

October 2025
Family Matters Resource Center
 40 Marion Street
 Tupper Lake NY 12986
 (518) 566-3836

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Saranac Lake Playgroup on Wednesdays 9:30-12:30 at The Saranac Lake Baptist Church, 460 Broadway!		1 Saranac Lake Playgroup 9:30-11:30	2 Gym Time 9:30-11:30	3 "Speech Sounds and Articulation Strategies" with "Speechie Trish" 10:00am Parenting support Group 5:00pm-6:30pm	
25 We offer free Child Developmental Screenings.	6. "Tupper Tots Story Hour" @ Tupper Lake Library 10:00am	7 Sensory Tuesday 9:00am-Noon	8 Center Closed Speech and language Milestones Zoom with "speechie Trish" 6:30-7:30	9 Gym Time 9:30-11:30	10 Circle time 10:00am followed by Creative arts "Bat Craft"	Use QR code for Support group sign up! 
12 All programs Free and Open to the Public for Children and their caregivers	13. closed	14 Sensory Tuesday 9:00am-Noon	15. Saranac Lake Playgroup 9:30-11:30 "Helping your Minimally Speaking child" Zoom with "Speechie Trish" 6:30pm-7:30pm	16. Gym Time 9:30-11:30	17. Circle time 10:00am followed by Creative arts "Melted Witch" Parenting support Group 5:00pm-6:30pm	18. We offer Free Parenting Education Via Zoom. Call us to sign up!
19. ADK Scenic Train Ride 11:30-1:30 	20. "Tupper Tots Story Hour" @ Tupper Lake Library 10:00am	21. Sensory Tuesday 9:00am-Noon	22. Center Closed Using visual aids to support Communication" with "Speechie Trish" Zoom 6:30pm-7:30pm	23. Gym Time 9:30-11:30	24. Circle time 10:00am followed by Creative arts "Pumpkin Art"	25. 
26. 	27. "Tupper Tots Story Hour" @ Tupper Lake Library 10:00am	28. Sensory Tuesday 9am-Noon	29. Saranac Lake Playgroup & Halloween Party 9:30-11:30 "Speech Sounds and articulation strategies" Zoom with "Speechie Trish" 6:30pm-7:30pm	30. Gym Time 9:30-11:30	31 "Trunk or Treat" @Tupper Lake Waterfront Park 3:30pm-5:30pm	"Like" us on Facebook "Family Matters Resource Center"

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