



**UPCOMING PROGRAMS**

**FAMILY & CHILDREN'S PROGRAMS**



**FAMILY RESOURCE CENTER**  
CENTRO DE RECURSOS FAMILIARES



**SUMMER FRC SCHEDULE BEGINS MAY 31st:**

**Monday through Thursdays, Lunes a Jueves, 9:00am-2:00pm**  
In the FRC at BVCC, like usual! En BVCC

**Fridays, Viernes, 9:00am-12:30pm**

At Humboldt Park, near the large playground! En Humboldt Park

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

Questions? The FRC's general email is [frc@bayviewcenter.org](mailto:frc@bayviewcenter.org)  
¿Preguntas? El correo electrónico general del FRC es [frc@bayviewcenter.org](mailto:frc@bayviewcenter.org)



Follow for updates!  
¡Sigue para actualizaciones!

**EXPECTANT PARENTS GROUP**



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

A welcoming group where we discuss what to expect when baby comes! Designed to address topics and concerns related to all forms of expectancy or parenthood, including in-vitro, surrogacy, adoption, foster to adopt, and foster care.

Questions? Please email Jackie at [jackie@bayviewcenter.org](mailto:jackie@bayviewcenter.org)

- Fridays: 6/14, 6/28, 7/12, 7/26

**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](http://bayviewcenter.org/FYC)



**DADS' GROUP GRUPO PARA PADRES**



**Upcoming Saturdays, 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, stop by our Dads' Group to connect, unwind, and share the joys and challenges of fatherhood.

To view the Dads' Group schedule, follow the QR code here or visit [bayviewcenter.org/dadsgroup](http://bayviewcenter.org/dadsgroup)



**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 (first-come, first-serve)! Storytimes are now drop-in, so feel free to join us for any session! To learn more about upcoming Storytime sessions, visit [bayviewcenter.org/story](http://bayviewcenter.org/story)

- Tuesday, June 25th: "On The Beach" + Ocean Sensory Bin!

**TEEN GROUP GRUPO PARA ADOLESCENTES**



**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!

To view the Teen Group schedule, follow the QR code here or visit [bayviewcenter.org/teengroup](http://bayviewcenter.org/teengroup)



**PRE/POSTNATAL YOGA**

**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.

- Saturdays: 6/1, 6/8, 6/15, 6/22, 6/29



**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!

**SENIOR MOVIE TIME!**



**Upcoming Tuesdays (Dates listed below), 12:30pm-Show End**

Join us for screenings of classic films with friends and snacks provided! Movies start at 12:30pm.

For any questions or to RSVP, please send an email to Vi at [vi@bayviewcenter.org](mailto:vi@bayviewcenter.org)

- Tuesday, June 4th: Hachi