

A BETTER VIEW 2023

FEBRUARY

1st Annual Community Health Fair



To kick off the year, Bay View Community Center was able to help organize the 1st Annual Community Health Fair, alongside the Bay View Neighborhood Association!

This event provided us the opportunity to offer FREE health screenings and resources to the community. Thank you to the organizations and groups that participated and helped us make a difference in our community!



Monday-Friday, 8:30AM-4PM
Saturday, 9:30AM-12:30PM

2022

Food Pantry Highlights

Total Number of Individuals Serviced

8,104

(3,394 more individuals than in 2021!)

**Thank You
Volunteers**

SCAN ME



Food Pantry Needs

PEANUT BUTTER	CHEF BOYARDEE
JELLY/JAM	PASTA SAUCE
CANNED SOUP	MAC & CHEESE

THANK YOU SUPPORTERS



HOW TO MAKE

No-Bake Energy Bites

QUICK, SIMPLE, HIGHLY CUSTOMIZABLE

These energy bites are easy to make with pantry ingredients that are almost always on hand. Perfect for snacking, breakfast, or after the gym!

INGREDIENTS

- 1 cup old-fashioned oats
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips
- 1/3 cup honey
- 1 tsp vanilla extract
- 1 tbsp chia seeds (optional)
- 2/3 cup toasted shredded coconut (optional)

DIRECTIONS

1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Cover mixing bowl and chill in refrigerator for 1-2 hours, or until the mixture is fully chilled. (This will help the mixture bind together more easily.)
3. Remove mixture from refrigerator and roll into 1-inch balls.
4. Serve and enjoy immediately! Or refrigerate in a sealed container for up to a week. (Can be stored in the freezer for up to 3 months.)

TO WATCH HOW THIS TREAT
IS MADE, SCAN THE QR CODE



CANVA STORIES



CANVA STORIES

BAY VIEW COMMUNITY CENTER

UPCOMING PROGRAMS

TO REGISTER FOR PROGRAMS LISTED BELOW,
SCAN THE QR CODE HERE, OR VISIT:
www.bayviewcenter.org/programs



FAMILY & CHILDREN'S PROGRAMS



FAMILY RESOURCE CENTER 
Open Monday Through Friday, 8:30am-12:00pm*

FIRST YEAR CIRCLE 
Fridays (Themes Listed Below), 10:00am-12:00pm

- 2/03 - Sick Days/Navigating Cold & Flu Season
- 2/10 - Stress & Time Management
- 2/17 - Growth & Milestones
- 2/24 - Building Relationships & Support Networks
- 3/03 - Making Time for Self-Care
- 3/10 - Keeping My Children Safe
- 3/17 - St. Patty's Day Breakfast/Open Discussion
- 3/24 - Understanding Age-Appropriate Discipline
- 3/31 - Navigating & Dealing with Change

STORY TIME WITH MS. MEGAN 
Upcoming Tuesdays (Listed Below), 10:30am-11:30am

- Tuesday, February 21st: "Valentine's Day"
- Tuesday, March 21st: "Springtime"
- Tuesday, April 18th: "Earth Day"

KIDS' YOGA
Upcoming Saturdays (Listed Below), 9:00am-10:00am

- Saturdays: 2/4, 2/11

PRENATAL & POSTNATAL YOGA
Upcoming Saturdays (Listed Below), 10:30am-11:30am

- Saturdays: 2/4, 2/11, 2/18, 2/25, 3/4, 3/11

FAMILY MINDFULNESS TIME 
Upcoming Wednesdays (Listed Below), 11:00am-12:00pm

- Wednesdays: 2/8, 2/22, 3/8, 3/22, 4/12, 4/26

"UNTITLED TEEN GROUP" 
Mondays beginning January 9th, 4:00pm-5:00pm

*To be named by the participants! This is a group for neurodivergent teens and diversity allies. Participants can choose from one of four activities: Vintage video games, Art/adult coloring books, Minecraft, and Board games! Participants should be between the ages of 14-18 and be responsible enough to take care of themselves for the duration of the program. Snacks will be provided!



"WINE WEDNESDAYS" WITH TOM VAUGHAN



"UNDERSTANDING AND EXPLORING WESTERN EUROPEAN WINE"
SPRING SERIES (FIVE CLASSES, AGES 21+)
Upcoming Wednesdays (Listed Below), 6:30pm-9:30pm

Tom is back with a new five-part class series in which we embark on a journey across Western Europe in search of flavors, hints, and notes! (Follow the QR code above to view class descriptions and wine lists.) Join us for all five classes, or just sign up for your favorites:

- Wednesday, February 22nd.....Part I: Northern Italian Wines
- Wednesday, March 22nd.....Part II: Central & Southern Italian Wines
- Wednesday, April 19th.....Part III: A Tasting Tour of Spain
- Wednesday, May 17th.....Part IV: Parlez-vous francais Vins (A)
- Wednesday, June 12st.....Part V: Parlez-vous francais Vins (B)

COOKING WITH STACI JOERS



"POTSTICKERS, SPRING ROLLS, EGG ROLLS, OH MY!" (Ages 18+)
Wednesday, March 1st, 6:30pm-9:00pm

"DEEP DISH PIZZA DAY!" (Ages 18+)
Wednesday, April 5th, 6:30pm-9:00pm

COMMUNITY PROGRAMS



SHEEPSHEAD
Mondays, January 16th-April 3rd, 5:30pm-8:30pm

LOW IMPACT HAND WEIGHTS 
Mondays and Thursdays, 1:00pm-2:00pm

LANGUAGE EXCHANGE | INTERCAMBIO DE IDIOMAS
Upcoming Thursdays (Listed Below), 5:00pm-7:00pm

- Thursdays: 2/9, 2/23, 3/9, 3/23, 4/13, 4/27

I LOVE BINGO!
3rd Tuesday of Every Month, 1:30pm-3:30pm

MAHJONG 
Wednesdays, 12:30pm-3:00pm

