

Pikes Peak Respite Services

ISSUE NO.



Newsletter

1

January 2025



A Heartfelt Thank You as We Begin 2025

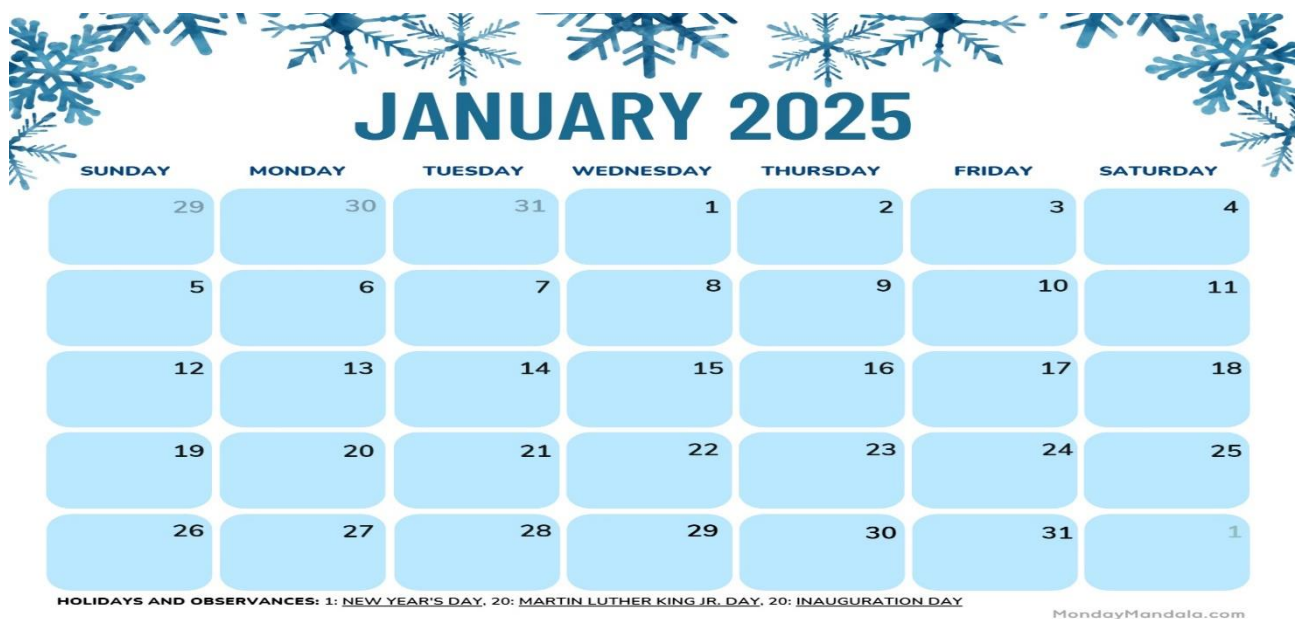
As we step into this new year, we want to pause and celebrate you—our amazing caregivers. Your unwavering love and dedication shine brightly, touching the lives of those you care for and uplifting our entire community.

We are truly honored to stand by your side, supporting you in the incredible journey of caregiving. Your compassion, strength, and commitment inspire us every single day.

This season of new beginnings is the perfect time to reflect on the profound impact you've made. Through your small acts of kindness and the monumental sacrifices you've made, you have changed lives in ways that words cannot fully express.

Thank you for all that you do. You are extraordinary, and we are so grateful to have you in our community. Here's to a year filled with new joys, meaningful moments, and the appreciation you so richly deserve.

