



University of Chicago Family Resource Center Winter 2020 Schedule

*The FRC is open January 6-March 20, closed on January 20 (MLK Day).
Classes run from Jan 6-March 13.*

Weekly Classes

Messy Mat Crafts for the Very Young
Things that Go
Story Time Fun
Creative Ballet
World Music Class 10:30
Young Mad Scientists Unite
Making Music
Balls, Balls, Balls!
ABCs & 123s

Family Activities

Dinosaur Roar!
Asian New Year
Valentine, My Valentine!
Student/Postdoc Social
Child & Adult Book Exchange
St. Patrick's Day Storytime
End of Quarter Party

Family Resource Center

Location: Woodlawn Community Service Center
950 East 61st Street
Phone: 773-795-5437 (KIDS)
Hours: Monday - Friday 9:00 a.m. - 5:00 p.m.
Saturdays 10:00 a.m. - 4:00 p.m.
(Closed during University holidays and breaks).
Website: <https://grad.uchicago.edu/life-at-uchicago/family-resources/>
Director: Lizanne Phalen:
lizannep@uchicago.edu

A general FRC use form (Consent & Release) is required for valid class registration. Classes are first come, first served. No registrations will be accepted after Friday, January 11th.

The FRC is now only offering two classes for which you need to register. These classes are Ballet and World Music. Because we need to fill these classes at the very beginning of the quarter no registrations will be accepted after Friday, January 11th, and payment will also be due by the end of the day on Friday, January 11th. All other FRC offerings will be activities you are welcome to join as you wish from week to week. These activities are free and will be led by FRC staff if at least three children are in attendance at each of these activities.

WEEKLY CLASSES

MESSY MAT CRAFTS FOR THE VERY YOUNG. This crafts class will engage the very young by focusing less on creating a take-home art project, and more on exploration and play. It will introduce children to various craft mediums and textures. For instance, we will use play dough, all sorts of finger paints, and even make some edible art. This will be tactile heaven and perfect for children wanting to eat the supplies!! The class activity will likely take half an hour at most, but will be available for the entire hour. Interested older kids are welcome.

Time: Mondays from 10:30-11:30 a.m. (Jan 6-Mar 9, except 1/20).

Location: Family Resource Center Art Room

Ages: 18 months - 2 and half years old

THINGS THAT GO. Planes, trains, automobiles and all other transportation vehicles will be explored by creative crafts, story and play time devoted things that GO!!

Time: Mondays from 3:45-4:30 p.m. (Jan 6-Mar 9, except 1/20).

Location: FRC Multi - Purpose Room

Ages: 2-6 years olds

STORY TIME FUN. Join us for some story-time fun!! Laura has performed as a children's storyteller for 20+ years, at parties, bookstores, community centers and preschools. Each story-time consists of books, finger plays and interactive songs on a theme, and finishes with dancing and marching with percussion instruments. While the stories are best suited to the target ages listed, other ages are welcome.

Time: Tuesdays 10:30 a.m. (Jan 7-March 10).

Location: Family Resource Center

Ages: 2-5 years old

CREATIVE BALLET. Put on your thinking caps and come explore creative ballet with UChicago dancer Maria Neely. Young boys and girls will learn dance fundamentals such as rhythm and shape, establish a basic classical ballet vocabulary, and play creative movement games in this lively creative ballet class.

Time: Tuesdays at 4:00-4:45 p.m. (Jan 7-March 10).

Location: FRC Multi-Purpose Room and playground

Ages: 3-6

Cost: \$40/10 classes

WORLD MUSIC FOR INFANTS & TODDLERS. Debbie Parks teaches this perennial favorite at the FRC. Expect an energetic, interactive class for parent/caregiver and child. Sing-along greeting to each child, singing stories, finger plays, lap songs, movement and dancing, rhythm instruments, and a chance to play the instructor's instrument each week.

Music includes traditional folk songs and children's songs from all over the world. Research shows music participation is a brain booster for the young child.

Time: Wednesdays from 10:30 - 11:15 a.m. (Jan 8-March 11).

Location: FRC Multi-Purpose Room

Ages: 6 months to 3.5 years

Cost: \$50 per child/10 classes

YOUNG MAD SCIENTISTS UNITE. This class will allow the children to explore and experiment with the many wonders of our world. Whether it's making play dough, building our very own volcano, or exploring the changes happening outdoors, we'll see what the kids can "cook up." No matter the adventure, fun will always be on the menu. This class will be led by FRC assistant, Laura MacGregor.

