

# NEWS LETTER

## SPCC

Sycamore Park Community Center

January 2017

HOURS: MON-FRI, 8AM TO 8PM  
SAT, 10AM TO 6PM

SYCAMORE PARK COMMUNITY CENTER  
1051 SYCAMORE STREET | 505.566.2480



## January Programs

[www.facebook.com/SycamoreParkCommunityCenter](http://www.facebook.com/SycamoreParkCommunityCenter)

**FARMINGTON**  
*Jolt Your Journey™*

**Thank you!**  
**We wish to thank the following for their recent contributions to SPCC:**

Dona Kerr  
George Golombowski  
KOB-TV  
KWYK  
Star 102.9

**We wish to thank the following volunteers for making SPCC an ongoing great success:**

Dona Kerr  
George Golombowski  
Floread Hodgson  
Rick Griffiths  
Katrina Uptain  
Calvary Chapel Farmington  
Shaila Emig  
Lauryn Gurrola  
Esther Rogge  
Sandy Eastep  
Christy Cadrain  
Lonnie Pond  
Annie Lee  
Yulissa Gisselle Reyes  
Haden Hazen  
Cheryl Benally  
Jordan Archuleta  
Emilio & Audrey Rosado  
Maria Reyes  
FHS Student Senate  
FHS Students  
Navajo Prep Students  
Kirtland High & Middle School Students  
Orthodontics Inc.  
Dreamweaver's 4-H Club



### Free Blood Pressure Checks:

Walgreens will be at the center once a month, on the second Wednesday of the month providing free blood pressure checks at 9am. Join us on December 14<sup>th</sup> for this service.

### ICAN FREE Cooking Demonstrations:

San Juan County Cooperative Extension will be hosting cooking demonstrations this year for adults and children. Demonstrations will be held on Wednesday's from 8:30-10am for adults and every other Tuesday at 4pm for children. All materials, recipes and supplies will be provided.

### Senior Fitness:

Senior Fitness will be offered at Sycamore Park Community through the ENCORE program at San Juan College on Monday's, Wednesday's and Friday's from 9-10 AM. Contact Natalie Spruell for more information at: 566.2481.

### Yoga with Carla:

Join us for a thirty-minute beginning yoga class on Monday's, Wednesday's, and Friday's at noon, this spring with Carla Martin. Bring a water bottle and yoga mat if you have one. Vinyasa and Hatha yoga styles will be used.

### Community Line Dance Class:

Floread Hodgson is teaching a free line dancing class each Tuesday from 6-7:30pm. You will enjoy learning different line dances and have a lot of fun along the way!

### Parenting Classes:

Rick Griffiths with San Juan County Cooperative Extension is offering FREE parenting classes on most Thursdays from 6-8pm. For more information call 505-334-9496.

### Alzheimer's Association Presentations:

The Alzheimer's Association will be providing FREE, monthly presentations from 12pm-1pm on January 18<sup>th</sup>, February 15<sup>th</sup>, and March 15<sup>th</sup>. Group discussion will be "Conversations about Dementia". Please come prepared to discuss any specific needs you may have. For more information call 505.326.3680.

### Monthly Gardening Class:

Sarah Teofanov is the instructor for this exciting class offered by the San Juan County Extension office. Join us on Saturday's from 10-11am on: January 7<sup>th</sup>, February 11<sup>th</sup>, and March 11<sup>th</sup>, April 22<sup>nd</sup>, and May 13<sup>th</sup>. For more information, contact the Extension office at: 334-9496.

### Youth Dance Class:

Join Lauryn and Esther again this year for our youth dance program, classes will resume on Monday, January 9<sup>th</sup>. This is a beginning dance class where you will learn basic dance steps and have a lot of fun preparing for the Spring Dance Recital. You must register for this class, and attend all sessions due to recital preparation, if you miss three classes, you will be removed from the class roster. There is a maximum limit of 12 students per session. Please contact Sycamore Park Community Center with any questions, 566.2480. Ages 5-8 have 4pm, 4:30pm, and 5pm session options, ages 9 and up have class from 5:30pm-6:15pm.

