

Tsib Hli Ntuj Xyoo 2010

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
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2	3 Cover the Kids [9-5]	4 Aerobics* [9-9:45]	5 U.C.D. Clinic [9-12]	6 U.C.D. Clinic [1:30-4] Healthy Nut*[1-2] MAMA MIA [4:30-6]	7	8
9	10 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Menyuam Yau Lub Caj Nyoob* [1-2] Immigration Services [1-4] Baby University – Pregocise* [3-4]	11 Aerobics* [9-9:45] Workshop* [10:30-12] OLD DOGS – Hmo Saib Yeeb Yam! [5-7]	12 U.C.D. Clinic [9-12] Tso Kev Nyuab Siab Mus* [1-2]	13 U.C.D. Clinic [1:30-4] Thursday Sawv Ntxov [10-11] Healthy Nut* [1-2] Hais Luv Mikas* [3:30-4:30] Aerobics* [5-5:45]	14	15
16	17 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Menyuam Yau Lub Caj Nyoob* [1-2] Baby University – Birthing Options*[3-4]	18 Aerobics* [9-9:45] Workshop* [10:30-12] Ua Kom Kev Niam Txiv Muaj Kev Lom Zem* [4-6]	19 U.C.D. Clinic [9-12]	20 U.C.D. Clinic [1:30-4] Healthy Nut* [1-2] Hais Luv Mikas* [3:30-4:30] PCAC* [4-5] Aerobics* [5-5:45]	21	22 UPTOWN Koob Tsheej Nyob Rau Xyoo Yim [10-1] Hagginwood Park
23	24 Cover the Kids [9-5] Menyuam Ab Thiab Kuv* [9-10] Kuv Muaj Tswv Yim Zoo* [10:30-12] Menyuam Yau Lub Caj Nyoob* [1-2] Immigration Services [1-4] Baby University – Pregocise* [3-4]	25 Workshop* [10:30-12] Ua Kom Kev Niam Txiv Muaj Kev Lom Zem* [4-6]	26 U.C.D. Clinic [9-12] Tso Kev Nyuab Siab Mus* [1-2]	27 U.C.D. Clinic [1:30-4] Healthy Nut* Hais Luv Mikas* [3:30-4:30]	28 CHAW HAUJLWM KAW.	29
30	31 CHAW HAUJLWM KAW.					

* Peb Muaj Chaw Zov Menyuam

Nyob Rau Hauv 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. Pub ib tus menyuam rau ib tus niam txiv xwb.

Menyuam Yau Lub Caij Nyooog – 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. Pub ib tus menyuam rau ib tus niam txiv xwb.

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.

Healthy Nut – Tuaj koom peb chav TSHIAB...qhia txoj kev ua noj haus qab thiab zoo. Tuaj koom peb rau txhua txhua lub Thursday!!

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 xyooob 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 Monday- txhua txhua lub Monday 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.

Thursday Sawv Ntxov – Muaj tsawvyim? Kev txhawj xeeb? Muaj lus teb? Koj puas xav qhia rau lwm tus? Tuaj koom peb ib zaug nyob rau ib lus hli thiab tham txoj nej cov kev txhawj xeeb.

PCAC – Cov thawj coj niam txiv thiab cov Community Advisory Council rooj sablaj: Rau cov thawj coj niam txiv xwb.

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 kuj 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.

Uptown Koob Tsheej Nyob Rau Xyoo Yim – Ib qho kev los zem thiab pub dawb nyob tom Hagginwood Park. Tuaj txais kev pab los ntawm cov chaw pab dej num, siab yeeb yam, mov qab, clowns, thiab kev ua si!!

Mama Mia – Tuaj koom peb rau Niam Hnuv, thov coj nej tsev neeg tauj noj ib pluag hmo.

The North Sacramento Family Resource Center

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