Warmest Wishes,
PPRS Admin Team



January Social Media Holidays 2025 | Financial Wellness Month

January 1ST: NEW YEAR'S DAY 🎉 #HAPPYNEWYEAR

January 2ND: SCIENCE FICTION DAY 👁️

January 3RD: INTERNATIONAL MIND-BODY WELLNESS DAY 🧘 #MINDBODY

January 4TH: NATIONAL TRIVIA DAY / NATIONAL SPAGHETTI DAY

January 5TH: 82ND GOLDEN GLOBE AWARDS 🎬 #GOLDENGLOBES

January 6TH: THREE KINGS DAY

January 8TH: NATIONAL GLUTEN-FREE DAY

January 9TH: NATIONAL WORLD NERD DAY 🧐

January 9TH: HOUSEPLANT APPRECIATION DAY 🌱

January 12TH-18TH: NATIONAL PIZZA WEEK 🍕 #PIZZAWEEK

January 13TH: NATIONAL STICKER DAY

January 15TH: NATIONAL HAT DAY 🧢

January 17TH: GET TO KNOW YOUR CUSTOMERS DAY 💬 #KNOWYOURCUSTOMER

January 18TH: NATIONAL GOURMET COFFEE DAY ☕

January 20TH: MARTIN LUTHER KING JR. DAY #MLKDAY

January 23RD - FEBRUARY 2ND: SUNDANCE FILM FESTIVAL

January 24TH: NATIONAL COMPLIMENT DAY #NATIONALCOMPLIMENTDAY

January 26TH: AUSTRALIA DAY AU

January 27TH: NATIONAL CHOCOLATE CAKE DAY / COMMUNITY MANAGER APPRECIATION DAY ❤️ #CMAD

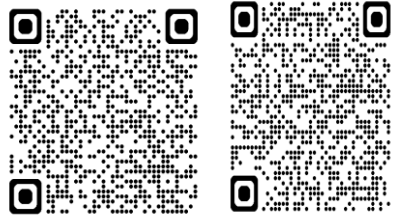
January 28TH: INTERNATIONAL LEGO DAY #LEGO DAY

January 29TH: CHINESE & KOREAN NEW YEAR 🧧

January 29TH: NATIONAL PUZZLE DAY 🧩

January 30TH: NATIONAL CROISSANT DAY 🥐

COLORING PAGES





I have A DREAM...

