



THE 'NEWSKI

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The mission of the O'Brien Community Center is to strengthen lives in our community. In fulfilling its mission, the Center facilitates community, identifies and responds to community needs, cooperates with individuals and other agencies to provide that help, promotes recreation and cultural events, and creates and coordinates meeting space, programs and information and services that reflect the community's ethnic and economic diversity.

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Winooski Recreation and Community Wellness

Get Moving Winooski

Get Moving Winooski is part of *Get Moving Vermont!*, a statewide initiative to improve the overall health of Vermonters by encouraging people of all ages to get at least 30 minutes of physical activity most days of the week. It's the kick off! Join us in tracking your physical activity, and win prizes! The Healthy Living Pledge is the State's way of tracking how many people are being served with the funding Winooski has received. The tracking sheets help motivate you to be more active, and when you turn them in you win prizes! Here's how it works:

Turn in your signed Healthy Living Pledge.

Track your activity.

Win prizes!

Go on field trips!

Turn in tracking sheets to Melody McKnight or Megan Parker at the O'Brien Center, and be eligible to win prizes! Pledges and tracking sheets available at the O'Brien Center or online at www.winooskiwellness.com

First Tracking Sheet: YMCA day pass, or YMCA Family Gym pass ° Pass to Spare Time in Colchester ° More

Continued on page 6.

February Potluck

Tuesday, February 16th, 5:30-7:00pm

At the O'Brien Community Center

Come out and share a meal with your neighbors.

The Boy's and Girls Club of Burlington and Winooski will be sponsoring the entrée: spaghetti! Please join us and bring a dessert dish if you can!

If you would like to volunteer or donate, please contact Megan Parker at 655-1392 ext. 20.

INSIDE THIS ISSUE:

Casey Family Services: Adoption and Foster Care
pt 4

Classes:
Vermont Works for Women,
Growing Money
Pg 2-3

Neighborkeepers
Pg 2

Parent reading program
Pg 2

Winooski Family Center Schedule
Pg 4

YMCA Schedule, Courses
Pg 5

Spark Vacation Camp

FREE

Monday-Friday Feb. 22-26

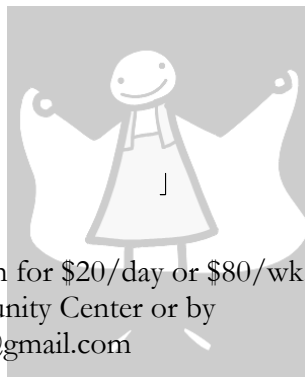
9:00am-1:00pm

Located at the O'Brien Community Center

Free breakfast and lunch.

Extended hours for childcare available until 5:30pm for \$20/day or \$80/wk.

Registration forms available at the O'Brien Community Center or by contacting Nina at 655-1392 x 21 nina.ridhibinyo@gmail.com





Events

The Growing Money Program

All Services FREE!

CHITTENDEN COUNTY:

“Spend Smart” Class

A class to make your dollars go further, specifically for limited income households.

Includes essential tracking and budgeting tools and a community resource guide for ideas on cutting expenses.

Classes begin:

- Monday January 4, 6-8pm
- Thursday, January 7, 10am-12pm
- Monday, January 25, 6-8pm

***Classes run for three weeks

***All classes are held at 294 N Winooski Ave in Burlington

- Tuesday, January 5, 6-8pm at 294 N Winooski Ave in Burlington. 2 part series runs until January 12.
- Tuesday February 16, 6-8pm at 294 N Winooski Ave in Burlington. 2 part series runs until Feb 23.

“Keys to Credit” Class

This class goes into detail about the important and often confusing world of credit.

Learn all the basics and get smart about this issue. You can improve your credit in a variety of ways and we want to help you get started.

Class begins:

- Wednesday, February 10, 6-8pm at 294 N Winooski Ave. 2-part series concludes Monday, February 17.

FRANKLIN COUNTY:

“Spend Smart” Class

Classes begin:

- Wednesday, January 6, 9:30am-11:30am at VT Adult Learning in St. Albans. 3-part class runs through Jan 20.
- Wednesday, February 10, 9:30-11:30am at VT Adult Learning in St. Albans. 3-part class runs through February 24.

ADDISON COUNTY:

“Spend Smart” Class

- Starts Thursday, January 28, 10am-12pm at the VT Dept of Health, 700 Exchange St. Suite 101 in Middlebury.

3-part series runs through February 11. CHILD CARE WILL BE PROVIDED!

“Creating a Financial Future” Class

Learn to start building household savings in this class. An emergency fund, a Roth IRA, a Mutual Fund—all of these key concepts of long-term savings will be explained in detail.

Class begins:

- Monday, January 4, 1pm-3pm at the VT Dept of Health, 700 Exchange St. Suite 101 in Middlebury.

