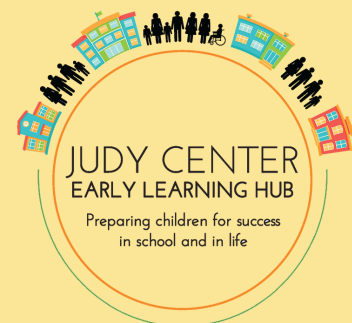


Worcester County Judy Center Early Learning Hub

APRIL 2023 NEWSLETTER



JUDY CENTER MARCH RECAP

We had a much fun this March at the Judy Center. Our SHES and PES Tiny Tot Time's has grown and we have made so many new friends! Early in March we took families on an adventure to the Easton Playseum where families used their imaginations to try out all types of different interactive play.

Our Parenting Now! classes at the Pocomoke Library ended. Be on the look out for our next round of classes coming to Snow Hill.



Upcoming Judy Center Events

• JUDY CENTER TINY TOT TIME

Come participate in our weekly story time for children ages birth to 4, who are not currently enrolled in school.

SNOWHILL ELEMENTARY

Mondays at 9:15AM

POCOMOKE ELEMENTARY

Fridays at 9:15AM

Parents, be sure to bring your ID to check in. Contact the Judy Center for more info.

• APRIL COMMUNITY BABY SHOWER

This event will be for all prenatal moms and moms with babies up to 6 months old! Moms are allowed to bring one support person to the baby shower.

Thursday April 27th

11AM at Worcester Tech

Registration is required. Call 410-632-5224 for more information

• MOBILE LIBRARY

The Worcester County Library will be coming to Snow Hill Elementary on Thursday April 20th from 10AM-11AM with their mobile library. There will be a story time and activity. Open to Snow Hill & Pocomoke Families.



SPRING JOKES



Q: Can February March?

A: No, but April May.

Q: What did the tree say when April began?

A: What a re-leaf.

Q: What was the Easter Bunny's favorite vegetable?

A: EGG-plant.

APRIL IS NATIONAL MOVE MORE MONTH

WHAT TO DO FOR NATIONAL MOVE MORE MONTH

- **Go to the gym**
 - It's got everything you need to move more all in one place. Treadmills, weights, ellipticals, swimming pools, and more.
- **Go for a walk every day**
 - Move More Month can be used as a jumping off point for your next exercise regimen. Get out and get some regular exercise, you may find that it sparks some initiative to join a gym.
- **Play a sport**
 - If gyms aren't your thing then head down to the field and hop in on a game of your sport of choice. Soccer, basketball, or softball are all great ways to move more and some exercise in.



WHY WE LOVE NATIONAL MOVE MORE MONTH

- **It keeps us healthy**
 - Moving more and maintaining an active lifestyle is key to increasing your overall health and wellness.
- **It gets us out and about**
 - Life is more than just your phone screen. Get out there, move around, and get some sunshine. We love this month because it promotes being active and using your body outside.
- **It leads to better daily habits**
 - The more you do something the more of a habit it becomes, and getting in some exercise is one of the best habits you can establish.



Source: NationalToday.com

Staff Spotlight

ASHLEIGH POOLE, POCOMOKE HOME EDUCATOR

Meet Miss. Ashleigh Pool. Miss. Ashleigh is our Pocomoke Home Educator. Miss. Ashleigh helps teach children ages 1-4 early education skills to prepare them for school by using the FROG Street curriculum in their homes.

Some things about Me:

Last book read: The Silent Patient by Alex Michaelides

Favorite Hobby: Cooking, Baking, & Crafting

My favorite thing about working at the Judy Center is developing a relationship with new families in our FROG Street program.



Spring Veggie Saute

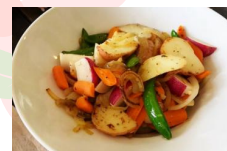
Source: SNAPEd.usda.gov

Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.

Makes 4 servings.

Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)



Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