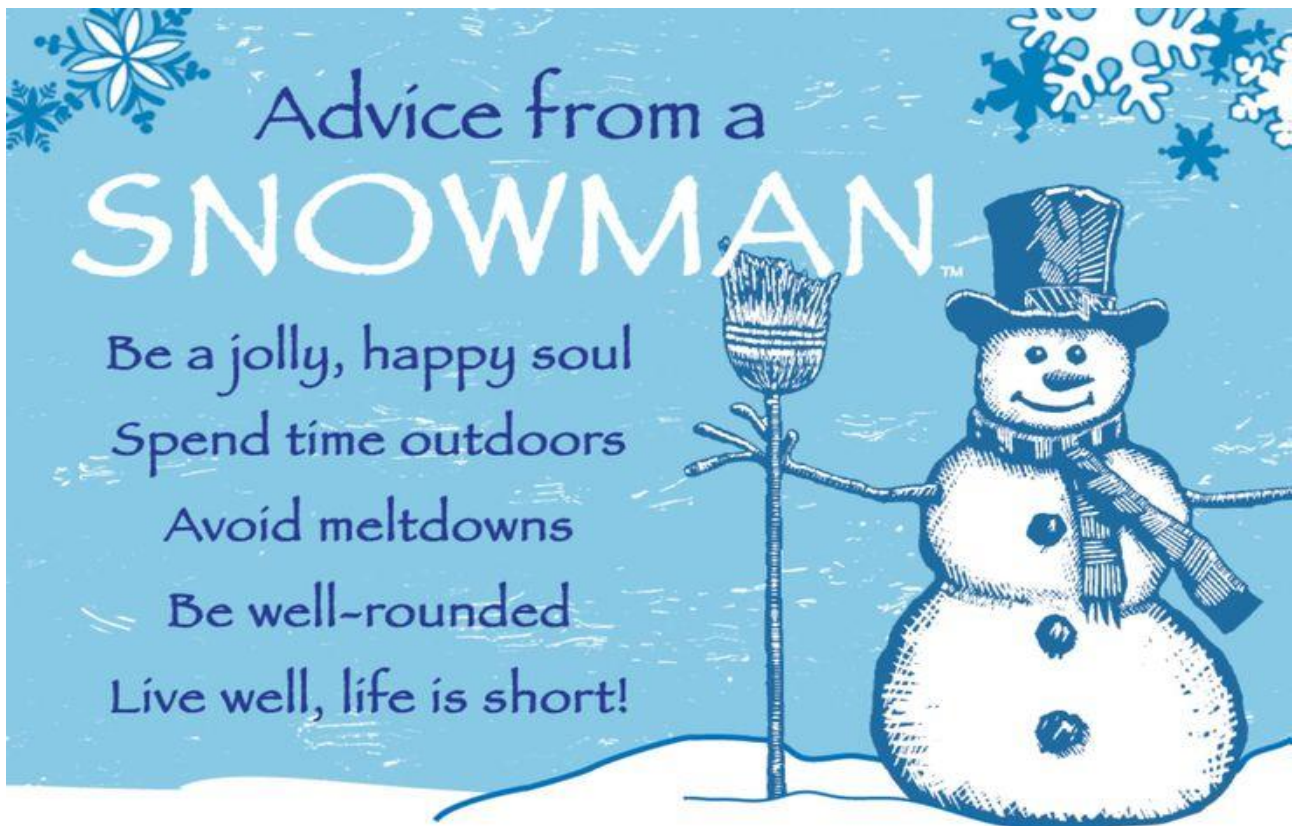


Supply List:

- 4 inch paper plates
- Paint pens or markers
- Curling ribbon
- Paper straws or Jumbo popsicle sticks
- Craft pom poms
- Beans – any small, dry variety
- Hot glue gun & glue sticks
- Additional themed craft items, if desired

Assembly:

- Decorate the **backside** of two paper plates in any desired theme or design.
 - I like to coordinate the designs since one plate will be used for the front of the noisemaker and one for the back.
- Glue the straw or popsicle stick to the **inside** of the backside plate as shown.
 - If using a straw, flatten the portion that will be glued to the plate to make final assembly easier.
 - Also be sure to attach about halfway into the plate for stability
- Place a small amount of beans in the plate, just above where the handle is glued.
- Hot glue an even bead of glue all the way around the outside ring of the plate and carefully place the front plate on top and slightly press down until set
- Add curling ribbon and additional décor where the plate and handle meet to finish the look.



NEW YEAR i-SPY

HOW MANY?



A vertical list of ten small icons corresponding to the items in the 'i-spy' illustration, each followed by a horizontal line for writing the count:

- Girl with party hat
- Fireworks
- Globe
- 'JANUARY 1' sign
- 'HAPPY NEW YEAR' banner
- Balloon
- Party hat
- Clock face
- Bottle
- Girl
- Party hat
- Girl with party hat
- Glass
- Mask

teachbesideme.com





Banana Bread



1

Mix sugar and butter.



1/4 cup
sugar



1/2 cup
butter

2

Add eggs and milk.



2 eggs



1/2 cup buttermilk



3

Mash 3 ripe bananas.
Add to the bowl.



Add 1 teaspoon
vanilla.

4

Mix in dry ingredients.



2 1/2 cups flour



1 teaspoon
baking soda



1 teaspoon salt

5

Mix well.



Pour batter into a
greased loaf pan or
muffin pan



6

Bake at 350° f for
30-35 minutes.



Eggy Bread Fingers



Ingredients

- 1 large egg
- 1 Tbs milk
- 2 small slices of bread
- 1 tsp butter

Method

Break the egg into a shallow dish. Add the milk and whisk together.

Cut each slice of bread into fingers.

Dip the bread in the egg and turn to coat on both sides.

Heat the butter in a frying pan until melted and bubbling.

Add the bread fingers and cook until golden brown.

Turn half way through to cook on both sides.

Serve with fresh fruit and yogurt.

