

ALL PROGRAMS FREE FOR FAMILIES

The FRC is open
Mon–Fri,
9am–5pm

Clothing Closet
hours are M, W, F
10am-4pm



JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-Ins Welcome!	Pre-registration is required for most groups, call for more information		Center Closed	3-4:15 Homework Club	10-11 Early Childhood Room: Open Playtime	10-11:30 Parents' Autism Support 10:30-12:30 Movie & Hot Cocoa Bar
5	6	1:30-2:30 Parent Self Care: New Years coloring pages 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number	8	3-4:15 Homework Club 6-7:30 Nurturing Fathers	10-11 Early Childhood Room: Bubble Madness	11
12	3:30-5 Creativity & Curiosity: Salt Paint Snowflakes 5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Mindfulness Glitter Jar 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number	1-2 Grandparents Raising Grandchildren	3-4:15 Homework Club 6-7:30 Nurturing Fathers	10-11 Early Childhood Room: Open Playtime	11-1 Thesaurus Day Pot Luck Brunch
13	14	15	16	17	18	19
19	Center Closed	1:30-2:30 Parent Self Care: Homemade Sugar Scrub 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number	22	3-4:15 Homework Club 6-7:30 Nurturing Fathers	10-11 Early Childhood Room: Musical Instruments	25
20	21	22	23	24	25	26
26	3:30-5 Creativity & Curiosity: Snow Experiment 5:30-7 Chess Club 5:30-7 Book Club	1:30-2:30 Parent Self Care: Identity Charts: Who Are You? 3-4:15 Homework Club 4:30-5:30 Family Paint-by-Number	1-2 Grandparents Raising Grandchildren	11:30-1 Lunch & Learn: Internet Safety 3-4:15 Homework Club 6-7:30 Nurturing Fathers	10-11 Early Childhood Room: Open Playtime	
27	28	29	30	31		

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

Early Childhood Room Play — *Alexiz*

Caregivers with children aged 0-3! Join us for a 30 minute guided activity, followed by an opportunity to enjoy our playroom and connect with other caregivers.

Fridays, 10–11am

Grandparents Raising Grandchildren— *Anne*

Grandparents play a special role in their grandchild's lives but those who are primary caretakers are faced with unique joys and challenges. It helps to connect with others who understand. All kinship caregivers welcome! **Meeting bi-weekly!**

Wednesdays, 1-2pm

ARTS & CULTURE

Creativity & Curiosity — *Alexiz*

Unleash your creativity and curiosity in this fun-filled class for kids ages 5-8! We'll make magical salt snowflakes and dive into a cool snow experiment. Join us for a snowy adventure full of hands-on learning and artistic fun! Call to sign-up. No experience needed.

Monday 1/13 & 1/27, 3:30-5pm

Chess Club — *Alexiz & Anne*

Join our chess club to master the game, sharpen your strategy, and challenge your mind! Open to ages 10+. Dinner starting at 5:30pm.

Monday 1/13 & 1/27, 5:30–7pm

Book Club — *Alexiz*

Join our book club for fun, engaging discussions and a chance to connect with fellow readers. Discover new books, share your thoughts, and be part of a vibrant community! Dinner starting at 5:30pm. *Registration Required.*

Monday 1/13 & 1/27, 5:30–7pm

Family Paint By Numbers Series— *Alexiz & Jayne*

Join us every Tuesday for a family paint by numbers event! Parents and caregivers can enjoy an adult paint by numbers while the kids, aged 5 and up, can have their own. It's a fun and creative activity for the whole family! Snacks to be provided.

Tuesdays, 4:30-5:30pm

Parent Self-care — *Anne*

Take a break and focus on YOU at our Caregiver Self-Care workshop! Treat yourself to a creative and relaxing afternoon with fun projects like New Year's coloring pages, mindfulness glitter jars, homemade sugar scrubs, and Identity Charts: Who Are You? It's the perfect chance to unwind, reflect, and recharge—because taking care of yourself helps you take care of others!

Tuesdays, 1:30-2:30pm

EDUCATION

Nurturing Fathers — *David (contact Alexiz)*

Join our 13-week Nurturing Fathers class—an evidence-based parenting group led by a father, for fathers. Connect, learn, and grow with other dads in a supportive online environment via Teams. ***New class starting 1/9/25*** *Registration Required.*

Thursdays, 6–7:30

Homework Club — *Jayne*

Join our Homework Club, where we support caregivers in helping their children succeed! Get tips, resources, and hands-on assistance to make homework time easier and more enjoyable. Whether it's tackling tough subjects or staying organized, we're here to help you and your child thrive together!

Tuesdays & Thursdays, 3–4:15

THIS MONTH

Hot Cocoa Bar & a Movie — *Anne & Alexiz*

Warm up with us at our Hot Cocoa Bar & Movie! Indulge in delicious, customizable hot cocoa and enjoy a cozy movie experience with friends. With endless toppings and a fun atmosphere, it's the perfect way to relax and unwind. Don't miss out—come for the cocoa, stay for the fun!

Saturday 1/4, 10:30-12:30pm

Thesaurus Day Pot Luck Brunch— *Alexiz & Jayne*

Join us for a fun-filled Thesaurus Day Brunch! Bring & Enjoy delicious food, word games, and a chance to discover new ways to express yourself. Whether you're a wordsmith or just love playing with language, it's the perfect opportunity to expand your vocabulary and have a great time with others.

Saturday 1/18, 11-1pm

Lunch & Learn: Internet Safety — *Kate & MJ*

Join us for a Lunch & Learn on Internet Safety – an essential, interactive session to protect yourself and your loved ones online! Discover tips, tricks, and tools to stay safe in the digital world while enjoying a relaxed lunch. Don't miss this opportunity to boost your online confidence and security!

Thursday 1/30, 11:30-1pm



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