



# Free Family Activities

September 2019



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
September 9, 16, 23 & 30	September 3, 10, 17 & 24	September 4, 11, 18 & 25	September 5, 12, 19 & 26	September 6, 13 & 20
<i>Community Feed</i>  <i>Mondays 9am-11am</i> <u>Except Holidays</u> <i>First Come, First Served</i>	<i>Adult Arts &amp; Crafts</i> 10:15am-11:00am <i>Beginning English</i> 11:00am-12:00pm <i>Crochet</i> 12:10pm-1:00pm <i>Homework Club</i> 2:15pm-4:15pm	<i>Cafecito con Pan</i> 10:00am-11:30am (21+ Women's Group)  <i>Learn to Stretch</i> 11:30am-12:00pm  <i>Homework Club</i> 3:00pm-5:00pm	<i>Baby Musician</i>  10:30am-11:15am (Ages: 1-2 years)  <i>Toddler Musician</i> 11:30am-12:15pm (Ages: 3-4 years)  <i>Homework Club</i> 3:00pm-5:00pm	<i>Story Time (Ages:0-5)</i> 12:00pm-12:45pm  <i>Karaoke</i> (Ages 5 & up) (Must RSVP) 3:00pm-4:30pm
<u>September 9, 16 &amp; 23</u>	<i>Board Games</i> 4:15pm-5:15pm  <i>Art Fundamentals: Foundation of Painting</i> 4:15pm-6:00pm	<i>Cartoon Hour</i> 4:00pm-5:00pm  <i>Toy Loan</i> 4:00pm-5:30pm	<i>Find Your Singing Voice</i> 4:00pm-4:45pm 16+ Adults 5:00pm-5:45pm (Ages 7-15)  <i>Quick Bites</i> (learn easy, healthy snacks)  4:30pm-5:30pm	<u>September 14, 21 &amp; 28</u> <i>Beginning Guitar</i> 10:00am-11:00am (Must R.S.V.P) (Ages 8-15)  <i>Mindful Kids</i> (Ages 7-12) 12:30pm-1:30pm
<i>Homework Club</i> 3:00pm-5:00pm  <i>Kids Computer Learning Games (RSVP)</i> 4:20pm-4:50pm (Ages 5-8)  <i>Find Your Singing Voice</i> 4:00pm-4:45pm 16+ Adults 5:00pm-5:45pm (Ages 7-15)  <i>Restorative Yoga</i> 5:00pm-6:00pm <i>“All about that Smile”</i> 5:45pm-6:45pm <i>Retro Films</i> 6:45pm-7:45pm	<u>September 10 &amp; 24</u> <i>Bingo (18+)</i> 3:00pm-4:00pm <u>September 17</u> <i>Peace Love Workshops</i> 10:30am-11:30am	<i>“Be in charge of your Wellness”</i> (Spanish) 4:00pm-5:30pm  <i>Kids Computer Learning Games (RSVP)</i> 5:30pm-6:00pm (Ages 5-8)	<i>“All about that Smile”</i> 5:45pm-6:45pm <i>Kids Computer Learning Games (RSVP)</i> 6:45pm-7:15pm (Ages 5-8)	<i>Learn French</i> (Ages 7-12) 1:30pm-2:15pm

Paint Night!!!  
September 25, 2019  
6:00pm-7:30pm  
Must RSVP



For more information contact: Program Coordinator  
Elvira Pimentel at (818) 988-4430 or [Elvira@fofca.org](mailto:Elvira@fofca.org)

**Toy Loan Hours**  
Wednesday 4:00pm-5:30pm



# Actividades Familiares Gratuitas

## Septiembre 2019



Friends of the Family®  
Strong Families • Thriving Children • Vibrant Communities

