



UPCOMING PROGRAMS

TO REGISTER FOR PROGRAMS LISTED BELOW, SCAN THE QR CODE HERE, OR VISIT THE PROGRAM CALENDAR AT:

www.bayviewcenter.org/programs



FAMILY & CHILDREN'S PROGRAMS

FAMILY RESOURCE CENTER - OPEN PLAY

CENTRO DE RECURSOS FAMILIARES - JUEGO ABIERTO

Monday through Friday, Lunes a Viernes, 8:30am-4:00pm

Daily kids' and family activities including guided & open play, story times, arts & crafts, healthy snacks, sensory opportunities, and much more! ¡Actividades diarias para niños y familias que incluyen juegos abiertos y guiados, lectura de cuentos, manualidades, meriendas saludables, oportunidades sensoriales, y mucho más!

Questions? The FRC's general email is frc@bayviewcenter.org

¿Preguntas? El correo electrónico general del FRC es frc@bayviewcenter.org



Follow for updates!
¡Sigue para actualizaciones!

FIRST YEAR CIRCLE (FYC)

Fridays, 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.

To view upcoming FYC topics, follow the QR code here or visit bayviewcenter.org/FYC



FAMILY MINDFULNESS

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

Join Holly for a free, drop-in hour of mindfulness activities for little ones ages 6 and under and their parents/caregivers!

- Wednesdays: 2/14, 2/28, 3/13, 3/27, 4/10, 4/24, 5/8, 5/22

PARENT CAFÉS

Upcoming Dates (Listed Below), 10:00am-12:00pm

Parent Cafés allow parents and caregivers to gather and share their stories and experiences in a structured environment, without judgement.

- Saturday, January 27th at Grace Presbyterian Church:
"Build Yourself Up, One LEGO at a Time!"



To sign up for Parent Café sessions, follow the QR code here or visit bayviewcenter.org/parentcafe

STORYTIME WITH MS. MEGAN

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

Ms. Megan from Bay View Public Library returns to read stories and lead songs at Bay View Community Center! Storytime now includes featured sensory activities and FREE books for the first 15 families! To learn more about upcoming Storytime sessions, visit bayviewcenter.org/FRC

- Tuesday, February 27th: "Friendship" + Frozen Heart Process Art!
- Tuesday, March 26th: "Colors of the Rainbow" + Rainbow & Gold Sensory Water Play!

DADS' GROUP GRUPO PARA PADRES

Upcoming Saturdays (Listed Below), 10:00am-12:00pm

Whether you're a dad, stepdad, uncle, grandfather, big brother, or any male figure providing love and care to a child 0-6 years old, we invite you to join our Dads' Group to connect, unwind, and share the joys and challenges of fatherhood.

- February 10th & 24th: "Dads/kids Painting"
- March 9th & 23rd: "Dads/kids Yoga"

PRE/POSTNATAL YOGA (JAN-FEB SESSION)

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

New and expecting moms will be guided to safely stretch and strengthen their bodies with gentle yoga poses. We'll also use mindfulness techniques like guided breathing and visualization to help manage stress. Participants can sign up for the entire six-week series, or drop-in to individual classes. Financial assistance is available to those who qualify.

- Saturdays: 2/03, 2/10, 2/17, 2/24

TEEN GROUP

Tuesdays, 4:00pm-5:30pm (Alternating in-person/virtual)

All teens are welcome, including neurodivergent and LGBTQ+ youth and their allies! In-person sessions offer themed activities while virtual sessions include Minecraft and Roblox. Snacks are always provided! For questions, please send an email to Ari at ari@bayviewcenter.org

In-person sessions:

- 1/30 - "Funky Crafts Night"
- 2/13 - "Ratatouille and Ratatouille"
- 2/27 - "K-Pop Night"

Virtual sessions: 1/9, 1/23, 2/6, 2/20





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COMMUNITY PROGRAMS



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, plus snacks and prizes. Everyone has a chance to win!

MAHJONG



Wednesdays, 12:30pm-3:00pm

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

ON-SITE FROEDTERT NURSE



Upcoming Fridays (Listed Below) 12:00pm-3:00pm



Stop in to Bay View Community Center to meet Froedtert Hospital's Community Nurse! Ask questions, receive screenings, or get information on important health topics for you and your family. **No insurance required.**

- ✓ Blood Pressure Screenings
- ✓ Blood Sugar Screenings
- ✓ Info on MyPlate & Healthy Eating
- ✓ Health System Navigation
- ✓ Resource Referral
- ✓ Chronic Disease Education

• Fridays: 2/9, 3/1

UPCOMING SPECIAL EVENTS



FAMILY NIGHT - "FRIENDSHIP DAY"



Friday, February 9th, 5:00pm-7:00pm

Join us every other month for Family Night, featuring arts & crafts, movie screenings, treats, and seasonal activities for the whole family! Family Night is offered through BVCC's Family Resource Center. February's Family Night is "Friendship Day!" This Family Night will feature crafts, valentines, cookies, and a build-your-own ice cream sundae!



TO RSVP FOR FAMILY NIGHT, SCAN THE QR CODE HERE OR VISIT:

bayviewcenter.org/familynight

