

For further information on any programs listed here, call Abbotsford Early Years at 778-880-8554, visit our office Mon-Fri 9am-1pm, 'Like' our Facebook page (search 'Abbotsford Early Years') or visit [www.abbyearlyyears.com](http://www.abbyearlyyears.com) for updates and news



## Central Abbotsford Community School - in partnership with Abbotsford Early Years



### Weekly Drop-in Programs:

Parent and Tot Drop-in Gym: Ages 0 - 5 year olds and parent(s) / caregiver(s). Tuesdays from April 10 - May 29, 6:00 pm - 7:00 pm at Abby Middle School Gym.  
Wednesdays from April 11 - May 30, 6:00 pm - 7:00 pm at Blue Jay Elementary School Gym. Cost: FREE

Food, Family, Fun!: Join us for a free hands-on light dinner, games and activities, and a chance for you and you little one(s) to make friends and have fun! Drop-in every Thursday from 5:30—7:30. **(Please advise us each week no later than Tuesday at 1:00 PM if you plan to attend that Thursday.** Simply email [abbyearlyyears@gmail.com](mailto:abbyearlyyears@gmail.com), call 778-880-8554, or message us on Facebook).



## Fraser Valley Regional Library

Storytime for Children: Thursdays from 10:30 am - 11:00 am at Clearbrook Library. Wednesdays from 10:30 am - 11:00 am at Abby Community Library.

Pajama Storytime: Thursdays from 7:00 pm - 7:30 pm at Clearbrook Library.

Who Let the Dogs In? Read Aloud to Therapy Dogs: Thursday, May 31 from 3:00 pm - 4:00 pm at Abby Community Library (registration required).



## StrongStart

StrongStart is a free drop-in early learning program for preschool-aged children accompanied by a parent or caregiver. Closed on all school vacation and professional development days.

*Sweeney StrongStart will be back at Mill Lake every Thursday from 9:00 am—12:00 pm!*

'Like' the Abbotsford Early Years Facebook page for info on schedule changes or closures.

## Learn, Laugh, and Play Parent and Tot Drop In



Tuesdays at Prince Charles Elementary, 12:30 pm - 2:30 pm  
Thursdays at Bradner Elementary, 12:15 pm - 3:15 pm  
Fridays at Blue Jay Elementary, 12:15 pm - 2:15 pm



## West Abbotsford Community School (WACS)

Reading Rascals: Free crafts, stories, and fun for Kindergarten students and their parents, Tuesdays beginning April 24th, 3:00 pm - 4:00 pm at Clearbrook Elementary School library; Wednesdays from 2:30 pm - 3:30 pm at John Maclure Community School Library.



## Abbotsford Community Services

My Daddy and Me: Saturdays from 9:00 am - 10:30 am at the Sweeney Centre.

Community Drop-in (birth to 6 years) at Family Centre - Mondays, 9:00am - 11:15am

Precious Baby Drop-in (birth to 12 months) at Family Centre - Tuesdays, 9:30am - 10:30am

Toddler Time Drop-in (birth to 3 years) at Family Centre - Tuesdays, 10:45am - 11:45 am

Temple Drop-in (birth to 6 years) at Khalsa Diwan Society, Sikh Temple - Tuesdays, 10:00am - 11:30am

Community Drop-in (birth to 6 years) at Family Centre - Wednesdays, 9:00am - 11:15am

I Got You Babe (6-23 months) at Family Centre - Thursdays, 9:30am - 10:30am



Located at the Sweeney Neighbourhood Centre  
33355 Bevan Ave.  
Abbotsford, BC



## CAULIFLOWER MAC AND CHEESE

Your family won't even notice the hidden veggies in this tasty, lightened-up version of a classic family recipe

### Ingredients:

- 350 g macaroni pasta
- 1 medium cauliflower cut into small florets
- 1 vegetable stock cube
- 3/4 cup milk
- 1 cup grated cheddar cheese
- 1 tbsp butter
- 1/2 tsp Dijon mustard
- salt and pepper to taste



### Topping (optional):

- 1/4 cup grated cheddar cheese
- 1/4 cup panko breadcrumbs

### Directions:

- Preheat oven to 400 degrees. Cook the macaroni according to package instructions.
- Place the cauliflower in a saucepan with stock cube. Cover with boiling water and cook for 5 - 6 minutes until softened.
- Drain the cauliflower and place in blender with remaining ingredients. If the mixture is too thick, add a little extra milk.
- Transfer pasta and sauce to a baking dish and mix well. Sprinkle with toppings (if desired). Bake for 10—15 mins and serve!

Source: [www.myfussyeater.com](http://www.myfussyeater.com)

## OUTDOOR PLAY IDEAS FOR KIDS

Spending time in nature has so many great benefits for children, and it's FUN! Here are some ideas to get your family outside this spring:

- Tell them it's okay to get dirty, wet, and messy!
- Organize an outdoor play date with some other children at a local park, creek, or lake
- Set a maximum daily time limit for screens
- Plant flowers or a vegetable garden together
- Engage them in fun outdoor activities like fort building, drawing with sidewalk chalk, or riding their bike
- Have a picnic
- Make mudpies or sandcastles
- Catch bugs in a jar
- Have a backyard camping trip



Source: *Active for Life and Good Housekeeping*

## POPSICLE STICK FLOWER POTS

### Supplies:

- Tin can
- 20 - 30 coloured popsicle sticks
- Rubber band
- Ribbon or twine
- A flower or seeds (beans are a good choice as they sprout and grow quickly)
- Dirt



This is a craft you can do outside to get kids interested in gardening or learning where food comes from!

### Directions:

- Peel the label from the can, and wash and dry it.
- Place the rubber band around the can, ensuring it's a snug fit.
- Place the popsicle sticks under the rubber band, making sure there are no gaps. Repeat until the whole can is covered.
- Tie the ribbon around the can to hide the rubber band.
- Fill with dirt, plant your flower or seeds, and watch it grow!

Source: *Pinterest*

