


# Monthly Activities at the Del Norte Family Resource Center **March 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Kneading Time &amp; Playgroup:</i> 10am-12	2 Story Time in Spanish & English @ 4:30pm	3 <i>Play &amp; Learn 10am-12</i> Movement & Music 4:15-5:00pm; 5:15-6:00pm <i>Wonder Bus @ FRC</i> 4:00pm-6:00pm	4 <i>Totally Toddler Time:</i> 10am-12 <i>Supporting Father Involvement</i> Lunch 12-1pm Workshop 1-4pm	5 Crafts with Maria 4:30-5:30pm	6 Movement & Music 10am-10:45; 11am-11:45 Story Time in Spanish & English @ 1:00pm
8 <i>Kneading Time &amp; Playgroup:</i> 10am-12	9 Story Time in Spanish & English @ 4:30pm	10 <i>Play &amp; Learn 10am-12</i> Movement & Music 4:15-5:00pm; 5:15-6:00pm <i>Wonder Bus @ FRC</i> 4:00pm-6:00pm	11 <i>Totally Toddler Time:</i> 10am-12	12 Crafts with Maria 4:30-5:30pm	13 Movement & Music 10am-10:45; 11am-11:45 Story Time in Spanish & English @ 1:00pm
15 <i>Kneading Time &amp; Playgroup:</i> Special Guest Deborah Kravitz Will speak about nutrition! 10am-12 Talks With Dr. Alex: Autism 3:00pm-4:30pm	16 <i>Intro to Baby Signs 11am-12</i> Story Time in Spanish & English @ 4:30pm	17 <b>St. Patrick's Day!</b> <i>Play &amp; Learn 10am-12</i> Movement & Music 4:15-5:00pm; 5:15-6:00pm <i>Wonder Bus @ FRC</i> 4:00pm-6:00pm	18 <i>Totally Toddler Time:</i> 10am-12	19 <b>KEET TV &amp; First 5 Present</b> <b>"Talking with Children about</b> <b>Emergency Preparedness"</b> 5:30-8pm Dinner & Child Care Provided Crafts with Maria 4:30-5:30pm	20 Movement & Music 10am-10:45; 11am-11:45 Story Time in Spanish & English @ 1:00pm
22 <i>Kneading Time &amp; Playgroup:</i> 10am-12	23 Story Time in Spanish & English @ 4:30pm	24 <i>Play &amp; Learn 10am-12</i> Movement & Music 4:15-5:00pm; 5:15-6:00pm <i>Wonder Bus @ FRC</i> 4:00pm-6:00pm National Kick Butts Day!!!	25 <i>Totally Toddler Time:</i> 10am-12	26 Crafts with Maria 4:30-5:30pm <b>FRC Family Movie Night!</b> <b>"Princess &amp; The Frog"</b> 5:30pm; Snacks Provided!	27 Movement & Music 10am-10:45; 11am-11:45 Story Time in Spanish & English @ 1:00pm
29 <i>Kneading Time &amp; Playgroup:</i> 10am-12	30 Story Time in Spanish & English @ 4:30pm	31 <i>Play &amp; Learn 10am-12</i> Movement & Music 4:15-5:00pm; 5:15-6:00pm <i>Wonder Bus @ FRC</i> 4:00pm-6:00pm	 <p>NOTE: The Child Development Room is designed for children 0-5 years old. During open play, parents/caregivers are expected to supervise their children.</p> <p>Color Key:  <b>Green</b> — 0-30 months      <b>Orange</b>—0-3 years  <b>Pink</b>—4-5 years            <b>Blue</b>—0-5 years  <b>Brown</b>—2-5 years            <b>Red</b>—All Ages</p> <p>*First 5 Del Norte Programs are italicized</p>		

First 5 School Readiness Programs; For More Information  
Call 464-5500 ext.143



More Programs at the  
Del Norte Family Resource Center

**Gasquet Playgroups:** For families with children 0-5. Children will socialize and participate in fun activities. Gasquet Playgroup at First 5 FRC, Mountain School 55 Azalea Lane, Gasquet. M, W, F 10am-12.

