

## Site Locations and Times

### Chatham:

Tuesday and Thursday  
Morris Memorial,  
2<sup>nd</sup> Floor,  
Park Row  
9:30 - 11:30

### Copake

Monday and Friday  
Copake Community Center,  
Mountain View Road  
10:00 - Noon

### Germantown

Monday and Thursday  
Reformed Church of Germantown,  
20 Church Avenue  
9:30 - 11:30

### North

#### Chatham

Wednesday  
Methodist Church,  
Route 203  
10:00 - Noon

### Philmont

Wednesday  
Community Center  
14 Lake Drive  
Philmont  
9:30 - 11:30

## Board of Directors:

**President:** Donna Verna

**Vice President:** Meg Everett

**Treasurer:** April Mountain

**Secretary:** Christine Cunningham

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family resource centers  
OF COLUMBIA COUNTY

Phone: (518) 392-3911  
[www.familyresourcecenterscc.org](http://www.familyresourcecenterscc.org)

## Family Resource Centers Welcomes Friends Old and New to Our 38<sup>th</sup> Season

After a long and busy summer, FRC is prepared to welcome our families and children back for another fun filled season for kids and adults alike. FRC now in its 38<sup>th</sup> year of continuous operation is busier than ever preparing a full slate of events for the year ahead. With attendance booming at our sites we have had numerous requests to extend our season into the month of June! We are pleased to announce that due to a very generous grant from the Rheinstrom Hill Community Foundation, our Chatham and North Chatham sites will remain open through June 2009.

FRC will also be opening a **new site** in Philmont to accommodate families from the mid-county region. The site will open on Wednesday mornings from 9:30 a.m. – 11:30 and will be located at the Philmont Community center located at 14 Lake Drive. The site will be temporarily staffed by Philmont recreation director Matthew Perry who is currently recruiting a site director to staff the playgroup

## FRC Web Site Updates

If you're not already reading this newsletter on-line, check out FRC's web-site at [familyresourcecenterscc.org](http://familyresourcecenterscc.org). Thanks to a generous grant from the *Berkshire Taconic Community Foundation*, improvements are occurring daily, and one of the best features is the ability to read and download this newsletter on line! Also check out our calendar listings for playgroup times, special events, fundraisers and workshops which will be held through out the 2008-09 season.

Do you have a resource like a great school or pediatrician that you would like to share with the rest of our community? Post it on our web-site! We are looking to expand our resource listing and what better source than our parent community?

## SAVE THE DATE

**FRC's 4<sup>th</sup> Annual Bowling Spectacular!**  
**Sunday, November 23<sup>rd</sup> from 3 p.m. – 5 p.m. at the Chatham Bowl**

Bring the kids and lace up your bowling shoes! This event is a blast for kids and adults and it is a great fundraiser for our centers. We raised almost \$2,000 last year.

Tickets are \$15 per adult and \$8 per child. Ticket prices include two games, bowling shoes and the chance to support Family Resource Centers! See your site director or visit our web-site for details.

## FALL FAMILY WORKSHOPS

FRC and the Kinderhook Memorial Library have teamed up again this year to offer our families a great series of educational, family oriented workshops. All workshops will take place at the **Morris Memorial in Chatham**. Free childcare and refreshments will be provided.

### Family Budgeting Tips

From heating homes to fueling cars, families and caregivers are often the hardest hit in tough economic times. Join Theresa Mayhew, Cornell Cooperative Extension family budget expert, for this timely workshop series that aims to provide strategies for stretching your family dollar.

**Supermarket Smarts: October 21<sup>st</sup> , 10:00 am. – 11:00 a.m.** Learn some tricks for maximizing your grocery dollars as you navigate those aisles! Shopping with kids? Pick up some effective strategies for making the experience a pleasant one for you and the children!

**Making Ends Meet - Family Budgeting 101:  
November 13<sup>th</sup> and 20<sup>th</sup>, 10:00 a.m. – 11:00 a.m.**

Join us for this *two part* series which will include some great advice for managing your family's budget effectively. How do you track expenditures and set savings and expenditure goals? Is it possible to change expenditure habits and live on less? This fun and instructive series will also send folks home with a "Survival Kit" full of goodies to help you use your new budgeting skills. Fun door prizes will also be offered!

### Creative Movement is Back in North Chatham!

FRC is happy to offer creative Movement with Judy Fitzgerald in North Chatham every other Wednesday beginning on October 15<sup>th</sup>. Judy, who has led FRC's creative movement program for the past eight years uses a fun range of props and music to get toddlers and pre-schoolers swinging, swaying and crawling. Babies love the show!

### Dental Hygienist to Visit Chatham Site

Just in time for Halloween, dental hygienists Kari Bulson, Joelle Swere and former playgroup mom, Shelley Johnston from the office of Dr. David Starkman, will be on hand at our Chatham site to talk about the dos and don'ts of good dental health for young ones. Kids love the tooth brush goodie bag and parents love the opportunity to discuss dental health issues with professional hygienists! Join us **October 23rd at 10:00 a.m.**

## December Film Screening ---- Where Do the Children Play ?

Many folks were disappointed to have missed our summer screening of this film and we are pleased to offer a second viewing. Join FRC at the Kinderhook Library on December 14<sup>th</sup> for this PBS documentary about the vital importance of open-ended play for the healthy development of children. The documentary explores how this kind of play is disappearing due to electronic games and entertainment, an increase in teacher led instruction that is pushing child initiated learning and exploration out of the classroom; and diminishing access to woods, fields, vacant lots and parks and other wild play spaces.

The documentary is inspired by Elizabeth Goodenough's book "Secret Spaces of Childhood" (University of Michigan Press, 2003). Before viewing the documentary, parents may want to visit [www.allianceforchildhood.org](http://www.allianceforchildhood.org) which is the outreach project for Ms. Goodenough's work on this timely topic.

The film will be screened on **December 14<sup>th</sup> at 4:00 p.m. at the Kinderhook Library**. The event is free and child care will be provided.

## A Look Ahead to Winter

It's only Autumn but it's never too soon to look ahead to winter. FRC is busy planning another full slate of workshops for January including another visit from the **Columbia County Land Conservancy** to our Copake, Germantown and Chatham sites.

Parents thinking even farther ahead to the 2009-10 school year mark your calendar for **Saturday, March 28<sup>th</sup>**. FRC and the Kinderhook Memorial Library will once again host the **3<sup>rd</sup> Annual Independent School Fair**. More than a dozen independent schools are represented under one roof at this amazing event!

Do you have a suggestion for improving our program or is there a workshop topic that you would like to see? It's not too late to include it in our winter line-up! We love hearing from you! E-mail us at **[frc@familyresourcecenterscc.org](mailto:frc@familyresourcecenterscc.org)**