



# Newsletter

## Prairie Family Center

May 2019

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### Connect with us!

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### PRAIRIE FAMILY CENTER

### DONATIONS

Prairie Family Center holds regular fundraising efforts throughout the year to help fund our programs. Currently, we are needing donations for emergency services to help with prescription, fuel, diapers, etc. We always accept monetary donations.

**OUR VISION, YOUR  
SUCCESS!**



Family Resource  
Center Association

**TWICE AS  
NICE THRIFT  
STORE**

**DONATIONS**

Gently used  
clothing  
Gently used  
shoes  
Furniture  
Housewares  
Antiques

## Twice as Nice Thrift Shop

Mon -Thurs 9am-5pm

Friday 9am - 4pm Saturday 12pm-3pm



**SUMMER FREE  
FOOD JUNE 3RD-27TH  
COMING @ BETHUNE  
BURLINGTON, FLAGLER  
STRATTON  
719-346-5398**



**GIRL TALK JUNE 11TH  
@MIDWAY THEATER  
LUNCH PROVIDED!  
CALL US @719-346-5398**



**PRAIRIE FAMILY  
CENTER**  
STARTING  
JANUARY 28TH, 2019  
WE WILL BE OFFERING  
COLORADO FINGERPRINTING.



**NURTURING PARENTING  
FAMILIES  
& FAMILIES  
WITH KIDS  
WITH SPECIAL  
NEEDS  
JUNE 19**

**SIGN UP  
TODAY!**



**@** [Prairiefamilycenter.com](http://Prairiefamilycenter.com)

**NEW** Signup! Check it out on our **FACEBOOK** page!

There is a **NEW** way for our participants to sign up for our classes! Check out our **FACEBOOK** page, and click the link to the class that you are wanting to take! Simply enter your name, phone number and email! This will reserve your spot!

# RECIPES FOR MAY

## Monster BLT



8 slices Thick-cut Bacon, Cooked till Slightly Crisp

3 slices Marbled Rye Bread, Toasted

3 Tablespoons Mayonnaise

2 teaspoons Adobo Sauce from Chipotle Peppers, More to Taste

2 whole Roma Tomatoes, Sliced Thick

4 whole Green Leaf Lettuce Leaves, Washed

Salt and Pepper

Optional Ingredients: Cheese Slices, Avocado, Red

Mix together the mayo and the adobo sauce, adding more to get the spiciness you want. Spread some of the chipotle mayo on one piece of bread. Lay on four slices of bacon, then top with lettuce and tomato slices. Sprinkle salt and pepper on the tomatoes. Spread chipotle mayo on another slice of bread and lay it face down on top of the tomatoes. Spread more chipotle mayo on top, then repeat the bacon, lettuce, tomato, and salt and pepper. Spread chipotle mayo on another piece of toast and lay it face down on top of the tomatoes.

## Red Pepper Pasta



Cook pasta in salted water according to package directions. Melt 2 tablespoons butter in a large skillet over medium-high heat. Add the onions and garlic and sauté for 2 to 3 minutes or until starting to soften. Add the chopped red peppers and cook for 2 to 3 minutes, until hot. Remove the skillet from the heat. Carefully transfer the contents of the skillet to a food processor or blender. Place on the lid and puree the pepper mixture until totally blended (there will still be some texture to the peppers.) Heat the other 2 tablespoon butter back to the skillet over medium heat. Pour the pepper puree back into the skillet. Add the broth, salt, and pepper, and stir until heated. Splash in the cream and stir to combine. Taste and adjust seasonings if you need to.

12 ounces, weight Pasta of Your Choice (I Prefer Short Ones Like Rigatoni, Penne, Etc.)

4 Tablespoons Butter

1/2 whole Large Onion, Finely Diced

3 cloves Garlic, Minced

1 jar (15.5 Ounces) Roasted Red Peppers, Drained and Roughly Chopped

1 cup Vegetable or Chicken Broth

1/2 teaspoon Salt, More to Taste

Freshly Ground Black Pepper

1/2 cup Heavy Cream (more To Taste)

1/2 cup Parmesan Shavings (more For Serving)

Finely Minced Parsley

# CRAFTS FOR MOM!

## Fingerprint Heart Tree

1. First, we need to make a heart stencil. The easiest way to go about it (in our honest opinion) is to fold a sheet of paper in half and draw a half-heart shape. You can easily cut the heart out then, just by cutting along the line.
2. Place the sheet of paper with the heart outline on top of a regular sheet of white paper. For younger kids you can secure it with some tape, so it won't move around while they get creative.
3. With a black marker, draw a tree within the heart shape.
4. Now it is time to get messy with your fingers. Dab your fingers (thumbs and fingertips to get different shapes) in the ink pads and "stamp" them all over the heart shape. Do this until you are happy with how thick the leaves on the tree are :). Remove the sheet of paper with the heart outline.
5. Draw the rest of the tree trunk, if necessary.

### What You Need

- 2 sheets of white paper
- ink pads – reds and pinks (you can also use finger paints)
- black marker
- scissors
- pencil (optional)



## Handprint Art Flowers



1. Let them press down their hands-on white paper (pretty hard) and then, in one swift motion remove the hand to make the handprint.
2. Make one, two, three, four or more handprints in one or more colors.
3. Let the paint dry. Once dry, cut along the handprint.
4. Glue the handprint on a sheet of paper or canvas.
5. Draw flower stems with green paint (or marker).
6. Decorate with a bow and write your Mother's Day message.

### WHAT YOU NEED

- Nontoxic washable paints for younger kids or craft paints for older kids (selection of floral colors)
- Green paint
- Paint & paintbrush
- White paper (2x)
- Scissors
- Glue
- Ribbon (optional)



# Mommy & Me

**fitmom**  
NEILA REY WORKOUT @ neilarey.com

1 10 lunges

2 10 squats

3 10 bridges

4 10 lifts

5 10 sitting twists

6 6 push-ups

7 20sec plank

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

**Active Stroll**

DAREBEE WORKOUT  
© darebee.com  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes

20 lunges

20 calf raises

20-count calf raise hold

20 squats

40 arm scissors

20 side leg raises

stage	activity	benefit
<p><b>babies</b></p> <p>Lots of floor time is the goal!</p>	<p>Let your baby roll around, crawl after toys, and bang on pots and pans.</p>	<p>Playing on her belly strengthens the upper body. Crawlers and cruisers build their large muscle groups.</p>
<p><b>toddlers</b></p> <p>Give your child space to run, jump, tumble.</p>	<p>Kicking a ball outside is super exercise. Head for the playground slide for step-climbing action.</p>	<p>Getting sweaty and short of breath is fine for nearly every kid—and the key to heart health.</p>
<p><b>preschoolers</b></p> <p>Schedule regular time to get physical now.</p>	<p>Some structured sports can begin now, but it's also fine to just play: jump rope, hopscotch, ride trikes, and dig.</p>	<p>Full-body movement not only builds stronger kids, it improves memory and boosts self-esteem.</p>