### Keep It Clean:

Farmington Clean and Beautiful will be holding free, educational activities on Tuesday, January 10<sup>th</sup>, February 14<sup>th</sup>, and March 14<sup>th</sup> from 3:30-4:30 PM. This class happens every month on the second Tuesday and provides information, games and activities related to keeping our community environment clean and healthy- don't miss it!

### Swim Shuttle:

The swim shuttle will be going to Farmington Aquatics Center on January 25<sup>th</sup>, February 22<sup>nd</sup>, and March 22<sup>nd</sup> from 4-7 PM. Entry fees are \$2 per person on Wednesday's. All participants must have a signed permission slip to join in the fun. Please remember that basketball shorts are not allowed, you must have proper swimwear.

### Rock N Roller Rink Field Trip:

We will take a trip to Rock N Roller Rink from 6-8 PM on January 3<sup>rd</sup>, February 7<sup>th</sup>, and March 7<sup>th</sup>. Fees are \$5 to get including skates. Personal skates are allowed at Rock N Roller Rink. All participants must have a signed permission slip to attend.

### Wednesday Dodgeball:

Dodgeball will be at 4 PM every Wednesday. Put your game face on and come have some fun, open to all ages.

### Basketball Open Gym:

On Tuesday's and Thursday's from 6-8 PM the Harv Henry Gymnasium at SPCC is reserved for pick-up basketball. There is no cost to participate. Come have some fun and get some exercise!

### Big Brothers Big Sisters of SJC:

Want a Big? SPCC is partnering with BBBS to provide a year around site based program for kids ages 5-13. For an application or more information call Natalie at 566-2481.

### Daily Activities:

Check out our daily activities schedule for January they will include crafts, mystery activities, dodgeball, swim shuttles, field trips and more. Come hang out at the community center we will have fun activities for kids of all ages! Don't miss out!

### Do you save Box Tops?

Please save your box top labels that can be found on office supplies and all General Mills foods. Bring them to the community center to help us earn free recreation supplies! Please call us with any questions at 566.2480.

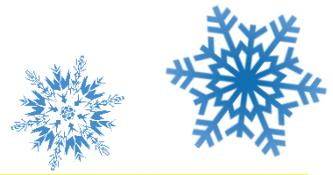
### Do you want to help us and the environment?

We are in need of toilet paper rolls, paper towel rolls, egg cartons, wire hangers, vegetable cans, and jars. Please make sure the items are clean. These items will help us provide fun craft projects this winter!



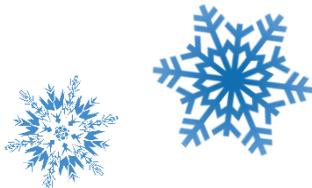
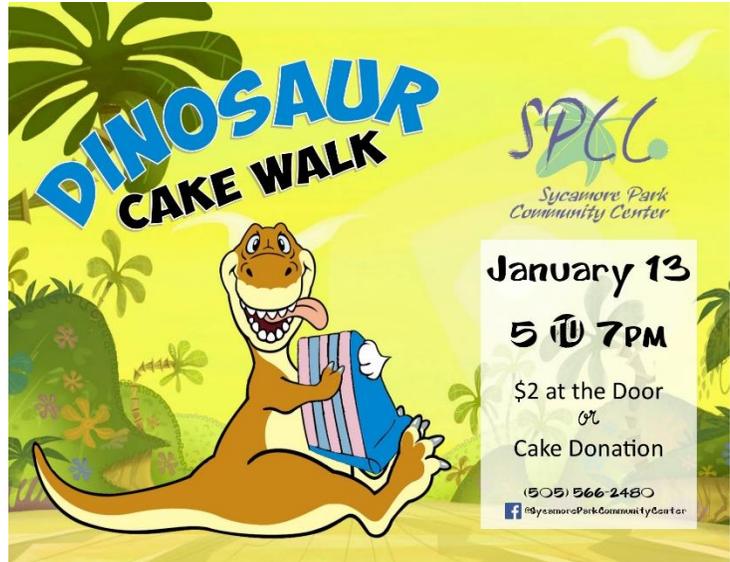
For great information, photos, and schedules... "Like" Us on Facebook at... [www.facebook.com/SycamoreParkCommunityCenter](http://www.facebook.com/SycamoreParkCommunityCenter)  
#joltyourjourney #playfarmington #livefarmington #spcc #FUN

