

# BVCC Family Resource Center

## Extending FRC Hours

Bay View Community Center (BVCC) is excited to announce our new extended Family Resource Center (FRC) hours. Starting this May 2023, our FRC will be available:

**Monday through Friday, 8:30AM-12PM**  
**Monday, Wednesday, & Thursday, 4PM-7PM**  
**Saturday, 9AM-12PM**

BVCC's FRC is a nurturing environment for parents and children between 0 to 6 years. Parents are given the opportunity to connect with other parents by taking part in parenting programs and engaging in activities with their children, all while building their parental strengths.

The FRC also offers conferencing time with our qualified team members to provide you and your child with resources catered to your individual needs.



“

ONE OF MY GOALS IS TO CREATE A DADS GROUP TO LEARN AND GROW TOGETHER AS MALES/PARENTS.

”

Scan the QR Code to learn more about BVCC's FRC



*Carlos Manriquez*  
 FAMILY RESOURCE  
 CENTER ASSOCIATE

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# COOKING WITH DANIEL : NEW RECIPE

🕒 prep time: 5 min

🕒 cook time: N/A

✂️ yield: About 2 cups

## Avo-Cocoa Smoothie

SMOOTH, RICH, FILLING

Perfect for hectic mornings! Smoothies are highly customizable options for breakfast, after the gym, or whenever you need a quick, simple, filling meal.

### INGREDIENTS

- 1 cup vanilla Greek yogurt
  - 1 cup fresh spinach
  - 1 frozen ripe banana
  - ½ avocado
  - 3 Tbsp water or milk
  - 2 tsp honey
  - 1 Tbsp cocoa powder or chocolate protein powder
- IDEAS FOR ADDITIONS (ALL OPTIONAL!)**
- 1 cup berries (blackberries, strawberries, etc)
  - 1 tsp cinnamon
  - 2 Tbsp peanut butter
  - ½ cup sweetened coconut flakes
  - 1 cup quick oats
  - 1 tsp chia seeds
  - 1 Tbsp ground flaxseed

### DIRECTIONS

1. Combine all ingredients in a food processor or blender and mix until smooth,
2. Top with additional ingredients as a garnish, if desired.

### NOTES

- Smoothies are a great way to sneak more leafy greens into your diet. Spinach in particular can be added without much change in flavor.
- Peanut butter can be subbed out for other nut butters if allergies are a concern.
- For a chilled smoothie, just add ice!
- Using chocolate protein powder will result in a sweeter smoothie when compared to cocoa powder.



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# COOKING WITH DANIEL : NEW RECIPE

🕒 prep time: 5 min

🕒 cook time: N/A

✂️ yield: 5-6 servings

## Hummus

FRESH, LIGHT, SAVORY

An extremely versatile Middle Eastern staple. Delicious when added to pita, crackers, sandwiches, or as a dipping sauce for fresh veggies.

### INGREDIENTS

- 1 (15 oz) can chickpeas, drained & rinsed
- 1 Tbsp tahini
- 2 Tbsp Vanilla Greek yogurt
- 2 Tbsp olive oil
- 1 Tbsp lemon juice (about ½ lemon)
- ½ tsp salt
- 1 small clove garlic, minced or grated
- ¼ cup water

### GARNISH

- 1 tsp paprika
- ½ tsp cumin
- 1 tsp olive oil

### DIRECTIONS

1. Drain and rinse chickpeas, mince garlic, and juice lemon.
2. In a medium bowl, blend tahini and lemon juice together until smooth. Then, add the remaining primary ingredients.
3. Purée ingredients with a masher or fork until smooth (or to desired consistency.)
4. Garnish with paprika, cumin, and olive oil. Serve and enjoy!

### NOTES

- **Tahini** is a paste made from ground sesame seeds. In the grocery store, you can usually find it in the condiment aisle, near the peanut butter, or in the international foods aisle.
- Fresh lemon juice straight from the fruit will give the best result. However, you can also use bottled lemon juice if you have it on hand!
- Hummus is a great addition to simple wraps. Combine with fresh cucumber, bell peppers, cilantro, feta cheese, and your protein of choice. Wrap everything up in lettuce or a tortilla and enjoy!
- Best when served at room temperature, but can be warmed (or stored in the fridge for later.)



