



## APR NEWSLETTER

1051 Sycamore Street ●

(505) 566-2480 ●

April, 2010

Hours of operation: Monday through Friday 8:00 a.m. to 8:00 p.m. & Saturday 10:00 a.m. to 6:00 p.m.



### From the Supervisor's Desk: Natalie Koehn

Another fun-packed month at Sycamore Park Community Center! We are still collecting recipes for our SPCC Cookbook, feel free to email recipes to me at: [nkoehn@fmtn.org](mailto:nkoehn@fmtn.org). Don't forget to put the Easter Egg Hunt, Saturday April 3 and the 1st Annual SPCC Health Fair, Saturday, April 10 on your calendars. Also save the date of Saturday, May 1 for the Mother Daughter Tea Party. Tickets are \$4 per person and must be purchased in advance. We are gearing up for summer break – be sure to keep a look out for our summer activities schedule and field trips that we will take after school is out!

#### Holiday Hours:

Good Friday – Friday, April 2 SPCC will be open 10 AM-6pm.

## April Programs

### Breastfeeding Support Group

Tristan Kwiecinski will offer a breastfeeding support group for mothers. This group is free of charge and will be on Friday's in April from Noon to 1pm.

### Explore the Miniscule

Join up before Dodgeball on Wed, Apr 7 at 3:15 p.m. Play nanoscale games and explore the very different world of the miniscule.

### Field Trip

SPCC will take a shuttle to the 2nd Annual Tailgate Party at the Farmington Public Library on Fri, Apr 30 at 3pm. There is no cost, but permission slips are required to take the shuttle.

### Skate Shuttle

The Skate Shuttle is BACK! We will take the shuttle to Brookside Skate Park on Wed, Apr 21 – the shuttle leaves SPCC promptly at 4pm. You must have a signed permission slip to attend.

### 2010 SPCC Cookbook

Share your recipes with us! We are compiling our favorite recipes for the first annual SPCC Cookbook to have ready for the 2010 holiday season.

### SPCC Literacy Program

Remember to keep reading! Each month we will log books read by participants and give prizes at the end of the month. Congratulations to Amaya Vigil

for reading 47 books last month! Great work Amaya! If you are interested in participating, please contact Natalie Koehn at 566-2481.

### Daily Activities

Check out our daily activities schedule for April. It will include crafts, trivia activities, dodgeball, life skills activities, swim shuttles and more.

### 2nd Generation Parents Group

If you are grandparents raising grandchildren, this group is for you! Retired counselor Gordon Glass leads this weekly discussion and support group. Children can be entertained in the lobby with crafts, games, or coloring projects while the grandparents meet. This group will meet on Tuesdays in April from 9am to 10am and is free of charge.

### Keep It Clean

Farmington Clean and Beautiful will hold free, educational activities on Tuesday, Apr 13 from 3:30 p.m. to 4:30 p.m. This class happens every month on the second Tuesday and provides information, games, and activities related to keeping our community environment clean and healthy-don't miss it!

### Big Brothers Big Sisters of SJC

Want a Big? SPCC is partnering with BBBS to provide a year around site-based program for kids ages 5-13. For

an application or more information call Natalie at 566-2481.

### Wednesday Dodgeball

Apr 7 and 28, Dodgeball will begin at 4pm. On Wed, Apr 14 and 21, Dodgeball will begin at 3:30 p.m. Put your game face on and come have some fun, open to all ages.

### Basketball Open Gym

On Monday's and Wednesday's in April from 6pm to 8pm the Harv Henry Gymnasium at SPCC is reserved for pickup basketball. There is no cost to participate. Come have some fun and get some exercise!

### 1st Annual SPCC Health Fair

We are excited to host our 1st Annual SPCC Health Fair on Sat, Apr 10 from 11am to 2pm. There will be something for everyone – free blood pressure checks, Body Mass Index tests, total cholesterol tests, and much more. In addition to free screenings, there will be information on preventative health, health education, and healthy living in our community. If you would like more information please contact Natalie at 566-2481.

### Mother Daughter Tea Party

Mark your calendar for May 1 from 10am to Noon and watch for more information to register in advance at \$4 per person for this event.



## 2nd Annual Easter Egg Hunt      2nd año de búsqueda de huevos

Save the date! Saturday, April 3 beginning at 2:00 p.m. in Sycamore Park. There will be a very special guest joining us!

Apare esta fecha! Sabado abril 3 a las 2pm en el parque Sycamore aconpanenos tendremos un invitado especial!

## Programas en Abril

### Actividades diarias

Rebise nuestro horario de actividades diarias del mes de Abril, incluirá manualidades juegos dodgeball, y viajes a nadar, actividades del conocimiento de la vida, viajes a patinar.

### Segunda Generación de Grupo de Padres

Si eres abuelo creando nietos este es el grupo para ti! El consejero jubilado Gordon Glass dirigirá estos grupos de charlas cada semana. Los niños serán entretenidos en el corredor con diferentes juegos, manualidades, y libros para colorear mientras que los abuelos estén junta. Este grupo se reunirá cada Martes del mes de Marzo de las 9-10 am y es totalmente gratis.

### mantenga la ciudad limpia

El programa de Farmington Limpio y Hermoso tendrá actividades educativas cada Martes Abril 13 de las 3:30 a las 4:30 pm. Tendremos estas clases cada mes. En el segundo Martes y tenemos información, juegos y actividades para mantener nuestra comunidad y ambiente limpio, y saludable. No te lo pierdas. Es gratis.

### Hermano y Hermana Mayor del Condado de San Juan

SPCC está unida con el BBBS para proveer un programa de año redondo situado en el centro dirigido a niños de 5 a 13 años de edad. Para más información por favor habla con Natalie Koehn at

505.566.2481.

### Basketball gymncio abierto

El lunes y miercoles de Abril de las 6-8pm en el Harv Henry Gymnasium en SPCC esta reservado para jugar basketball. No hay costo venga a divertirse y hacer ejercicio!

### Grupo de ayuda para amamantar

Tristan kwiecinki tendrá grupos de ayuda para mamás que amamantan. Este grupo es gratis y será el viernes a las 12:00am hasta las 1:00pm.

### Viaje

Spcc seleccionará el 2do año en la librería pública el viernes abril 30 a las 3pm es gratis. Pero es necesario tener el permiso de los padres.

### Explorando lo más pequeño

Acompañenos antes del dodgeball el miercoles abril 7 a las 3:15pm y juegue y explore la gran diferencia en el mundo pequeño.

### Viaje a patina

El viaje a patina en patinetas ya regreso. Iremos al brookside skate park el miercoles Abril 21 partiremos del spcc a las 4pm en punto. Es necesario tener firmado a

la hoja de permiso para atender.

### 2010 spcc libro de recetas

comparta sus recetas con nosotros estamos completando nuestras recetas favoritas para el primer libro de cocina del spcc nos gustaría tenerlo listo para la temporada de las fiestas del 2010.

### Aniversario de la feria de salud en el spcc

Estamos contentos de patrocinar la primera feria de salud el sabado. Abril 10 de las 11:00am a las 2:00pm abra algo para cada uno revisión de la presión sanguínea. Conteo de colesterol y mucho más también tendremos orientación preventiva de salud y una mejor vida en nuestra comunidad. Si desea más información comuníquese con Natalie.

### Madre e hija fiesta de te

Marquee su almuerzo en mayo 1 de las 10am a las 12pm. Y espere para más información. La registracion es 4\$ por persona para este evento.