2-part series runs through January 11.

Call Molly at (802)860-1417 x104 to SIGN UP!

Also visit our website: <http://www.cvoeo.org/htm/>



Vermont

Humanities Council

**VERMONT
Humanities
COUNCIL**

Read With Me

Thursdays, Feb. 4, 11 & 18
9:30am-11am

Free Books for your child! Fun Conversation! Hosted by the Winooski Family Center at the O’Brien Community Center

***Rhythm and Rhyme:** *My Very First Mother Goose* by Iona Opie, *Millions of Cats* by Wanda Gag, *Eentys Weentys Spider* by Joanna Cole.

***Book Talk:** *Big Red Barn* by Margaret Wise Brown, *Freight Train* by Donald Crews, *Goodnight, Gorilla* by Peggy Rathmann.

***Say It Again and Again:** *Lady With the Alligator Purse* by Nadine Bernard Wescott, *Jamberry* by Bruce Degan, *Goodnight Moon* by Margaret Wise Brown.

Childcare provided – please sign up in advance with Krisie Farrington, 655-2048.



NeighborKeepers

Tuesday Night Community Dinner Meetings

FREE DINNER*

6-8 pm at the O’Brien Community Center

Feb. 2 : Stress Management

Feb 9: NK’s 4th b-day

Feb 23: How to have a successful doctor’s visit

Continued on page 3.

Continued from page 2.

Neighborkeepers is an inclusive community built on meaningful relationships. The program is based on the Circles of Support model, which matches volunteer allies with community members who are struggling with a lack of resources. Dinner starts at 6 PM, followed by the Community Leadership Meeting which ends at 8 PM. Free childcare for parents who attend the meeting! Everyone is invited!

For information: www.neighborkeepers.org, or call Annie at 802.864.6034



Vermont
Works for
Women

Vermont Works for Women Presents:

Rosie's Girls Essex

3 wk trade exploration camp for girls grades 6-8

Build confidence, skills and new friends! Rosie's Girls is currently accepting applications for camp. A typical day might include learning bike repair, welding, arts and crafts, and building picnic tables. Financial aid is available on a first-come, first-serve basis.

More information is available by calling Kelly Walsh at 655-8900, ext. 105 or online at www.rosiesgirls.org

Step Up to Law Enforcement

Begins mid-March. Apply now!

VT Works for Women is offering a nine-week, evening and weekend program for women interested in careers in policing and corrections. For more information and to sign up for an orientation, call Rachel Jolly at 655-8900 x106.



Make a difference – MENTOR!

VWW and Vermont Women's Mentoring Program are partnering to provide mentors for women transitioning from VT corrections facilities to Chittenden County. Winter training sessions for prospective mentors are starting soon! If you are a good listener, have an open mind, and want to create a relationship with a woman returning to your community to help her make a fresh start, we invite you to contact us to find out more about serving as a volunteer mentor. Call Pam Greene at 846-7164, or email at pgreene@mercyconnections.org

Transitional Jobs Programming

Transitioning into the community from incarceration or trying to move from welfare? VWW offers transitional jobs programming for women who have limited work histories and are looking for a supportive, structured program. Participants engage through job-readiness classes and then work in short-term, part-time employment. The combination of work placement and classroom learning helps women build experience, confidence and skills needed to pursue gainful employment on completion of the program. Contact Louise Mastin at 655-8900 ext 503.

Starting this month, VWW is partnering with the City of Winooski – and members of the O'Brien Community Center – offering outreach and education on efficiency and energy conservation. All activities will take place at the O'Brien Community Center and will focus on engaging and educating community members in energy conservation measures that they can undertake in their own lives. Look for more information in the next Newski!

Want to learn more, visit us online at www.vtworksforwomen.org, or at 32A Malletts Bay Avenue.



Events/Ongoing Events



Casey Family Services

Foster and Adoptive Parenting Orientation

March 6 & 13 9:00-4:30

RSVP required

There are many kids in our community who need a family like yours. Casey Family Services believes that good parents come in all shapes and sizes. There are over 1,300 Vermont children in foster care. Many of these kids are looking for a family like yours. Whether you are interested in weekend-only or full-time parenting, come learn about what it takes to give a child the chance to succeed. Casey Family Services provides ongoing training, support, and financial assistance. Kids in our community need you now more than ever, so *now is the time* to learn more about becoming a foster or adoptive parent. To RSVP contact: Michelle Turbide 655.6688 (ext 4715) mturbide@caseyfamilyservices.org www.caseyfamilyservices.org

FREE TAX PREPARATION ASSISTANCE

IRS-certified volunteers at free tax assistance sites in Winooski and Burlington are ready to help you. Families and individuals with total income of under \$50,000 or less can have their taxes prepared for FREE. Refunds are FAST with e-filing. Just dial 2-1-1 for more information or to make an appointment. Other eligibility rules apply. You can also purchase US Savings Bonds (min. \$50) with part of your refund right at your tax site with no fees! An easy and safe way to save for yourself or your loved ones!



