

May 2011 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		<ul style="list-style-type: none"> ■ CCAPS Meeting 	<ul style="list-style-type: none"> ■ Kids in the Kitchen ■ Snow White 	<ul style="list-style-type: none"> ■ Play & Learn Group ■ Smoking Cessation Support Group ■ Teen Guys' group 		<ul style="list-style-type: none"> ■ Plant and Flower Sale
8	9	10	11	12	13	14
	<ul style="list-style-type: none"> ■ Community Center Game Day for Adults 	<ul style="list-style-type: none"> ■ CCRC Meeting 	<ul style="list-style-type: none"> ■ Kids in the Kitchen 	<ul style="list-style-type: none"> ■ Play & Learn Group ■ Smoking Cessation Support Group ■ Teen Guys' group 		
15	16	17	18	19	20	21
		<ul style="list-style-type: none"> ■ CCAPS Meeting 	<ul style="list-style-type: none"> ■ Kids in the Kitchen ■ Youth Swim 	<ul style="list-style-type: none"> ■ Play & Learn Group ■ Smoking Cessation Support Group ■ Teen Guys' group 		
22	23	24	25	26	27	28
	<ul style="list-style-type: none"> ■ Family Soup & Story 		<ul style="list-style-type: none"> ■ Kids in the Kitchen 	<ul style="list-style-type: none"> ■ Play & Learn Group ■ Smoking Cessation Support Group ■ Teen Guys' group 		
29	30	31				
			<p>Meeting Location Key: RSCC: RISE & STARS Community Center, 500 Omaha Way</p>			

May 2011 Event Descriptions

May 3 and 17 –

CCAPS (Community Center Adult Program Sponsors): Meets the 1st and 3rd Tuesdays of the month at 10:00 AM at RSCC. Call Sharon at 360-992-0205 for more info.

May 4, 11, 18 and 25 –

Kids in the Kitchen: Elementary kids join Elaine Schick from WSU Extension and learn to prepare yummy, easy meals. At RSCC from 4:00-5:30 PM.

May 5, 12, 19 and 26 –

Play and Learn Group: Free play group for Parents and caregivers with children ages 0–5, includes snacks, crafts & activities. Get info about healthy child development & resources. Group is from 10:00–12:00 PM at the RSCC. Call Sharon at 360-992-0205 for info.

Teen Guys' group: Guys 13-18 get together at RSCC around games, activities, food, and occasional outings! Questions? Call Drew at 360-992-9222 Tuesdays 10:00–6:00 PM and Thursdays 12:00–8:00 PM.

Smoking Sensation: Public Housing is going smoke-free! If you have decided to make this transition by quitting smoking, why not get support? Together, we can succeed! Our ongoing weekly group is an informal approach to quitting, facilitated by Eric of Sea Mar Community Health Clinic. Group is from 5:30–6:30 PM at RSCC.

May 4 –

Snow White (youth play): at Northwest Children's Theater from 7:00-9:00 PM. 30 tickets available. Transportation available for 13 youth. Call Becky at 992-0209.

May 7 –

Plant and Flower Sale: A beautiful variety of houseplants, herbs, vegetables and flowers for your garden. At RSCC from 10:00 AM – 3:00 PM. For information call Sharon at 360-992-0205.

May 9 –

Community Center Game Day for Adults: Board games, cards, or our Wii, there will be fun and friends! Questions? Call Sharon at 360-992-0205. Adults only; no childcare provided. Game day takes place between 10:00–12:00 PM at RSCC.

May 10 –

CCRC Meeting: Clark County Resident Council meets quarterly at RSCC. The February meeting will begin at 11:00 AM. Contact Kathi at 992-0203 for more information.

May 18 –

Youth Swim: Kids swim at the Jim Parsley Center. Call Becky at 992-0209 for more info, permission slips. Transportation provided, but you must sign up in advance!

May 23 –

Family Soup & Story: Join us from 6:00-7:30 PM at the RSCC as we gather to celebrate the stories and culture of our neighbors and friends from around the world. Call Becky at 992-0209 for more info.

Kids Club Cooking Spring Session:

Wednesdays, May 4 & 11 - 3:30 – 5:00 PM
Spring Theme: Completely Kid-Do-Able: Easy & Kid-Safe Nutritious Meals

What is Kids in the Kitchen?

- After school nutrition & cooking class
- Meets for 60 - 90 minutes each session
- Make healthy snacks & meals using MyPyramid
- Learn about each food group
- Food and kitchen safety

What to bring?

- Enthusiastic attitude
- Readiness to try new foods & new ideas

Who can come?

- Elementary Students. Middle School & High school students are welcome to join us as volunteer assistants

What is "Extension"?

- Provides 4H youth programs & assistance in making healthy food choices.
- Participants will be enrolled in a 4H Group Project.

May 4th: Mother's Day Magic!

SshSshSsh – It's a surprise! Kids will learn to make "something" completely Kid-Do-Able for a family breakfast/brunch occasion.

May 11th: Dinner! South of the Border: Burritos

Kids can make All By Themselves!
Kids will complete their meal with rice, vegetables, fruit, and milk.

IMPORTANT INFO NEEDED!

Do your children have any food allergies?
If so, let Prudence or Sharon or Becky know.