Eats Amazing
www.eatsamazing.co.uk





| | | | |
|-------------------|-------------|---------------------|-------------|
| Autumn H. | 1st | Michael G. | 16th |
| Leah H. | 2nd | Danny W. | 16th |
| Angela M. | 3rd | Jenifer B. | 18th |
| Dina F. | 4th | Annetta L. | 20th |
| Tiffany H. | 6th | Na’Kiyah S. | 21st |
| Jaime M. | 8th | Lisa N. | 22nd |
| Jessica S. | 8th | Christian B. | 24th |
| Hanane I. | 9th | Nancy R. | 24th |
| Lisa H. | 11th | Laura C. | 24th |
| Denise G. | 13th | Nicholas F. | 25th |
| Michael R. | 13th | Lillie H. | 25th |
| Abigail C. | 14th | Lynn P. | 26th |
| Krista B. | 15th | Brittany C. | 27th |
| Lynette J. | 15th | Chineta D. | 29th |



1 Year

Emilie B.
Lisa C.
Dara J.
Ty Ana S.
Julie U.
Holly W.

Michael Y.
Stacy B.
Janet B.
Angela B.
Hanane I.
Shannah O.

2 Years

Phyllis S.
Malcom M.
Taylor N.

4 Years

Joel H.
Angela M.
Tiffany M.
Tiffany P.
Claire W.

6 Years

Roach G.

7 Years

Meosha H.

From The Admin Team

PPRS Facebook Page

For the most up to date news and Events
like our Facebook Page

**[https://www.facebook.com/PikesPeak
RespiteServices](https://www.facebook.com/PikesPeakRespiteServices)**

**If you know of any events that would be of
interest to our Providers and Families
Let us know!!!**

PPRS is always on the lookout for things for our
Providers and Families to do.

We keep a close eye on upcoming events in the areas we serve.

Many times we find out about events a few days or a week before they happen, and always post them to our Facebook Page!

Please like and share our Facebook Page to receive up to the minute news!

Here is a list of a few great places to look for events!

<https://www.coloradosprings.com/events/#/>

<https://www.pueblo.us/2801/Events>

<https://www.denver.org/events/>

<https://www.fcgov.com/events/>

<https://www.peakradar.com/categories/free-events/>

<https://www.visitcos.com/events/>

<https://ppld.librarymarket.com/>

<http://pueblolibrary.libnet.info/events?et=Kits2Go>

<https://www.denver.org/events/free-events/>

<https://www.larimer.gov/events>


<https://poudrelibraries.evanced.info/signup/>

January events and activities!

Happy New Year

Arvada Events

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| <h3>Arvada Events</h3> | |
| <p>Movie Time!!</p>  | <p>Where: Arvada Library 7525 W . 57th Ave Arvada, CO</p> <p>When: Thursday January 2nd starting at 1pm</p> <p>What: Catch Despicable Me 4 on the big screen! Enjoy this new release with free popcorn and snacks. Drop in at any time and experience the fun. Running time: 93 minutes Rated: PG</p> |
| <p>Nature Story Time</p>  | <p>Where: Majestic View Nature Center 7030 Garrison St Arvada CO 80004</p> <p>When: Wednesday January 15th 10:00am-10:30am</p> <p>What: All ages, free. Join us in front of the fireplace for story time with a few good books. Enjoy children’s books about nature and the environment from timeless classics to new discoveries. Register in advance, space is limited and only those who have registered will be permitted to attend. Register here.</p> |
| <p>Toy Snowplow</p>  | <p>Where: Lowes <u>5405 WADSWORTH BYPASS</u> <u>Arvada, CO 80002</u></p> <p>When: Saturday, January 18th 10:00am-1:00pm</p> <p>What: Embrace winter with our Snowplow kids' workshop! Mini builders get hands-on experience constructing their wooden snowplow, with adjustable parts and vibrant designs perfect for winter tasks. Join us for a day of imagination and teamwork, where your child’s skills can shine in a snowy adventure!</p> |

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| | <p>Workshops take 15-30 minutes. Check-in by noon. Child(ren) must be accompanied by parent/guardian.</p> <p>This activity is free but registration is required Register online.</p> |
| <p>Indoor Astronomy Night</p>  | <p>Where: Majestic View Nature Center 7030 Garrison St Arvada CO 80004</p> <p>When: Saturday, January 18th 5:30pm-6:30pm</p> <p>What: All ages are welcome! We’ll be stargazing from the comfort of the Nature Center using a remotely controlled robotic telescope! This program will take place regardless of the weather.</p> <p>This event is free but registration is required Register online here.</p> |