Time: Wednesdays from 3:45-4:30 p.m. (Jan 7-March 11).

Location: FRC Multi-Purpose Room

Ages: 2 $\frac{1}{2}$ -7 years old

MAKING MUSIC. First we'll make the instrument, then we'll make the music! There are so many ways to make noise—for example, "tap shoes" made of washers and rubber bands, oatmeal container drums, and all sorts of maracas. Kids will craft their instrument, (possibly with a little help from Mom or Dad), then we'll clap, stomp, sing and shake along with fun songs.

Time: Thursdays 10:30-11:15 a.m. (January 8-March 12).

Location: FRC Multi-Purpose Room

Ages: 2-5 years old

BALLS! BALLS! BALLS! Bring your children to romp: the ball! This is a great chance to tucker out your high-energy toddlers and encourage motor development while developing a healthy, active lifestyle. We'll play by kicking, throwing and rolling while listening to fun music. Each week will feature a different kind of ball or ball play, including hippity-hop balls, parachutes with balls, soccer balls, etc.

Time: Thursdays from 3:45-4:30 p.m. (January 8-March 12).

Location: FRC Multi-Purpose Room

Ages: All Ages

ABCs & 123. Come join us for a play-based approach to story time, early letter and number understanding. In early childhood, much of a child's literacy and numeracy learning is gleaned from being read stories and being engaged in activities and games. We will help with letter and number recognition through crafts, songs, stories and games.

Time: Fridays 10:30 - 11:15 a.m. (Jan 9-March 13).

Location: FRC Multi-Purpose Room

Ages: 2-5 years old

Calendar of Family Activities

Registration for each event will take place a few days before the activity, and will be announced via email on the Student Parent listserv. Descriptions and dates are for planning purposes.

All activities are free to registered members and will take place at the Family Resource Center. Children must be accompanied by parents or by designated caregivers.

ASIAN NEW YEAR. Friday, January 24th, 3:45-4:30. Worldwide, 2 billion people will celebrate Chinese or Lunar New Year—including many of our FRC friends! This year, the 2020 Lunar New Year heralds the zodiac sign of the Rat. Share in stories, a game, craft and light snacks. You are also encouraged to bring something to share—a food, photos or a memento from your family tradition.

DINOSAUR ROAR! Tuesday, February 4th, 3:45-4:30 p.m. Wear your favorite dino-attire, then decorate dinosaur cookies, hear a dinosaur story and play a dinosaur game. And, of course, practice your roar!

VALENTINE, MY VALENTINE. Friday, February 14th, 3:45 - 4:30 p.m. Help your children to show their love for the special people in their lives by making valentines. We will decorate cookies or cupcakes.

GRADUATE STUDENT/POSTDOC PARENT SOCIAL. Saturday, February 15th, 4:00 - 6:00 p.m. Did you manage to have a romantic dinner with your partner this Valentine's Day? If not, bring the kids along on a date at the FRC. Come mix and mingle with fellow graduate student and postdoc parents and enjoy complimentary wine and cheese. RSVP is required. Free parking available behind the WSSC and children are welcome.

ADULT & CHILD BOOK EXCHANGE. Wednesday, February 26th, all day. Do you need some help getting through the long, bleak winter? Studies show that modeling pleasure reading in front of your children encourages their early literacy, as does reading aloud to them. So curl up with a good book, courtesy of our Book Exchange. Bring gently used adults' or children's books to trade, then make a special bookmark to take home. You can also bring books to drop off on Tuesday.

ST. PATRICKS DAY STORY TIME. Tuesday, March 17th, 10:30 a.m. On this holiday, we honor Irish heritage, Springtime and the color green! Come for stories and songs, followed by a seasonal craft and snack.

END OF WINTER PARTY. Friday, March 22nd, 3:00 - 4:30 p.m. All are welcome at this end-of-quarter celebration featuring games and crafts. Light refreshments will be provided and children of all ages are welcome. Come bid farewell to winter with food and fun.

PLAYGROUP

GERMAN PLAYGROUP. This playgroup used to meet at the FRC but is now organized by native *German* and *German-speaking* parents based in Hyde Park, who want their children to play and have fun with other *German-speaking* children. Currently our children are between 0 and 11 years old. This group meets weekly in members' homes to sing and chat, exchange information and simply enjoy each other's company. Please contact Stephanie muestx@gmail.com if you are interested in participating.