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# Celebrating Week of the Young Child

## A Week of Celebrating our Children

From April 1st to April 7th, Bay View Community Center celebrated Week of the Young Child (WOYC). Sponsored by the National Association for the Education of Young Children (NAEYC), WOYC focuses on switching the public's attention to the needs of young children and their families and to recognize the early childhood programs and services that meet those needs. As a community, we understand the importance of children's earliest years in shaping their learning and development. BVCC was able to provide a fun-filled week celebrating early learning, young children and their families, and the community through our Family Resource Center (FRC).

## WOYC Itinerary:



### *Music Monday*

#### MUSIC MONDAY

When children sing, dance, and listen to music, they develop their language and early literacy skills while being active and encouraging movement.



### *Tasty Tuesday*

#### TASTY TUESDAY

Cooking together connects math with literacy skills, science, and more. With the rise in childhood obesity, you can encourage healthy nutrition and fitness habits at home and in the classroom.



### *Working Together Wednesday*

#### WORKING TOGETHER WEDNESDAY

When children build together they explore math and science concepts and develop their social and early literacy skills.

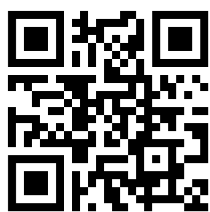


### *Artsy Thursday*

#### ARTSY THURSDAY

Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands.

To learn more about the NAEYC,  
scan the QR code



Help us with supporting our  
community's children!



### *Family Friday*

#### FAMILY FRIDAY

Engaging and celebrating families is at the heart of supporting our youngest learners.





## FAMILY & CHILDREN'S PROGRAMS

### FAMILY RESOURCE CENTER

Open:\*

Monday Through Friday, 8:30am-12:00pm

Monday, Wednesday, Thursday, 4:00pm-7:00pm

Saturday, 9:00am-12:00pm



### FIRST YEAR CIRCLE

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

This program seeks to connect parents together in a welcoming space, with open chat time and guest speakers. Open to all parents and caregivers of children under 2.



### FAMILY MINDFULNESS TIME

Wednesdays 11:00am-12:00pm

Join Miss Holly for this free, drop-in hour of mindfulness activities for children ages 0-6 and their parents/caregivers! Yoga and other mindfulness tools will be used to practice mind & body skills, find & build connections, and practice emotional regulation techniques. These classes are a great way to bond with your child! Sessions include games, stories, crafts, and more!



### AL FRESCO STORY TIME WITH MS. MEGAN

Upcoming Tuesdays (Listed Below), 11:00am-12:00pm

Ms. Megan will be reading stories and singing songs in Bay View Community Center's Community Garden (or inside!) followed by craft time, where children will create art pieces inspired by that day's theme:

- Tuesday, May 30th: "Cherry Blossom"
- Tuesday, June 27th: "Summer Garden"
- Tuesday, July 25th: "Coral Reef"



### "UNTITLED TEEN GROUP"\*

Mondays, 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!



## COMMUNITY PROGRAMS

### SHEEPSHEAD

Mondays, April 10th - June 26th, 5:30pm-8:30pm

Join us for a friendly game of Sheephead! Our comfortable game room welcomes everyone ages 18 and up - drop in anytime and bring a friend!

### LOW IMPACT HAND WEIGHTS

Mondays and Thursdays, 1:00pm-2:00pm

Designed with seniors in mind but open to all! Join at any time and walk-ins are more than welcome. Use our weights or bring your own!



### I LOVE BINGO!

3rd Tuesday of Every Month, 1:30pm-3:30pm

Join us for monthly bingo! We'll have snacks and prizes. Everyone has a chance to win!

### MAHJONG

Wednesdays, 12:30pm-3:00pm

Join us for Mah jong! All skill and experience levels welcome - instruction is provided for new players. Come anytime, grab a free snack and beverage, and bring a friend!



### LANGUAGE EXCHANGE | INTERCAMBIO DE IDIOMAS

Upcoming Thursdays (Listed Below), 5:30pm-7:00pm

This program seeks to bring together native speakers and learners at various levels of proficiency, to engage in conversations and hone their skills. Come participate in conversations, share your ideas and experiences, and learn about other place and cultures, and Milwaukee! (All languages are welcome!)

- Thursdays: 5/11 & 5/25



## "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, May 17th.....Part IV: Parlez-vous francais Vins (A)
- Wednesday, June 12th.....Part V: Parlez-vous francais Vins (B)

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