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| <h2>Denver Events</h2> | |
| <p>Cherry Creek North Winter Wanderland</p>  | <p>Where: Cherry Creek North 2401E 2nd Ave #150 Denver CO 80206</p> <p>When: Wednesday, January 1st 12:00pm-9:00am</p> <p>What: Your holiday tradition starts here. Experience the joy of the season with Winter Wanderland, a collection of free outdoor events for all to enjoy. Celebrate the season in Cherry Creek North, Denver’s must-see holiday destination featuring a million dazzling lights wrapping more than 600 trees, illuminating the entire neighborhood! All ages welcome, Event is free, however there will be vendors offering products and experiences for purchase</p> |
| <p>Stock Show Parade</p> | <p>Where: Start: Union Station Denver union station, 1701 Wynkoop ST Denver, CO-----End: 17th & Glenarm Pl</p> <p>When: Thursday January 9 starting at Noon</p> |



What: The sight of over 30 Longhorn cattle walking through the streets of downtown Denver can only mean one thing...it's Stock Show time.

The National Western Stock Show transforms Denver into the ultimate Western destination starting with the annual Kick-off Parade. On this one afternoon in January, the streets of downtown Denver are lined with boots, chaps, and cowboy hats to celebrate Colorado's western traditions and the iconic National Western Stock Show. Kids, families, businessmen, and women get to step back in time and see a true western cattle drive with horses, cowboys, cowgirls, tractors, marching bands, and floats.

Low Sensory Morning



Where: 1200 North Broadway, Denver, CO, 80203

When: January Saturday 11th 8:00am-10:00am

What: History Colorado Center is happy to open its doors for families and self-advocates who prefer a lower sensory museum environment. Tickets are free, but space is limited. the museum will be closed to the general public, attendance limited, and sounds in the exhibits turned down. Come and enjoy!

please **reserve your free tickets in advance** for one of our Low Sensory Mornings.


Upcoming dates:




- January 11, 2025
- March 8, 2025
- May 17, 2025
- July 19, 2025
- September 13, 2025
- November 1, 2025

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| <p>Martin Luther King Marade (March and Parade)</p>  | <p>Where: City Park 2001 Colorado Blvd. Denver, CO 80205</p> <p>When: Monday January 20th starting at 9:30am</p> <p>What: Civil rights leader Martin Luther King Jr.'s legacy is commemorated in The Mile High City every January with what has grown to be one of the largest MLK Jr. Day celebrations in the U.S. — even larger than that of Washington, D.C.!</p> <p>Starting location: Denver City Park</p> <p>*9:30 a.m. - Opening Ceremony @ City Park (Dr. Martin Luther King, Jr. statue) *10:45 a.m.- Marade Step-Off @ City Park *Times subject to change</p> <p>Ending Location: Civic Center Park Closing Ceremony</p> <p>Performances Community vendor resources Food Trucks Post Closing Ceremony Dr. King Legacy Bike Ride</p> |
| <p>The Little Gym: Grand Opening!!</p>  | <p>Where: The Little Gym of Denver- Cherry Creek 1485 S Colorado Blvd #425 Denver, CO 80222</p> <p>When: Saturday January 18th 10:00am-1pm</p> <p>What: You're Invited to the Grand Opening of The Little Gym of Denver - Cherry Creek! 🇺🇸 Join us for Seriously Fun Times! 🇺🇸</p> <p>Free event! We're flipping, tumbling, and cartwheeling into a new adventure, and YOU'RE invited! Get ready to explore our brand-new facility where smiles, giggles, and fitness come together for one unforgettable celebration.</p> <p>Come enjoy:</p> <ul style="list-style-type: none"> 👉 Mini classes and demos 🎨 Fun activities for kids of all ages 🎁 Special giveaways and prizes 🍌 Tasty treats and more! <p>Whether you're a budding gymnast or just looking for a fun-filled day, this is the perfect chance to experience what The Little Gym is all about. Bring</p> |

