@cochrane.ca
www.cochrane.ca/plc




SUMMER HOURS
Monday-Thursday
 9am-12pm & 1:30-3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 PLC CLOSED FOR CANADA DAY 	2 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Sunset Pond Sun Valley Rd at Sunset Blvd	3 Indoor Playground (9am-12pm & 1:30-3:30pm)	4 Indoor Playground (9am-12pm, 1:30-3:30pm) Outdoor Adventure (10-11:30am) Cochrane Ranche (Hwy 1A) 20 Bow Valley Trail
8 Indoor Playground (9am-12pm & 1:30-3:30pm)	9 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Dewey Blaine Located on Gleneagles Drive	10 Indoor Playground (9am-12pm & 1:30-3:30pm)	11 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Crawford Park Located on Crawford Drive Cochrane Prenatal Health Group (1-3pm)
15 Indoor Playground (9am-12pm & 1:30-3:30pm)	16 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Centennial Park William Street and Pope Ave	17 Indoor Playground (9am-12pm & 1:30-3:30pm)	18 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Fenton Park Located on Gleneagles Drive
22 Indoor Playground (9am-12pm & 1:30-3:30pm) Feeding your Baby (9:30-11am)	23 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Riversong Park Located on River Heights Blvd	24 Indoor Playground (9am-12pm & 1:30-3:30pm)	25 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Fireside Park Located on Fireside Gate Cochrane Prenatal Health Group (1-3pm)
29 Indoor Playground (9am-12pm & 1:30-3:30pm)	30 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Riverview Park Located on Riverview Drive		

hello AUGUST



5 PLC CLOSED FOR HERITAGE DAY 	6 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Heritage Park Located on Heritage Drive	7 Indoor Playground (9am-12pm & 1:30-3:30pm)	1 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) William Camden Park Located between Glenwood Crescent and Glenbow Crescent
12 Indoor Playground (9am-12pm & 1:30-3:30pm)	13 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Heartland Playground Horseshoe Park Located on Horseshoe Crescent	14 Indoor Playground (9am-12pm & 1:30-3:30pm)	8 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Bragg Creek Community Centre Park 23 White Ave Cochrane Prenatal Health Group (1-3pm)
19 Indoor Playground (9am-12pm & 1:30-3:30pm)	20 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventure (10-11:30am) Fireside School Playground Located at 12 Fireside Pkwy	21 Indoor Playground (9am-12pm & 1:30-3:30pm)	15 Indoor Playground (9am-12pm & 1:30-3:30pm) Outdoor Adventures (10-11:30am) Riviera Park Located on Riviera Way and Riviera Crescent
			22 Indoor Playground (9am-12pm & 1:30-3:30pm) Cochrane Prenatal Health Group (1-3pm)

PLC is Closed for Cleaning Week: Mon Aug 26—Mon Sep 2
We will re-open: Tue Sep 3



PARENT LINK CENTRE SUMMER PROGRAMS

Indoor Playground - Refer to Calendar (Summer Hours)

Slides, climbers, and a preschool climbing wall enhance children's emerging gross motor skills. This is a great opportunity to engage in active play while parents connect with other parents. The Indoor Playground is *NOT* supervised by PLC staff. Parents are responsible for supervision and safety of their children

Outdoor Adventure - Tue & Thu (10-11:30am)

Jul 2 - Sunset Pond , Jul 4 - Cochrane Ranche (Hwy 1A), Jul 9 - Dewey Blaine, Jul 11-Crawford Park Playground, Jul 16 - Centennial Park, Jul 18 - Fenton Park, Jul 23 - Riversong Park , Jul 25 - Fireside Park , Jul 30 - Riverview Park, Aug 1 - William Camden Park, Aug 6 - Heritage Park, Aug 8 - Bragg Creek Community Centre Park, Aug 13 - Heartland Playground Horseshoe Park, Aug 15 - Riviera Park, Aug 20 - Fireside School Playground.



PARENT EDUCATION WORKSHOPS

Cochrane Prenatal Health Group - Second and fourth Thu of every month (1:30-3:30pm)

Register for this new, free, prenatal health and early parenting group facilitated by Alberta Health Services. This group offers peer support and information about healthy nutrition, pregnancy and birth and accessing local community resources to help you through pregnancy and beyond.

Parent Link Centre, *Must Register; 403-851-6149

Feeding Your Baby - Mon Jul 22 (9:30-11am)

Do you have questions about feeding your growing baby? This class will cover topics such as how and when to start solids, textures and other issues related to feeding your infant in the first year. This session is drop in and provided by a registered dietician from Alberta Health Services.

AGES AND STAGES GIVEAWAY!

Developmental Screening - The Parent Link Centre uses the Ages and Stages Questionnaire and the Ages and Stages Social-Emotional Questionnaire to assess you child's development in five key areas: Communication, Gross motor, Fine Motor, Problem Solving and Personal-Social Skills. Every completed Ages and Stages questionnaire will receive a complimentary gift! Drop by the Parent Link Centre and fill yours out today!

OUTDOOR ADVENTURES

Summer Wrap-Up Party - Tue Aug 27 (10am-12pm) Riverfront Park

We are wrapping up our summer programming with a party! Join us for games, activities, and tons of fun! Bright and Beaming music classes will be there! Program will be cancelled in the event of rain.



Stay tuned for the Town of Cochrane Fall 2019 Program and Activity Guide to learn about our fall programs and hours!

Also, stay up-to-date on all things PLC by subscribing to our e-newsletter, email: parentlink@cochrane.ca and follow us on Facebook!