<p><b>Lunes</b> 9, 16, 23 y 30 de Septiembre <i>Despensa de Comida Comunitaria</i>  (Excepto días Festivos. Sirve en orden de llegada) 9am-11am</p> <p><u>9, 16 y 23 de Septiembre</u> <b>Apoyo de Tarea</b> 3:00pm-5:00pm <b>Juegos de aprendizaje informático para niños (RSVP)</b> 4:20pm-4:50pm (Ages 5-8)</p> <p><b>Encuentra tu Voz</b> 4:00pm-4:45pm Adultos 5:00pm-5:45pm (Ages 7-15)</p> <p><b>Yoga Restaurativo</b> 5:00pm-6:00pm <b>"Todo sobre esa SONRISA"</b> 5:45pm-6:45pm <b>Retro Peliculas</b> 6:45pm-7:45pm</p>	<p><b>Martes</b> 3,10,17 y 24 de Septiembre <b>Artesanías para Adultos</b> 10:15am-11:00am <b>Aprendiendo Ingles</b> 11:00am-12:00pm <b>Crochet</b> 12:10pm-1:00pm <b>Apoyo de Tarea</b> 2:15pm-4:15pm <b>Juegos de Mesa</b> 4:15pm-5:15pm <b>Fundamentos de arte:</b> <b>Fundación de pintura</b> 4:15pm-6:00pm</p> <p><u>10 y 24 de Septiembre</u> <b>Bingo (18+)</b> 3:00pm-4:00pm <u>Septiembre 17</u> <b>Talleres de paz y amor</b> 10:30am-11:30am</p>	<p><b>Miercoles</b> 4, 11, 18 y 25 de Septiembre <i>Cafecito Con Pan</i> 10:00am-11:30am (21+ grupo de mujeres) <b>Aprende a Estirar</b> 11:30am-12:00pm</p> <p><b>Apoyo de Tarea</b> 3:00pm-5:00pm <b>Hora de Caricaturas</b> 4:00pm-5:00pm <b>Préstamo de Juguetes</b> 4:00pm-5:30pm</p> <p><b>"Estar a cargo de su Bienestar"(Español)</b> 4:00pm-5:30pm</p> <p><b>Juegos de aprendizaje informático para niños (RSVP)</b> 5:30pm-6:00pm (edades 5-8)</p>	<p><b>Jueves</b> 5, 12, 19 y 26 de Septiembre <i>Bebé Músico</i> 10:30am-11:15am (Edades: 1-2 años) <i>Infantil Músico</i> (Edades: 3-4 años) 11:30am-12:15pm <b>Apoyo de Tarea</b> 3:00pm-5:00pm <b>Encuentra tu Voz</b> 4:00pm-4:45pm Adultos (16+) 5:00pm-5:45pm (Edades 5-11)</p> <p><b>Bocaditos</b> (aprende bocadillos fáciles y saludables)  4:30pm-5:30pm</p> <p><b>"Todo sobre esa SONRISA"</b> 5:45pm-6:45pm</p> <p><b>Juegos de aprendizaje informático para niños (RSVP)</b> 6:45pm-7:15pm (Ages 5-8)</p>	<p><b>Viernes</b> 6, 13 y 20 de Septiembre <i>Tiempo de Cuentos</i> (Edades 0-5) 12:00pm-12:45pm <b>Karaoke (5+)</b> (RSVP) 3:00 pm-4:30pm</p> <p><u>Sábado</u> <u>14, 21 y 28 de Septiembre</u></p> <p><b>Guitarra Principiante</b> 10:00 am-11:00am (Debe R.S.V.P) (Edades 8-15) <b>Niños Contemplativos</b> 12:30pm-1:30pm (edades 7-12)</p> <p><b>Aprender Francés</b> (edades 7-12) 1:30pm-2:15pm</p>
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Noche de Pintura!!!  
25 de Sept. (RSVP)  
6:00pm-7:30pm



Para mas informacion contacte: Program Coordinator  
Elvira Pimentel al (818) 988-4430 or [Elvira@fofca.org](mailto:Elvira@fofca.org)  
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FAX 818.924.7240 • [WWW.FOFCA.ORG](http://WWW.FOFCA.ORG)

**Préstamo de Juguetes**  
**Horario**  
**Miercoles 4:00pm-5:30pm**