

FAMILY RESOURCE CENTER | January 2023 PROGRAMS

English for Speakers of Other Languages (ESOL): Classes for Older Adults

Thursdays | 2:30 pm | At MCC

Join this welcoming group for older adults to learn English in a supportive environment.

Volunteer Income Tax Assistance (VITA)

Starting in January | At MCC

The Volunteer Income Tax Assistance (VITA) site is offering free tax return preparation assistance at MCC. One-on-one appointments will be available and will be offered in English, Spanish, and Chinese. Option to drop off at MCC and have a tax preparer submit them on your behalf is available.

Baby and Me Yoga

Wednesday & Friday | 1/18, 1/20, 1/25, & 1/27 | 11:15 am | At MCC

Join us for Baby and Me Yoga to stretch and move with your little one! You'll meet other families and watch your child connect as we focus on balance, awareness, and wellness.

Imagine Music and Movement

Thursday | 1/19 & 1/26 at 10 am and Tuesday 1/24 & 1/31 at 11:15 am | At MCC

Join Bloom Performing Arts in this musical movement class for toddlers and their grownups! Through arts and creative movement, caregivers and children will enjoy social-emotional learning experiences together.

Mindful Arts Workshop: Lunar New Year

Thursday, January 19th | 2 pm | At MCC

Learn to channel your creative energy by making paper lanterns. Reflect on your hopes, wishes and resolutions for the 2023 new year.

Baby Got Bach

Saturday | 1/21 & 1/28 | 10 am and 11:15 am | At MCC

As an early introduction to music, this baby-and-me class will keep your child grooving and learning. Each week we will focus on a new aspect of music geared towards our littlest maestros with music shakers, sing-a-longs, plenty of dance parties, and more!

Blooming Bebe

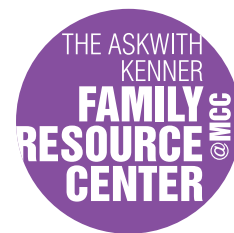
Thursday, January 26th | 11:15 am | At MCC

Developmental movement and music classes that nourish healthy minds and bodies through support and bonding. Classes are designed to build confidence and body awareness through movement and rhythm.

Cooking with Kenya

Friday, January 27th | 9:30 am | Essex Market

A free, monthly in-person cooking demonstration where participants learn about nutritious, creative, budget-friendly plant-based recipes. There will be market coupons distributed along with a raffle prize at the end of every class.



SCAN HERE TO REGISTER

FOR A FULL CALENDAR OF EVENTS VISIT

mannycantor.org/resourcecenterworkshops