

February 2020



MON	TUES.	WED.	THURS.	FRI.	SAT.
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Open to ALL &
 Everything is FREE!

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3 Career Explorers 11:00-1:00	4 Get Up Challenge Fitness Series Information Session 5:30-6:30	5 Tots of Fun Parents Cafe 11:00-12:00 Homework Helpers 4:00-5:00	6 Earn While You Learn 2:00-3:30 Quit Smoking Information 5:00	7 Express Your Creativity Craft Day 2:00-3:30	8
10	11 Gentle Yoga 5:45-7:00	12	13 Daddy Daughter Date Night 5:00-6:30 Quit Smoking Group 5:00-6:00	14	15 Muffins With Mom 11:00-1:00
17 Happy President's Day	18 Get Fit 6:00-7:00	19 Music Makers 11:00-12:00 Homework Helpers 4:00-5:00	20 Quit Smoking Group 5:00-6:00	21 Books, Balls, & Blocks Event 11:00-1:00PM	22 Music Makers 1:00-2:00
24	25 Discover the Power of your Mind 5:30-6:30	26	27 Guys vs Gals Game Night 5:30-6:30 Quit Smoking Group 5:00-6:00	28	29

Tots of Fun/Parents Cafe

Parents bring your little ones out for a fun activity involving fine gross motor skills and learn about some parenting resources while enjoying light refreshments.

Family Fun

Books, Balls, and Blocks

Bring the little ones out!! A free fun event to learn how your child talks, plays, learns, and interacts with their world. FREE lead testing and FREE child development screening if interested. Refreshments and prizes!!

Guys vs Gals Game Night

Fun for everyone!! Guys and girls will compete in friendly games of Family Feud and Pictionary - Valentine themed!!

Express Your Creativity

Craft Day

Express yourself!! We will have many craft supplies available for you to create your work of art. Everyone welcome!!



Happy Valentine



Center Highlights

Earn While You Learn

Learn how to get out of debt. Free tips and information and financial assistance if you qualify.

Daddy Daughter Date Night

Calling all father figures....bring your daughter, grand daughter, niece.... out for a lovely dinner and fun games!!

Get Up Challenge

Info Session

Come learn about the new health and wellness incentives we will be offering. Now is the time to take care of yourself, mentally and physically. Prizes awarded for progress and participation!!

Discover the Power of your Mind

Learn how to use your thoughts to enhance your life and overall well Being!

Muffins with Mom

Mothers, grandmothers, aunts....bring the kids and enjoy some muffins, pastries, doughnuts and activities.

Classes

Music Makers

Ages 0-4! Come out and explore music. Sing, dance, and play instruments! Great way to develop social skills and fine and gross motor.

Gentle Yoga

Beginners welcome! Join Danna in exploring gentle yoga. Ages 12 and up please.

Homework Helpers

A teacher will be here for FREE tutoring and help with school assignments! Registration is required!

Get Fit

Perfect combination of yoga and pilates! Best workout for the entire body!

THIS MONTH KICKS IT OFF!!!!

GET UP CHALLENGE!!

WE WILL BE GIVING AWAY FREE PRIZES AND INCENTIVES TO GET ACTIVE IN THE NEW YEAR!!

WE WILL HAVE AN INFORMATION SESSION FEBRUARY 4TH AND HEALTH & WELLNESS CLASSES WILL BE EVERY TUESDAY IN FEBRUARY!



LIKE US ON FACEBOOK TO STAY UP TO DATE ON WHAT'S HAPPENING AT BIRD'S EYE!