



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World Breastfeeding Event – Beachfront Park 11-2pm 12:30pm Free Play Fun 	2 11am Story Time 	3 3:00pm Happy Toes 4:00pm Kid's Yoga 7pm Awaiting Arrival 	4 4pm Breastfeeding Support Group 	5 2:30pm Free Play Fun 	6 Play Groups (see back for times)
8 12:30pm Free Play Fun 	9 11am Story Time 	10 3:00pm Happy Toes 4:00pm Kid's Yoga 7pm Awaiting Arrival 	11 4pm Breastfeeding Support Group 	12 2:30pm Free Play Fun 	13 Play Groups (see back for times) 11am-12pm Cultural Crossroads
15 12:30pm Free Play Fun	16 11am Story Time	17 3:00pm Happy Toes 4:00pm Kid's Yoga 7pm Awaiting Arrival	18 12pm Lunch with the Law 4pm Breastfeeding Support Group	19 9am-10:30am KEET Fun Time 2:30pm Free Play Fun 6-8pm Family Movie	20 <div style="border: 1px solid red; padding: 5px;"> Special Event: School Clothes Swap 10am-2pm </div> 10am Art 'N' Soul **No Play Groups Today
22 12:30pm Free Play Fun <div style="border: 1px solid orange; padding: 5px;"> 6:30-7:30pm FREE Internet Safety Training </div>	23 11am Story Time 5:30pm Community Food Council Meeting	24 3:00pm Happy Toes 4:00pm Kid's Yoga 7pm Awaiting Arrival	25 4pm Breastfeeding Support Group	26 2:30pm Free Play Fun 6-8pm Family Game Night	27 Play Groups (see back for times) 12pm Hands on Science
29 12:30pm Free Play Fun	30 11am Story Time <div style="border: 1px solid green; padding: 5px;"> 5:30-6:30pm FREE Webinar: Social Emotional Development -Redirecting Challenging Behavior </div>	31 3:00pm Happy Toes 4:00pm Kid's Yoga 7pm Awaiting Arrival			




Come Visit Us!

Family Resource Center of the Redwoods
 494 Pacific Avenue
 Crescent City, CA 95531

Give us a call!
 (707) 464-0955

Visit us on the web:
www.frcredwoods.org
Like us on Facebook!

The FRC of the Redwoods is excited and thankful to be a host site for the 2016 Seamless Summer Meal Program. Any child ages 0-18 years can come to the FRC on days designated with this icon  for:

FREE Breakfast
 9:30-10:30am
FREE Lunch
 12:30-1:30pm

The Family Resource Center of the Redwoods is committed to promoting equal opportunities for all children and their families. Thank you for your support.

Age Cost Program Description

Age	Cost	Program	Description	Communication	Gross Motor Skills	Fine Motor Skills	Problem Solving	Personal/Social Development
0-4	Free	Parenting Now! Play Groups (Half hour each)	Age specific curriculum based play groups. 10am Incredible Infants (0-12 mos); 10:30am Wonderful Ones (12-24 mos); 11:30am Terrific Twos (24-36 mos); 12pm Positive Preschoolers (3-4yrs)	x	x	x	x	x
0-5	Punch Card	Happy Toes (1 hour)	Music and movement including dance, balance, singing songs, exploring musical rhythms, and more	x	x			x
2-10	Punch Card	Kid's Yoga (1 hour)	A fun filled hour of engaging mindfulness while improving muscular strength, flexibility and endurance					
0-5	Free	Story Time (1 hour)	New stories every week. Learn about the importance of "Talk, Read, Sing"	x			x	x
0-5	Free	KEET Fun Time (1.5 hours)	Each month's theme features a book, video, activities, and more.	x	x	x	x	x
0-12	Free	Free Play Fun: Choose Your Adventure (2 hours)	Community Room is open with tumbling mats for parent supervised Free Play. 0-5 Playroom is also open for Free Play, as well as Children's Library for Story Time or Board Games	x	x		x	x
0-12	Punch Card	Cultural Crossroads (1 hour)	Focused on educating children about local traditional and cultural activities. Learn and share in experiences such as storytelling, traditional games, and the importance of community	x			x	x
0-12	Punch Card	Art 'N' Soul (1 hour)	Create, explore, and celebrate art in a cross-age art program led by Laura Chandler	x		x	x	x
0-12	Punch Card	Hands-On Science (1 hour)	Awaken a sense of wonder and stretch your critical thinking skills as we explore S.T.E.M. subjects	x		x	x	x
All	Free	Family Game Night (2 hours)	Spend quality family time together, meet new friends, and enjoy a game. Feel free to bring your favorite game!	x		x	x	x
All	Free	Family Movie Night (2 hours)	Each month we feature a different family movie. Check the front of the calendar for current selection.	x				x

Developmental Domains	Communication: Focus on language skills including what the child understands and what the child can verbalize
	Gross Motor Skills: Focus on use and coordination of arm, body, and leg movements
	Fine Motor Skills: Focus on hand and finger movement and coordination
	Problem Solving: Focus on child's play with toys and problem-solving skills with other children and adults
	Personal Social Development: Focus on child's self-help skills and interactions with others
Community Programs	Professional Development trainings. See front calendar for this month's topics; 1-1.5 hours
	Breastfeeding support group for moms to discuss struggles, successes, and techniques; 1 hour
	Lunch with the Law lets you discuss current issues with local law enforcement over your lunch hour; 1 hour
	Awaiting Arrival is a 6 week pre-natal class designed to answer questions and connect you with other families; 2 hours

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 494 Pacific Ave, Crescent City, CA
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 Tuesday-Friday 9:00am—5:00pm
 Saturday 10:00am—2:00pm
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Thank you to our partners who continue to support the children of Del Norte

