



Family Room

August 2010

M	T	W	TH	F
2	3	4 Cooking for Life 9-12	5 Nature Garden Family Play 9-1 Early Months 2:15-3:30	6 Crawlers and Waddlers 9:30-11:30
9 *Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	10 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	11 Cooking for Life Evaluation and Wrap Up 9-12	12 Nature Garden Family Play 9-1 Early Months 2:15-3:30	13 Crawlers and Waddlers 9:30-11:30
16 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	17 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	18	19 Nature Garden Family Play 9-1 Early Months 2:15-3:30	20 Crawlers and Waddlers 9:30-11:30
23 FAMILY ROOM CLOSED ALL WEEK FACT Winooski 5:30-7:30	24 FR Closed No Family Play No FACT	25 FR Closed	26 FR Closed No Family Play	27 FR Closed
30 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	31 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	1	2 Nature Garden Family Play 9-1 Early Months 2:15-3:30	3 Crawlers and Waddlers 9:30-11:30

DROP IN PROGRAMS:

FACT Monday and Tuesday night fun for dads and kids up to first grade! Enjoy food, activities and discussion with other dads.

Family Play (Big Room) Open playgroups with activities for parents and children ages birth to Kindergarten. Work on your GED or high school diploma, take ESL classes or parenting workshops.

Family Play (Baby room) Learn more about your child's development, baby signs and baby massage techniques—relaxing for parents & babies!

Early Months A mother-infant group for mothers and their first babies during the first few months after birth. We do baby massage, sing lullabies, and share calming techniques and other useful info.

ENROLLED PROGRAMS:

Crawlers and Waddlers For early toddlers. Learn about development stages, share with other parents, play, move and have fun! See Jeanne for info.

Yoga for Moms Learn relaxation techniques and yoga for beginners. Children are welcome to come! Must be enrolled to attend.

Cooking For Life-NEW!- Local Foods A 7-week class on cooking on a budget using local foods. Must be enrolled to attend.

The VNA FAMILY ROOM is located in St. Joseph's School, at 20 Allen Street in Burlington. VNA FAMILY ROOM is part of the Visiting Nurse Association's Family & Children's Services Division, and is one of three parent-child centers in Chittenden County. We are a family-centered, community-based organization offering drop-in playgroups, health and support services, information and referral services, early childhood, parent-education and support groups. All programs are offered at no cost to families. **These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.**

***Must be enrolled to attend Monday yoga class See Nell to enroll!**