



Newsletter

Prairie Family Center

MARCH 2020

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Connect with us!

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PRAIRIE FAMILY CENTER DONATIONS

Prairie Family Center holds regular fundraising efforts throughout the year to help fund our programs.

Currently, we are needing donations for emergency services to help with prescription, fuel, diapers, etc. We always accept monetary donations.

OUR VISION, YOUR SUCCESS!



Family Resource
Center Association

**TWICE AS
NICE THRIFT
STORE**

NEW Hours!

**1st, Saturday of
every month
10am- 3pm**

**25 % off
storewide!**

Twice as Nice Thrift Shop

Mon -Thurs 9am-5pm

Friday 9am - 4pm Saturday 10am-3pm

UPCOMING EVENTS

A photograph of various fresh ingredients including brown eggs in a wooden basket, a whole butternut squash, and a wooden rolling pin on a wooden surface.

**ADULTS COOKING
MATTERS CLASS**

**MARCH 12TH FROM
11-1PM @HEALTH ESSENTIALS
COME JOIN US!**

A photograph of a woman's silhouette in a red dress, with decorative orange scrollwork above and below the text.

**Mom TRIBE 9-10am.
Thursday's @ Saint Paul's
Lutheran Church
Crafts/Support/Coffee**

A photograph of hands stacking colorful wooden blocks (red, yellow, green, blue).

**FAMILY BUILDING
BLOCKS EVERY TUESDAY**

**FOR 14 WEEKS! CALL
US AT PFC!**

A photograph of several hands of different colors (white, brown, pink) stacked together.

**COME SEE US AT OUR
NEW LOCATION! 1040
ROSE AVENUE BURLINGTON
CO 80807**

A photograph of fresh vegetables including a head of broccoli, a red tomato, a red bell pepper, and a green bell pepper on a wooden surface.

**FREE FOOD GIVEAWAY
MARCH 9TH @9AM
BURLINGTON COMMUNITY**

CENTER

YOUR HEALTH MATTERS

Available Frozen Available Canned

This chart shows peak growing season for the general United States. The peak season in your region may be longer or shorter.



To learn more, visit: www.fruitsandveglessmorematters.org and http://snap.nal.usda.gov/foodstamp/nutrition_seasons.php