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| | <p>your family, bring your friends, and let’s make memories together! RSVP Today and Be Part of the Fun! We can't wait to see you there!</p> <p>visit thelittlegym.com/colorado-denver-cherry-creek/ or call/text us at 303-901-5055 t</p> |
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El Paso Events

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| <p>smART LAB</p>  | <p>Where: Westside Community Center 1628 W. Bijou St. Colorado Springs CO 80904</p> <p>When: Every Wednesday 4:00 – 5:00pm <u>Upcoming dates:</u> January 1st, 8th, 15th, 22nd, and 29th</p> <p>What: smART LAB Community art class for kids Every Wednesday at Westside Community Center. We will explore the 7 Elements of Art: line, color, value, shape, form, space and texture. Don’t worry if your child doesn’t know a thing about these elements. The beauty about these classes . . . they are aimed at beginners with the focus on experimentation and learning more about how to create in different ways. Sign up and information: https://bio.site/sm.ART Ages 6 – 8 Free (donations accepted)</p> |
| <p>Deaf Coffee Chat at Caffeinated Cow</p> | <p>Where: Caffeinated Cow 1791 S 8th St G, Colorado Springs, CO 80905</p> <p>When: Every Tuesday starting at 9:00am</p> <p>What: This is a time where we can chat in sign language, have a drink, and meet some new people from the ASL community! Kids, ALS Students, everyone is welcome! 🙌</p> <p>Whether you’re Deaf, hard-of-hearing, or hearing, if you are interested in American Sign Language, come hang out!</p> |

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| <p>Create & Play!</p>  | <p>Where: East Library 5550 N. Union Blvd. Colorado Springs, CO 80918</p> <p>When: Tuesday January 21st 2:00-3:00pm</p> <p>What: Creative and playful adventures with art for children ages 1 – 5 and their parents or caregivers. Be sure to wear clothes that you don't mind getting messy.</p> <p>Disclaimer(s)</p> <p>Room capacity: Due to the popularity of this program and to meet fire code requirements for meeting rooms, please arrive early to get a spot. If we are unable to accommodate you for the program, we welcome you to have fun playing in our play spaces.</p> <p>Sensory accommodations: The Service Desk can provide sensory accommodation items such as fidget toys or noise-reducing headphones for you or your child to use while in the Library. If these will benefit your Library experience, please ask about our Sensory Accommodations Kit!</p> |
| <p>Story Time!</p>  | <p>Where: PPPLD Cheyenne Mountain Library 1785 S. 8th St. Ste 100 Colorado Springs CO 80905</p> <p>When: Friday January 24th ,10:30-11:00am</p> <p>What: Stories and more for children ages 3 and older, with a favorite adult.</p> |
| <p>Idea Lab: Exploring Constellations</p> | <p>Where: East Library 5550 N. Union Blvd. Colorado Springs, CO 80918</p> <p>When: Friday, January 31st 4:00pm-5:00pm</p> <p>What: Explore constellations with activities such as making a star projector, creating a “magic” toothpick star, constructing toothpick</p> |



constellations, and playing constellation games.
Ages 5 - 12.

Registration for this event will be open
from **January 17, 2025 @ 8:00am** to **January 31,
2025 @ 8:00am**.

Animal Afternoon



Where: Old Town Library | 201 Peterson St, Fort Collins, CO 80524

When: Sunday, January 5th and January 12th 3:00pm-4:00pm

What: The library has gone to the dogs (and cats and other story-loving critters)! Drop in to read to certified therapy animals presented by Larimer Animal People Partnership.

For children in grades K-5. Furry (and not-so-furry) friends will be ready to read for 40-60 minutes, so stop by early.

A Winter Day's Hygge Party / Fiesta Hygge en una día de invierno: bi-lingual event!



