















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To pay your membership fees or to register for classes online – please click on the QR code on the front of the calendar or go to <a href="http://www.sttammany.health">www.sttammany.health</a></p>						<p>1 Field Trip Lacombe Wildlife Refuge – 9:30 am </p> <p>2 Heartsaver 9a-12:30p  New Daddy &amp; New Mommy Boot Camp 9a.m.-12 p.m.</p>
3	4 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Breastfeeding Support 1130 a Open Play 9a.m.-1p.m.	5 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	6 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m.  Birthday Party 11a Open Play 9a.m.-1p.m	7  Ballet 10 am Open Play 9a.m.-1p.m.	8 Open Play 9a.m.-1p.m.	9
10 	11 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	12 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m.  10:30 a Open Play 9a.m.-1p.m.	13 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	14  Ballet 10 am Open Play 9a.m.-1p.m.	15  10:30a Open Play 9a.m.-1p.m.	16
17	18 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a-1p Parenting w/Love & Limits 6-8p.m.	19 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a.m.-1p.m.	20 Little Learners 10:00 a.m. Craft & Bond 10:30 a.m. Open Play 9a-1p  Infant/Child CPR – 6p	21  Ballet 10 am Open Play 9a.m.-1p.m.	22 Open Play 9a.m.-1p.m.	23
24 31	25  Parenting Center Closed	26 Open Play 9a.m.-1p.m.	27 Open Play 9a.m.-1p.m.	28 Open Play 9a.m.-1p.m.	29  9a- 3:30p Open Play 9a.m.-1p.m.	30 Safe @ Home 10a-12p Birds, Bees & Me 1-3p



### Field Trip – Lacombe Wildlife Refuge

Friday, May 1<sup>st</sup>; 9:30-11 a.m.

Join refuge staff for this FREE, fun-filled educational program for young children 0 - 6 years old. Learn about native animals, create nature-themed crafts, go on a short nature walk and more! Children must be accompanied by an adult through the duration of the program. Program meets at the Bayou Lacombe Visitor Center (61389 Highway 434, Lacombe, LA) and is 45 minutes in duration. Programs vary with each nature explorers' program and meet rain, mud or shine. **Please register online so we get a headcount!**

### New Daddy Boot Camp & New Mommy Boot Camp

Saturday, May 2<sup>nd</sup>; 9 a.m.-12:00 p.m.

This class is for new dads and new moms and is taught by veteran dads and moms with each class meeting separately. New dads will discuss the realities of fatherhood, including caring for baby and mom AND the new moms will candidly discuss the best practices, products that work, and so much more. These are held at St. Tammany Parish Hospital. **COST: \$15/mom/dad**



### American Heart Association Heartsaver FA CPR AED

Saturday, May 2<sup>nd</sup>; 9 a.m.-12:30 p.m.

This course teaches First aid basics; Adult, Child, and Infant CPR, how to relieve choking, and AED use. Will receive a course completion card. (Daycare workers please call 985-898-4435 BEFORE you register). **Please register for this class online.** **COST: \$95/person**

### Little Learners

Mondays, Tuesdays & Wednesdays, May 4-6, 11-13 & 18-20; 10:00 a.m.

This interactive class is for children and their adults to join in singing songs, exploring with movement, bubbles, and playing musical instruments. Children will gain and practice social skills, transitioning, and more. Adults will learn ways to engage and play with their children in a supportive environment.

### Craft & Bond

Mondays, Tuesdays & Wednesdays, May 4-6, 11-13 & 18-20; 10:00 a.m.

Join us for an art and craft activity that will allow children to create, develop fine motor skills, and practice independence with their adult's support and encouragement.



### Monthly Birthday Party Sponsored by Chick Fil A

Wednesday, May 6<sup>th</sup>; 11:00 a.m.

Open to all members – come help us celebrate our children who are celebrating their birthdays this month by joining us for cupcakes and chicken nuggets donated by the Hwy 21 Chick Fil A!

### Family Breastfeeding Support (still being confirmed)

Monday, May 4<sup>th</sup>; 11:30 a.m.

Support class where our primary goal is Family Support. All family members are welcome.



### Ballet (ages 3 and older) Christina Connell, Owner of the Conservatory of Ballet Aviv- Instructor

Thursday, May 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> at 10:00 a.m. *(PLEASE NOTE – if the class fills, we will add another one)*

Our exciting and educational class is filled with a combination of the best practices of Ballet techniques that help our little ballerinas to gain motor, cognitive, and social skills that will be beneficial for life. **COST: \$45/child**

### Love on a Leash

Monday, May 12<sup>th</sup>; 10:30 a.m.

A couple of dogs will be available for our members to interact, pet, hug and play with and learn safe behaviors.

### Story Time

Friday, May 15<sup>th</sup>; 10:30 a.m.

Come join us for story time as we listen to our special guest from the St. Tammany Parish Library read stories to you.

### Parenting with Love and Limits

Monday, May 18<sup>th</sup>; 6-8 p.m.

We know that parenting has its challenges. Please join Parenting Center Educator, Kayli Coleman, as she offers positive strategies for guiding your child's behavior with both love and limits. This class may be attended in-person or virtually. Please indicate which format you will participate in during registration. Virtual attendants will receive a virtual link following registration. **COST: Free**

### American Heart Association Family and Friends Infant/Child CPR

Wednesday, May 20<sup>th</sup>; 6-8 p.m.

For new parents, caregivers and family members who want to gain the knowledge and skills needed for choking and breathing emergencies that may arise with infants and children. FYI - no CPR certificate is given. **Please register online.** **COST: \$30/person.**

### Safe Sitter

Friday, May 29<sup>th</sup>; 9:00 a.m.-3:30 p.m.

This program offers CPR, choking rescue, and safety in an online world, childcare, life and business skills along with behavior management and much more. Class fee is non-refundable. Bring a bag lunch. Ages 11-16 years old. **COST: \$75/person**

### Safe Sitter – Safe @ Home

Saturday, May 30<sup>th</sup>; 10:00 a.m. – 12:00 p.m.

This program is designed to prepare students entering grades 4-6 to be safe when they are home alone. **COST: \$25/person**

### Birds & Bees and Me – A Talk for Girls

Saturday, May 30<sup>th</sup>; 1:00-3:00 p.m.

This class is for girls ages 8-13 years (and their parents if they want) to talk frankly about puberty, having your monthly period, body changes, emotional mood swings and social/relations changes. **COST: \$Free**

