

**NOV.
2016**

Newsletter



All participants
must pre-register

Tots Get Messy

6 mon. - 5 years \$22.50

Tots explore color, texture, smell and more by creating art with mostly edible products.

Date: Fri. Nov. 4 - Nov. 18th

Time: 9am-9:40am

Turkey Crafts

Create fun Thanksgiving themed crafts with our Recreation Specialist. This class is designed for boys and girls ages 4-10.

Date: Nov. 14th

Time: 4pm -5:30 pm

Location: Ceres Community Center (Arts & Crafts Room)



Ages 4-10

\$14

Karate

This class focuses on three main principles: fitness, self-defense, and self-confidence. Through the sport of Taekwondo, your fitness level will greatly increase, you will develop the ability to defend yourself against a much larger opponent.

Karate-Tiny Tigers

Ages 3-6

Date: T/Th Nov 01-Nov. 29

Time: 5 pm-5:30pm

Cost: \$79

Karate-Junior Ninjas

Ages 6-12

Date: T/Th Nov 01-Nov. 29

Time: 5:40pm-6:25pm

Cost: \$79

**Class takes place every
month/year round**

Parents Night Out

Drop the kids off while you do Christmas shopping, dinner and a movie, possibilities are endless! Meanwhile we will be creating crafts, playing games, and end the night with Wreck-It Ralph in the Senior Lounge. Wear your pajamas and bring a blanket. **Nov. 18th /6pm-10pm/\$30 per child**

Parent & Me Ceramics

“Harvest Fun” a Thanksgiving themed Ceramics class for children **ages 4-10**. Cost: \$25

Date: Wed. Nov. 9 - Nov. 16th

Time: 4 pm - 5:45 pm

Open Studio

11 mon. - 4 years

Have a little one that needs to get their wiggles out? Looking for an interactive play time for your child? This is a great indoor active and fun class that includes an age appropriate craft with your little one. **\$15**

Date: Fri. Nov. 4 - Nov. 18th

Time: 10 am - 11:30 am

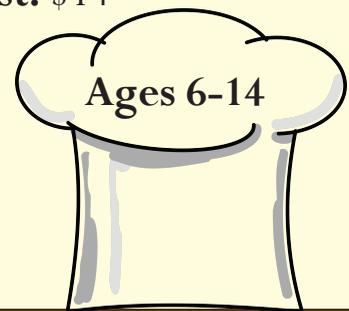
Kids in the Kitchen

Children will prepare tasty holiday themed treats in this fun festive workshop.

Date: Sat. Nov. 19th

Time: 10:30am-12pm

Cost: \$14



give
Thanks

DIY with Angela

It's time to get excited for the Holidays! What better way than with a Frozen inspired season wreath. Learn how to create a Deco Mesh Winter Wonderland Wreath with the help of Angela Mendoza.

For adults and teens 15 and up.

Tuesday, November 29th | 6pm - 7:30 pm | \$30



Gym Fit-Parent/Tot

This program is designed for boys and girls, ages 12 months to 2 years old. It enhances and stimulates early childhood development through experience in basic gymnastic skills, hand-eye-foot coordination, and loco motor development. **Cost: \$40**

Date: Mon. Nov. 7-Dec. 12

Time: 5:45-6:15pm

Zumba for Seniors

Zumba is fun for active adults and beginning students. Gentle dance and exercise program with a Latin flavor. This program helps to improve flexibility, strength, and balance.

Limited space. Please arrive early to secure a spot. **Free Class**

Date: Every Tuesday, Thursday, & Friday

Time: T/Th 9-10am, F 3:45-4:30pm

Gym Fit-Kinder

This program is designed for boys and girls, ages 3 to 5 years. It enhances and stimulates early childhood development through experience in basic gymnastic skills, hand-eye-foot coordination, and loco motor development.

Cost: \$40

Date: Mon. Nov. 7-Dec. 12

Time: 4:15-4:55pm or 6:15-6:55pm

Young at Heart for Seniors

Does the idea of exercising as a group a couple of times a week in your own community sound fun and appealing to you? Join this class at no cost at all. Designed specifically for older adults. **Free Class**

Date: Every Monday and Wednesday

Time: 9 am-10 am

Gym Fit-Elementary Tumbling

This class is designed for children ages 6 to 13 years old. Basic gymnastic skills will be taught, including forward and backward rolls, straddle rolls, back handsprings, etc. Children will learn a combination of floor skills, beam skills, and conditioning. **Cost: \$45**

Date: Mon. Nov. 7-Dec. 12

Time: 3:30-4:10pm or 5:00-5:40pm

Ceres Youth Commission

Stop by the Community Center and pick up an application to join CYC, a volunteer program. Commissioners will be given the opportunity to assist in community events and conduct community service projects.

Next Meeting is November 16th @3pm at the Ceres Community Center.

Next service project is November 17th