**Kneading Time:** A time for parents and caregivers to rest, talk, and laugh about the joys and struggles of Parenthood while children ages 0-5 enjoy supervised play.

**Totally Toddler Time:** A time of exploration and discovery for toddlers ages 0-30 months. This program encourages parallel and cooperative play skills appropriate for this age group.

**Introduction to Baby Signing:** Children use non-verbal communication early and now you can do it together. Using American Sign Language, you and your child will have the chance to communicate before they can use their voice. Contact Jennifer @ 464-5500 ext.118

**Play & Learn:** Children ages 2to 5 and caregivers engage in hands-on, often messy activities in the areas of science, art, math, health and nutrition and reading.

**Wonder Bus-** A mobile community library, operated by First 5, with books for young and elementary age children (and parents too!) Stop by and check out the NEW books!

Playgroups and activities are offered at the Gasquet First 5 FRC at Mountain School Monday, Wednesday and Friday from 10am-12

First 5 Del Norte website [www.delnortekids.org](http://www.delnortekids.org)

*NOTE: The Child Development Room is designed for children 0-5 years old. During open play, parents/caregivers are expected to supervise their children at all times.*

**Supporting Father Involvement Workshop**  
Thursday, March 4th **1-4pm**; lunch served from 12-1pm  
Please call 464-5500 ext.143 to register  
*Learn how and why fathers are so important in their children's lives! Child Care Provided!*

KEET T.V. & First 5 Present:  
"Talking with Children About Emergency Preparedness"  
Friday, March 19th **5:30-8pm**  
Dinner & Child Care Provided

Coming In March: **Supermarket Smarts Program**  
The DNCUSD's Network for a Healthy California with the Family Resource Center will offer a two part series that brings low-income adults directly to the store to learn how to make smart changes to their food shopping habits. Participants will be provided with transportation to the stores, tips and recipes. At the conclusion of the tour, participants will be provided with reusable grocery bags and gift cards.

**New Program!**  
**Crafts with Maria**  
Every Friday from 4:30-5:30pm

**FRC Movie Night Is Back!!!**  
**Showing *Disney's Princess & The Frog***  
**Friday, March 26th @ 5:30pm**  
**Snacks will be Provided!!**

**National Kick Butts Day: March 24th**  
Kick Butts Day is a day of activism that empowers youth to take action against tobacco use at more than 2,000 events from coast to coast. In 2010, we are looking forward to an even bigger and better Kick Butts Day! [www.kickbuttsday.org](http://www.kickbuttsday.org)

**Incredible Years Parenting Classes**  
A hands on approach to positive parenting that is fun and practical. Classes offered on a rotating 12 week schedule. Registration required. Call Melodee at 464-5500 ext.121.

**Del Norte County Housing Support & Information:** Resources for first time home buyers and low income home owners. For program information call Cathey @ 464-5500 ext.160 Office Hours — Wed. 9am-4pm

**Movement & Music with Maria:** Pre-dance and rhythm classes for children ages 0-5. Children learn skipping, tumbling and balance. Classes are ongoing and bilingual (English & Spanish). **Please Note: For safety, age ranges are divided between two sessions. Ages 0-3 During first 45 minutes, ages 4-5 during last 45 minutes with a 15 minute break between sessions.**

**Parent Resource Library:** Valuable parent resource books and movies and a small selection of children's fiction are on hand to check out. The 2009 Physician's Desk Reference is available upon request on the premises. Call 464-5500 for more information.

**Del Norte Family Resource Center Hours**  
**Monday: 9:00am-5:00pm**  
**Tuesday-Friday: 9:00am-7:00pm**  
**Saturday: 9am-3pm**  
**494 Pacific Ave, Crescent City**  
**707.464.5500**