

# November 2009

## FRC: Owego



Family Resource Center: Owego

228 Main Street, Owego, NY 13827

Phone: 607-687-1571

**Hours:**

Mon: 3 pm - 7 pm, Tues: 9 am - 1 pm, Thurs: 9 am - 1 pm,

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Donations: Used Backpacks 	<b>2</b> 	<b>3</b> Planning Committee 10 am	<b>4</b>	<b>5</b> Vision & Hearing Screenings 10 am - Noon	In bad weather, the Owego Family Resource Center follows the Owego School District schedule. If they are closed, so are we.	
<b>8</b> Donations: Children's Books	<b>9</b>	<b>10</b> Healthy Smiles 10:30 am	<b>11</b> <i>Veterans' Day</i>	<b>12</b> Fire Truck Stories 10:30 am	<b>13</b> Oobleck 10:30 am Open Hours 10 am - 3 pm	<b>14</b>
<b>15</b> Donations: Dress-up Clothes	<b>16</b>	<b>17</b> Teaching Kindness 5:30 pm	<b>18</b>	<b>19</b> Watching Your Child Grow 10:30 am	<b>20</b>	<b>21</b>
<b>22</b> Donations: Coffee	<b>23</b>	<b>24</b> Breastfeeding Support 10 am Thanksgiving Pot Luck 11 am	<b>25</b>	<b>26</b> FRC Closed <i>Thanksgiving Day</i>	<b>27</b> FRC Closed	<b>28</b> 
<b>29</b> Donations: Snacks	<b>30</b>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Save the Date:</b> December 5<sup>th</sup> - 8 am to Noon. Home Business Opportunity Show at Countryside Community Center to benefit Owego FRC</p> </div>				

**November 3 - 10 am. Planning Committee** All are welcome to help plan FRC activities.

**November 5 - 10 am to noon. Vision and Hearing Screenings** for young children offered free by the Tioga County Head Start.

**November 10 - 10:30 am. Healthy Smiles.** Tioga Co. Health Department is bringing puppets, free samples, and a video about dental health. Followed by healthy snack tips for healthy teeth with EatSmart NY educators.

**November 12 - 10:30 am. Enjoy Fire Truck Stories** and a snack.

**November 13 - 10:30 am. Oobleck:** Make this ooey, gooey project with FRC volunteer Kristin Herrala, Early Childhood student from SUNY Cortland.

**November 17 - 5:30 pm. Teaching Kindness:** Discuss ways families can encourage acts of kindness at any age. Meal provided, please RSVP.

**November 19 - 10:30 am. Watching Your Child Grow:** Discussion of typical physical development.

**November 24 - 10 am. Breastfeeding Support** Facilitated by the Tioga Opportunities WIC

**Childcare provided for all workshops**

**For more information about any of our activities or to register,**

### Parenting Skills Workshop Series

8 weekly sessions  
Mondays, Nov 2 - Dec 21  
5:30 to 7:30 pm  
at the Owego Family Resource Center  
Childcare provided.  
Registration required:  
Jackie Spencer 687-4020