

ALL PROGRAMS FREE FOR FAMILIES

JULY 2024

The FRC is open
Mon–Fri,
9 am–5 pm for drop-in.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>*10-11 Walking Club* 2-3 Adult Art Hour</p> <p style="text-align: right;">1</p>	<p>*11-12 Gross Motor Play at Groff Park: Bear Crawling* *4:30-5:30 Family Paint By Number*</p> <p style="text-align: right;">2</p>	<p>*1:30-3 S.T.E.M Club: Volcano Making*</p> <p style="text-align: right;">3</p>		<p>*9:30-11 Baby Playtime: Music Play* *1-2 Journaling*</p> <p style="text-align: right;">5</p>	
7	<p>*10-11 Walking Club* 5:45-7:15 Chess Club 5:45-7 Book Club</p> <p style="text-align: right;">8</p>	<p>*11-12 Gross Motor Play at Groff Park: Chalk Obstacle Course* *4:30-5:30 Family Paint By Number*</p> <p style="text-align: right;">9</p>	<p>*1:30-3 S.T.E.M Club: Fossil Exploration*</p> <p style="text-align: right;">10</p>	<p>12-1:30 Creativity & Curiosity: Salt Painting*</p> <p style="text-align: right;">11</p>	<p>*9:30-11 Baby Playtime: Story Time* 10-12 Computer Literacy Help Desk 12-1 Computer Literacy Class</p> <p style="text-align: right;">12</p>	<p>9:30-11:30 Ice Cream Social and a Movie</p> <p style="text-align: right;">13</p>
14	<p>*10-11 Walking Club* 2-3 Adult Art Hour</p> <p style="text-align: right;">15</p>	<p>*11-12 Gross Motor Play at Groff Park: Simon Says* *4:30-5:30 Family Paint By Number*</p> <p style="text-align: right;">16</p>	<p>*1:30-3 S.T.E.M Club: Paper Mâché Day*</p> <p style="text-align: right;">17</p>	<p>12-1:30 Creativity & Curiosity: Making Moon Sand *</p> <p style="text-align: right;">18</p>	<p>*9:30-11 Baby Playtime: Bubble Play* 10-12 Computer Literacy Help Desk 12-1 Computer Literacy Class *1-2 Journaling*</p> <p style="text-align: right;">19</p>	20
21	<p>*10-11 Walking Club* 5:45-7:15 Chess Club 5:45-7 Book Club</p> <p style="text-align: right;">22</p>	<p>*11-12 Gross Motor Play at Groff Park: Jump Roping* *4:30-5:30 Family Paint By Number*</p> <p style="text-align: right;">23</p>	<p>*1:30-3 S.T.E.M Club: Electricity Experimenting*</p> <p style="text-align: right;">24</p>	<p>12-1:30 Creativity & Curiosity: Rock Painting*</p> <p style="text-align: right;">25</p>	<p>*9:30-11 Baby Playtime: Dance Party*</p> <p style="text-align: right;">26</p>	<p>10-12 Waffles and a Movie</p> <p style="text-align: right;">27</p>
28	<p>*10-11 Walking Club* 2-3 Adult Art Hour</p> <p style="text-align: right;">29</p>	<p>*11-12 Gross Motor Play at Groff Park: Dance Party* *4:30-5:30 Family Paint By Number*</p> <p style="text-align: right;">30</p>	<p>*1:30-3 S.T.E.M Club: Learning About Lasers*</p> <p style="text-align: right;">31</p>	<p>Contact us at: (413) 549-0297 to register for groups or request more information</p>		

PROGRAM DESCRIPTIONS

FAMILY SUPPORT

The Bridge FRC is open M-F, 9-5pm. We provide support and resource & referral to families with children 0-18-years-of-age on any social service, education, health or mental health need. Stop in or call to make an appointment (413)549-0297

ARTS & CULTURE

Adult Art Hour — Zoe & Alex

No experience necessary. Come enjoy various art Activities, let your creativity shine!

Monday 7/1, 7/15 & 7/29, 2-3pm

Chess Club — Matt (contact Jennifer)

Learn to play, practice strategies, and exercise your brain! Ages 10+. Dinner starting at 5:30pm.

Monday 7/8 & 7/22, 5:30-7:00pm

Book Club — Jennifer

For busy adults who want to read more. Must register. Starting a new book, My Sister's Keeper by Jodi Picoult

Monday 7/8 & 7/22, 5:45-7pm

Family Paint By Numbers Series— Alexiz

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.

Tuesday, 4:30-5:30pm

EDUCATION

Baby Playtime & Support Circle — 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.

Friday, 7/5, 7/12, 7/19, 7/26, 9:30-11am

Computer Literacy — Jennifer

In partnership with the Tech Hub, 10-12 we offer open computer help desk/tech support.

12-1 Computer Literacy Workshop. Topics to be covered are Computer Basics, Email Basics, LinkedIn Basics, Microsoft Word & Excel, Google Drive and Online Safety Basics.

Friday 7/12 & 7/19

NEW GROUPS

Walking Club—Lisa

Let's get fit together! Join us every Monday beginning 7/1, 10-11am as we stroll our neighborhood and maybe some nearby trails. Water and snacks to be provided.

Monday 7/1, 7/8, 7/15, 7/22, 7/29

Gross Motor Play at Groff Park—Alexiz & Jayne

Come join the Bridge FRC at Groff Park for some super fun activities and learn new gross-motor skills! Perfect for kids aged 3 to 6.

Tuesday 7/2, 7/9, 7/16, 7/23, 7/30, 11-noon

S.T.E.M. Club—Alex

This summer we have a variety of science experiments for your youth to explore and experience. Activities will be very interactive and maybe a little messy! Ages 9+

Wednesday 7/3, 7/10, 7/17, 7/24, 7/31, 1:30-3pm

Creativity & Curiosity—Alexiz & Jayne

Got a little one between the ages of 5-9 who loves to explore and create? Join us for fun art and science Projects. Our first activity is Painting with Salt!

Thursday 7/11, 7/18, 7/25, noon-1:30pm

Guided Journaling—Lisa

Writing individually or share your experiences in our supportive environment. Discuss various techniques and receive prompts to write down whatever you choose.

Friday 7/5, 7/12, 7/19, 7/26, 1:00-2:00pm

THIS MONTH

Ice-Cream Social, Breakfast Waffles and a Movie
Fun for the whole family!

Saturday, July 13th, 9:30-11:30—Ice Cream Social

Saturday, July 27th, 10-noon—Breakfast Waffles



Amherst Family Resource Center
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413.549.0297

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