# Special Event This Month



## Cake Walk:

The cake walk is coming up on **Friday, January 13<sup>th</sup>** from 5-7pm, and the theme this year is Dinosaurs! Cost to participate is \$2 per person or a cake donation. Don't miss out on the fun! Call us with any questions: 566.2480.



# Tickets go on sale January 1<sup>st</sup>



## Daddy Daughter Ball: Registration Code: DDBALL17

Show the young lady in your life just how important she is by inviting her to a special evening at the Farmington Civic Center. The early evening will be full of dancing, refreshments, complimentary photos, and something special for the ladies. So put on your dancing shoes, let your little girl get all dressed up and take her on a Daddy Daughter date to remember! The theme this year is Arabian Nights, colors being fuchsia, purple, teal, and gold. Tickets are \$4.00 per person and must be purchased in advanced. They can be purchased at [www.fmtn.org/webtrac](http://www.fmtn.org/webtrac). This special event will take place Saturday, February 18<sup>th</sup> from 6-8 PM. Contact Sycamore Park Community Center with any questions at 566.2480.

## Mother Son Dodgeball & Ice Cream Sundae Bar: Registration Code: MSDBALL17

Moms and Sons, are you ready for the annual Dodgeball Tournament and Ice Cream Sundae Bar? Join us on Saturday, March 4<sup>th</sup> from 1-3PM. This is an event especially for mothers and sons to build memories that will last a lifetime. Tickets are \$4 per person which includes dodgeball, ice cream, and a picture to cherish for years to come. Please purchase tickets in advance at [www.fmtn.org/webtrac](http://www.fmtn.org/webtrac). Call us with any questions at 566.2480.



# Upcoming Special Events



## Cupid's Bash:

Join us on Tuesday, February 14<sup>th</sup> from 4:30pm-6pm, for the first ever Cupid's Bash! We will have cookie decorating, crafts, Valentine bingo, and more. This is a free event, so make plans to attend. Call us with any questions: 566.2480.

## St. Patrick's Day Madness:

Get in the mood for St. Patrick's Day by joining us for fun and games on Friday, March 17<sup>th</sup> from 4-6PM! This is a free event sure to be fun for the entire family! WEAR GREEN! There will be a "Most Creative Green Worn Contest" so be sure to get creative and GET GREEN! Please contact us with any questions at 566.2480.

## Youth Life Skills Week:

Spring Break Life Skills will take place Monday-Thursday, March 20<sup>th</sup>-24<sup>th</sup> this year. More information coming soon!

## ESL Classes:

The Farmington Police Department and the community center will be working together to provide ESL Classes for the community, on Monday's and Wednesday's from 6-7pm beginning on January 23<sup>rd</sup> and running through March 15<sup>th</sup>. This is a free opportunity, for more information contact the center at 566.2480 or officer Michele DeLese at: 505.486.5518.

## Spanish Citizen's Police Academy:

The Farmington Police Department will be hosting the Citizen's Police Academy in Spanish, this is a seven-week program designed to create safety awareness. Sessions include training on: Home Security, Neighborhood Watch, SANE and Domestic Violence, Self-Defense, Bombs and Suspicious Packages, K-9's, SWAT, and Dispatch and Legalization Process. For more information, contact the center at 566.2480 or officer Michele DeLese at: 505.486.5518.