In alliance with
The University of Vermont

Fletcher Allen Aquatic Physical Therapy

7am-4:30pm daily by appointment

Individual PT is appropriate when you are injured or have a medical condition that requires consideration when beginning an exercise program. Individual Physical Therapy is by appointment, and treatments are per-

formed by Fletcher Allen Licensed Physical Therapists inside the Winooski YMCA at the therapy pool. To make an appointment call 802.847.0080; Fax 802.847.0310



Winooski Family Center

Fathering Group

FREE MEAL

Mondays 5:30-7:30pm

Family Center Space in the O'Brien Community Center
A group of expectant dads and dads with children up to age 6.

For more information call Bobby Riley at 802.324.6431 or brileyvt@verizon.net

Playgroup Schedule

Mondays 10:00 AM – 11:30 AM

Thursdays 11:00 AM – 1:00 PM

Playgroups for children registered in preschool and their caregivers. Mondays a healthy snack will be available.

Thursdays lunch will be served.

Questions, or to register: Call Krisie or Lori at

Vermont 2-1-1

Vermont 2-1-1 is a statewide, confidential information and referral service for streamlined access to community resources.

2-1-1 is the number to call to receive person to person assistance to help you find answers to your questions,

and we will work with you toward finding help. Our call specialists are highly trained to listen and assess a caller's situation. Using the 2-1-1 database, combined with their knowledge of community resources, call specialists will help you to navigate through the human service delivery system. Dialing 2-1-1 is a local call from anywhere in Vermont and available 24 hours a day, 7 days a week. Dial 866.652.4636 toll free in Vermont. Our database is available on-line at www.vermont211.org.

Program launched in 2005 thanks to efforts of United Ways of VT, VT Agency of Human Services, and others. Vermont is the second New England state to join the national 2-1-1 program, which reaches more than half the U.S. population across 41 states.





Family and Kids Gym

\$5/visit for families with 1 child
Or \$45 for a 10 punch pass
\$8/visit for families with multiple children
Or \$75 for a 10 punch pass

(FREE with Y Family Membership)

Saturday 10:30am-12 pm, Winooski YMCA Studio
Active Indoor 'playground' fun geared for families with children ages 7 years and under.

Tiny Tots

Ages 12 months-2 ½ years

\$45 member/ \$65 non-member

Mondays 10:30am-11:15am, Winooski YMCA Studio
You and your toddler will have a wonderful time meeting new friends and burning energy in this active class filled with dance, music, games, tumbling and more.

Contact Stacia Judd for more info. at sjudd@gbymca.org or call 862-8993 ext. 145.

Creative Movement for Preschoolers

Ages 2 ½ -4 years

\$45 member/ \$65 non-member

Mondays 9:30am-10:15am, Winooski YMCA Studio
This class is a playful combination of ballet, improvisational dance, gymnastics and yoga. Parents are welcomed to participate.

Contact Stacia Judd for more info. at sjudd@gbymca.org or call 862-8993 ext. 145.

Kids Hip-Hop/ Modern Dance Starts January 30th!

Ages 8-12 years

\$40 member/ \$60 non-member

Saturday 11:30am-12:15pm, Winooski YMCA Studio
Learn the latest dance moves in this fun, high energy class. Students will learn hip-hop, jazz and modern dance styles as they put together cool combinations and full routines.

Day	WINOOSKI YMCA
Monday	6:00AM - RUN BOOT CAMP 12:00PM - STRIVE ABS 12:10PM - CARDIO CROSS TRAIN 5:30PM - KICKBOXING 6:30PM - BODY PUMP
Tuesday	6:10AM - AM SPIN 11:10AM - TAI CHI 12:10PM - RIP AND SPIN 5:00PM - AB BLAST 5:30PM - ZUMBA!
Wednesday	6:00AM - RUN BOOT CAMP 9:00AM - B-FIT 12:00PM - STRIVE LEGS 4:15PM - YOGA 5:30PM - STEP & SCULPT 6:30PM - BODY PUMP
Thursday	12:10PM - LUNCH TIME SPIN 5:30PM - BUTTS & GUTS 6:30PM - RIP & SPIN
Friday	6:00AM - RUN BOOT CAMP 9:00AM - B-FIT 12:00PM - STRIVE SURVIVOR 5:00PM - AB BLAST 5:30PM - BODY PUMP
Saturday	9:00AM - BODY PUMP
Sunday	10:00AM - RIPPED