EATING IN SEASON HAS MANY BENEFITS

- You may save money.
- Your food may taste better
- You get more nutrients

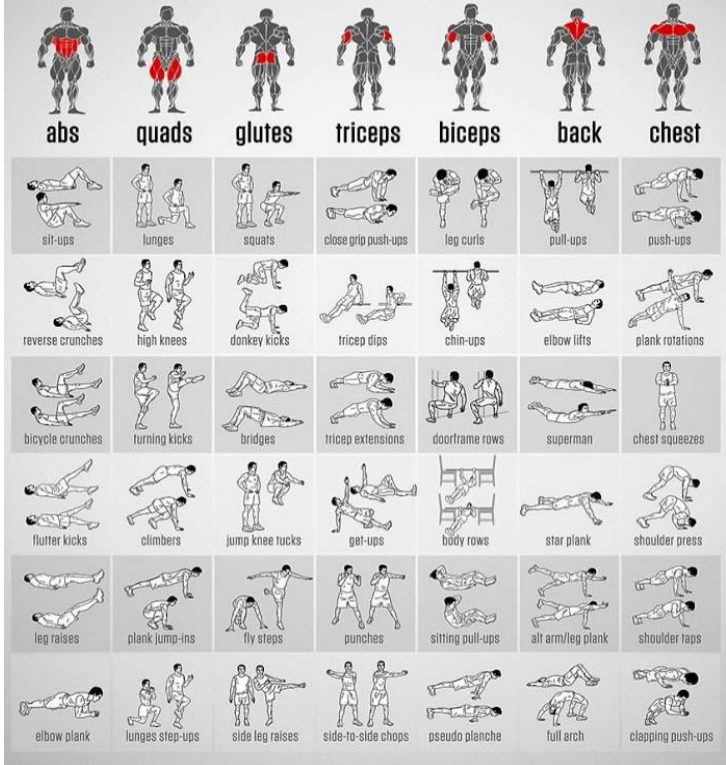


8 weeks to 5K

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
week 1	1km walk (time yourself)	10 squats 10 calf raises	1km run (time yourself)	10 squats 10 calf raises	1km walk	10 squats 10 calf raises	rest
week 2	1km walk 10% off the original time	20 squats 20 calf raises	1km run 10% off the original time	20 squats 20 calf raises	1km walk 10% off the original time	20 squats 20 calf raises	rest
week 3	2km walk (time yourself)	30 squats 30 calf raises	2km run (time yourself)	30 squats 30 calf raises	2km walk	30 squats 30 calf raises	rest
week 4	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km run 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	rest
week 5	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	rest
week 6	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	rest
week 7	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	rest
week 8	3km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	4km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	5km run

Bodyweight Exercises

BY NEILA REY @neilarey.com



SPRING FUN

PAINTED KIDS FACE POTS

HOW TO MAKE

- Stylus or pencil
- Terra cotta pots (3)
- #12 flat brush
- Plastic cup or container (wide-mouth; one for each dipped color)
- Plastic plate (or waxed paper)
- Tracing & transfer paper
- #1 round brush
- Plants of choice

Use medium to small flat brush to paint pots inside and out using Sand. Rinse brush. Pour Succulent, Garden Party and Morning Glory separately into wide-mouth cups or containers and dip pot in each color. Sit each pot on plastic plate or wax paper to dry completely. To print the patterns, click on the "Download Project PDF" button (above). Use pencil or stylus and tracing & transfer papers to transfer face pattern onto center of each pot. Use small round brush and Iron Gate to paint on faces. Rinse brush. Use same brush to paint on glasses using Morning Glory. Allow to dry and cure. Once fully cured, fill with plants that would make cool hair!



EVERYDAY SALAD

HOW TO MAKE

- 5 ounces spring greens mix (*or whatever greens you have on hand*)
- 1 English cucumber, very thinly sliced
- half of a medium red onion, peeled and very thinly sliced
- 1/2 cup pepitas or toasted pine nuts (*or whatever nuts you have on hand*)

EVERYDAY SALAD DRESSING INGREDIENTS:

- 3 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice (*or red wine vinegar*)
- 1 teaspoon Dijon mustard
- 1 small clove garlic, pressed or finely minced (*or 1/2 teaspoon garlic powder*)
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper

To Make the Dressing: Whisk all ingredients together in a bowl (or shake together in a mason jar) until combined. Use immediately or refrigerate in a sealed container for up to 3 days.

To Make the Salad: Combine all ingredients in a large salad bowl and toss until evenly combined. Serve immediately and enjoy!



CLOTHEPIN BEE



HOW TO MAKE

- Jumbo 6" clothespins
- Acrylic paint: yellow, black
- Vellum or thin white paper
- 15mm wiggly eyes of choice
- Black chenille stems
- Paintbrushes
- Scissors
- Gold brads
- Small hole punch
- Low temp hot glue or Glue Dots®
- Pencil

Paint clothespins yellow. Allow to dry. Paint top of clothespin black for the head. Paint 3 stripes across the body. Draw 2 - 2-1/2" x 4-1/2" ovals onto vellum or thin white paper and cut out for wings. Overlap 2 wings and punch top with a small hole punch. Insert brad into hole and open flaps to secure. Glue on wiggly eyes and the wings just below the head. For antennae, bend a chenille stem into a U-shape. Fold the ends over 2-3 times. Glue the center of the stem to the inside of the clothespin.

AVOCADO TUNA SALAD

HOW TO MAKE

- 3 cans tuna water packed, drained
- 1 cup English cucumber quartered and sliced
- 1 avocado seeded, peeled and diced
- 2 tablespoons red onion thinly sliced
- 1/4 cup chopped cilantro
- 2 tablespoon lime juice
- 1/4 cup olive oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- salt and pepper to taste

Place the tuna, cucumber, avocado, red onion and cilantro in a large bowl. In a small bowl, whisk together the lime juice, olive oil, chili powder, cumin and salt and pepper. Pour the dressing over the tuna mixture, gently toss to coat. Serve immediately.

