

Peb Hli Ntuj Xyoo 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Cover the Kids [9-5] Menyuam Yau Lub Caij Nyoob* [1-2] Baby University* [3-4]	2 Aerobics* [9-9:45]	3 U.C.D. Clinic [9-12]	4 U.C.D. Clinic [1:30-4] Aerobics* [5-5:45]	5	6
7	8 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Immigration Services [1-4] Menyuam Yau Lub Caij Nyoob* [1-2] Baby University – Pregocise* [3-4]	9 Aerobics* [9-9:45] Workshop – <i>Women’s Self Defense*</i> [10:30-12] Ua Kom Kev Niam Txiv Muaj Kev Lom Zem* [3-5]	10 U.C.D. Clinic [9-12] Tso Kev Nyuab Siab Mus* [1-2]	11 U.C.D. Clinic [1:30-4] Aerobics* [1-2] Hais Luv Mikas* [3:30-4:30] Aerobics* [5-5:45]	12	13
14	15 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Menyuam Yau Lub Caij Nyoob* [1-2] Baby University- Kev Npaj Yug Menyaum* [3-4]	16 Aerobics* [9-9:45] Workshop- <i>Don’t Sweat It*</i> [10:30-12] Ua Kom Kev Niam Txiv Muaj Kev Lom Zem* [3-5]	17 U.C.D. Clinic [9-12] St. Patty’s Party [4:30-6]	18 U.C.D. Clinic [1:30-4] Aerobics* [1-2] Hais Luv Mikas* [3:30-4:30] PCAC [4-5] Aerobics* [5-5:45]	19	20
21	22 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Immigration Services [1-4] Menyuam Yau Lub Caij Nyoob* [1-2] Baby University – Pregocise* [3-4]	23 Aerobics* [9-9:45] Workshop – <i>Power Play Nutrition*</i> [10:30-12] Ua Kom Kev Niam Txiv Muaj Kev Lom Zem* [3-5]	24 U.C.D. Clinic [9-12] Tso Kev Nyuab Siab Mus* [1-2]	25 U.C.D. Clinic [1:30-4] Aerobics* [1-2] Hais Luv Mikas* [3:30-4:30] Aerobics* [5-5:45]	26 FRC Khw Muag Khoom [12-1]	27
28	29 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Menyuam Yau Lub Caij Nyoob* [1-2] Baby University- <i>Lus Nug Rau Tus Public Health Nurse*</i> [3-4]	30 Aerobics* [9-9:45] Workshop – <i>Kev Npaj Nyiaj*</i> [10:30-12] Ua Kom Kev Niam Txiv Muaj Kev Lom Zem* [3-5]	31 U.C.D. Clinic [9-12]			

* Peb Muaj Chaw Zov Menyuam

In the FRC:

Baby University – Koj puas zoo siab tos txais koj tus menyuam mos?! Peb pab qhia txog ntawm kev tos ntsoov yuav muaj menyuam mos, yug menyuam, thiab txog ntawm kev ua menyuam niam thiab menyuam txiv thawj zaug. Nco ntsoov tias txhua hnuv Monday thib ob thiab thib plaub ntawm lub hli yog Pregocise-ib hoob tshwj xeeb rau cov niam cev xeev tub dhia ua si kom muaj zog!!

Menyuam Ab Thiab Kuv – Ib pab qhia txos cov menyuam qhov loj hlob thiab pab qhia thiab piav txog thawm menyuam cov theeb meev. Chav nos qheb rau niam txiv muaj cov menyuam muaj hnuv nyoog 0-12 hli; Muaj chaw rau menyuam ua si yog tias leej twg tuaj ua ntej ces tus ntawv swb tau ua si.

Menyuam Yau Lub Caij Nyooq - Chav nos sij khoom ua si xws li: games, crafts, thiab dhia ua si chav nos qhiab rau tsev neej ua muaj menyuam 18 hlis rau 4 xyoos; cov menyuam ua tuaj ua ntej ua muaj hnuv yuj yuav tau ua sij ua ntej.

Hais Luv Mikas – Tuaj xyaum nej cov luv mikas.

Aerobics – Koj puas tau npaj tawm hws?! Kav tsij tuaj kom tes ua si xws li ua si kom lub cev muaj zog: zumba, tae-bo, thiab mus kev/ khiav.

Tso Kev Nyuab Siab Mus – Tuaj koom peb rau lub lijtiam thib 2 thiab 4 uas yog Wednesday nyob ntawm ib lub hli. Peb yuav xyaum so ib ce kom xyoob thuav thiab kom kev hluas thiab muaj. Xws li yoga, sau ntawv, games, thiab kev sib tham.

Kuv Muaj Tswv Yim Zoo – Tuaj koom peb txhua lub lijtiam nyob rau hnuv Monday thiab Tuesday - txhua txhua lub lijtiam nyob rau hnuv Tuesday peb yuav muaj ib tug neeg tuaj qhia kev noj zaub mov, qhia menyuam kom zoo, ua zaub mov, exercise, thiab muaj ntau yam lom zem.

PCAC – Tuaj koom peb thiab cov thawj coj niam txiv kom saw daws muaj kev sib tham thiab lub cij fim los ua kev nyb rau FRC.

Ua Kom Kev Niam Txiv Muaj Kev Lom Zem – Ua Kom Kev Niam Txiv Muaj Kev Lom Zem yog ib chav qhia txog niam txiv paub qhia mis tub menyuam zoo tshaj dua qhov qwb. Nws muaj 13 chav mas li tag xws li ib lijtiam kawm ib zaug. Chav no yog CPS thiab Sacramento County Court certified.

Cover the Kids – Hu 1-866-850-4321 es teem caij kev pab cuam menyuam daim ntawm tuav pov hwm.

UCD OB/GYN – Teem si hawm txog kev kuaj ib cev xeev tub, hu rau Margarita ntawm 916-734-6982.

Immigration Services – Yog tias koj muaj lus nug txog kev immigration los yog kev naturalization, thov koj hu peb hoob kas rau Ray Gonzales tham dawb xwb.

The North Sacramento Family Resource Center

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1217 Del Paso Blvd.
Ste B
Sacramento, Ca. 95815
916-679-3743