Where: Old Town Library- Large Meeting Room | 201 Peterson St, Fort Collins, CO 80524

When: Monday January 6th 1:00pm-3:00pm

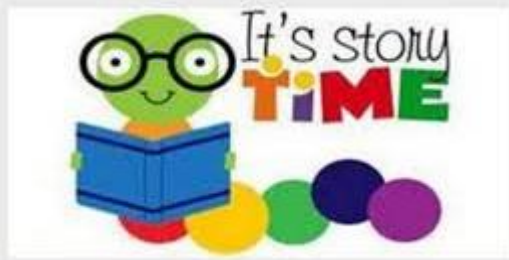

What: It's cold outside, so drop by the Old Town Library for an afternoon of Hygge* themed frivolity! We will have winter crafts and activities, board games, a cozy Storytime, as well as hot beverages and yummy treats! All ages are welcome to attend this family-friendly event. Don't forget to bring a sweater to maximize coziness! The Storytime will begin promptly at 1:30pm.

*Hygge - adjective (pronounced "hoo-guh"): invoking or fostering a sense of coziness, contentment, and well-being




Hace frío afuera, ¡así que pasa por la biblioteca de Old Town para disfrutar de una día de frivolidad con temática hygge*! ¡Tendremos manualidades y actividades de invierno, juegos de mesa, una acogedora hora de cuentos, así como bebidas calientes y deliciosos bocadillos! Todas las edades son bienvenidas a asistir a este evento familiar. ¡No olvides traer un suéter para maximizar la comodidad!


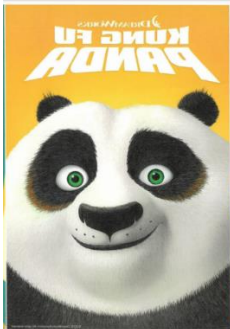
La hora del cuento comenzará puntualmente a las 1:30 p. m.

*Hygge - adjetivo (pronunciado "hoo-guh"): invocar o fomentar una sensación de comodidad, satisfacción y bienestar

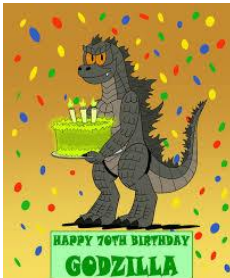
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| <p>Harmony All Ages Storytime</p>  | <p>Where: Harmony Library 4616 S Sheilds St Fort Collins, CO 80526</p> <p>When: Wednesday January 11:00am-11:30am</p> <p>What: Have fun and grow early literacy skills with stories, songs, rhymes, and play. Storytime supports reading readiness while celebrating the diversity among people and cultures. This Storytime is for children of all ages and their caregivers.</p> <p>Additional Information: This program was designed for children and accompanying adults. Please plan to attend and be engaged with your child.</p> <p>Recommended Ages: 0-5</p> |
| <p>ASL Social</p>  | <p>Where: New Belgium Brewing company 500 Linden St Fort Collins</p> <p>When: January 16th starting at 5pm-7pm</p> <p>What: The third Thursday of every month we are hosting an ASL (American Sign Language) social at the brewery! This will take place in the West Bar starting at 5pm. All ages, backgrounds, and knowledge levels are welcome!</p> |
| <p>Dr. Martin Luther King, Jr. March & Celebration</p>  | <p>Where: 301 Maple St, Fort Collins, CO 80521</p> <p>When: Monday January 20th 1:00pm-2:00pm</p> <p>What: March with the Fort Collins community in honor of Dr. Martin Luther King, Jr. The march begins at Washington Park at 1:00 pm and ends at Lory Student Center. Following the march is a celebration at Lory Student Center, beginning at 2:00 pm.</p> |

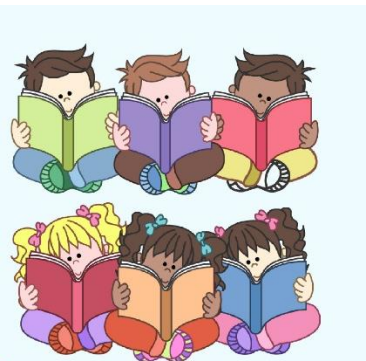


Pueblo

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| <p>Family Storytime</p>  | <p>Where: Barkman Library 1300 Jerry Murphy Rd. Pueblo, CO 81001</p> <p>When: Thursday, January 2nd 10:00am-11:00am</p> <p>What: All ages! Children and their favorite adults can come read books and sing songs at the library! This program is designed to support early literacy skills, while encouraging the love of books at an early age.</p> |
| <p>Winter Break Wrap up: Movie Night!</p>  | <p>Where: Giodone Library – large community room 24655 US Hwy 50E (BUS) Pueblo, CO 81006</p> <p>When: Friday January 3rd 11:00am-1:00pm</p> <p>What: Winter break is coming to an end and we're celebrating with some of our favorite winter pals. Join us for a screening of Disney's "Frozen" while crafting your own salt painted snowflakes.</p> <p>Register is required: https://pueblolibrary.libnet.info/event/12388390</p> |
| <p>Nerf and Roblox Lock in</p>  | <p>Where: Pueblo West 298 South Joe Martinez Boulevard Pueblo West, CO, 81007</p> <p>When: Friday, January 10th 6:00pm-8:00pm</p> <p>What: Join us after the library closes for an evening of Nerf and Roblox fun! Recommended ages are 8-13. Permission slip and registration required.</p> <p>Register here: https://pueblolibrary.libnet.info/event/12322292#branch</p> |
| <p>Kids Lego Club!!</p> | <p>Where: Crown of Lutheran Church 145 South Abarr Drive Pueblo West, CO 81007</p> |

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|  | <p>When: Friday, December 20th 6pm-8:30pm</p> <p>What: Welcome to our Kids' Lego Club in Pueblo West! Bring the kids for a fun-filled evening of building and creating with Legos. This is an in-person event. We provide childcare so enjoy some time for yourself! Let your child's imagination run wild as they construct their own masterpieces and make new friends. Don't miss out on this exciting opportunity for your little builder!</p> |
| <p>A celebration of Snakes and Kung Fu: Movie night!</p>  | <p>Where: Giodone Library – large community room 24655 US Hwy 50E (BUS) Pueblo, CO 81006</p> <p>When: Wednesday, January 29th 4:00pm-6:00pm</p> <p>What: We're acknowledging Chinese New Year with Po and the Furious Five. Join in the festivities with crafts and a screening of "Kung Fu Panda".</p> |

Teller Events

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| <p>Godzilla’s 70th Birthday Party!</p>  | <p>Where: Woodland Park Public Library 218 E Midland Ave Woodland Park, Colorado 80863</p> <p>When: Saturday, January 4th 10:00am-5:45pm</p> <p>What: Join us for a day of activities celebrating the King of Monsters' 70th birthday! Bring the entire family to enjoy crafts, snacks, activities and more!!</p> |
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| <p>Books and Babies</p>  | <p>Where: Woodland Park Public Library 218 E Midland Ave Woodland Park, Colorado 80863</p> <p>When: Thursday, January 9th 10:00am-10:45am</p> <p>What: Join the Youth Services team for stories, songs & fingerplays performed for you and your baby and toddlers! Recommended for Ages 0-5.</p> |
| <p>Teen Night</p>  | <p>Where: Florissant Public Library 334 Circle Drive Florissant, CO 80816</p> <p>When: Friday January 17th 5:00pm-7:00pm</p> <p>What: Come create a galaxy t-shirt with us. Materials and dinner provided. Ages 11 and up. Join us in creating art and spending time socializing and meeting new people!</p> |
| <p>Rump and Roll</p>  | <p>Where: Florissant Public Library 334 Circle Drive Florissant, CO 80816</p> <p>When: Wednesday, January 22nd 10:00am-11:00am What: 2nd and 4th Wednesday of each month from 10-11am at Florissant Public Library</p> <p>Play group/Open Gym for kids 5 and under (siblings welcome)</p> <p>The library is offering an open space for parents and kids to come and get their wiggles out! Toddlers will engage in imaginative play with obstacle courses and fitness exercises to help them increase strength, motor skills and social skills. Group is designed for independent free play for toddlers and adults. Parents are responsible for assisting children during play group, there will not be an instructor.</p> |