



ATTENTION PARENTS:

The Centre for Girls needs your help!
The C.F.G. is asking for donations of
individually packaged snacks.

Your donation will be used in The C.F.G.'s
Snack Store to help us provide refreshments
during Family Nights and other special events!



January 2011

Start the New Year off right at
The Centre for Girls!

The C.F.G. will be OPEN for day-long fun
Tuesday, January 18th from 8:30 a.m. - 7:30 p.m.

Please Join Us!



(813) 231-3404

Family Night

Once a month, parents, siblings, and other family members in your home are invited to The C.F.G. for a night of family fun!

This month, C.F.G. members and siblings will be playing BINGO for prizes!

Tuesday, January 18th
6:00 — 7:30 p.m.

Arrive at 6:00 p.m. to join us for dinner.
The C.F.G.'s 'Parent Talk' meeting will begin promptly at 6:15 p.m. Please be sure to arrive on time to Family Night!



If a C.F.G. member's parent attends Parent Talk, she and her parent will both be entered in a drawing to win one of several awesome prizes!

We hope to see you then!

DESCRIPTIONS

Earth Smart: Learn about the planet you live on and how to be green.

Feelings Connection: Learn about your feelings, how to express yourself and how to communicate your feelings to others in this interactive class.

Fit Chicks: Be ready to move in this fitness challenge class!

Girls' Advisory Board: Make decisions and give input on upcoming events at The C.F.G.'s monthly member meeting.

Girls' Choice: It's time to put it to a vote — members choose which activity they'd like to do.

Glamour Girls: Learn how to care for your skin, hair and nails in this hygiene class.

Group Games: This interactive class will help you build important teamwork skills.

Hang Ten: Kick back and relax while playing games and hanging out with friends.

Hot Topic: From women's history to the latest fashion trends, we'll discuss important topics.

Hygiene Bingo: Win prizes to pamper yourself by playing this game.

I Am Special: Learn how to be tolerant of and appreciate the diversity all around us.

International Day: Learn all about another country in this class.

Jump, Jump: Jumping rope is a great way to exercise and have fun, too!

Karaoke: Sing your heart out in this fun-filled class.

Keep Your Cool: Anger is a normal emotion that we all feel. Learn about healthy ways to express and deal with this emotion.

Movie Mania: Grab the popcorn! It's movie time at The C.F.G.!

No Worries: Learn about deep breathing, relaxation and how to control stress through meditation, visual imagery and yoga.

Nutrition 101: Join a special guest for this interactive class on health and nutrition- you may learn some helpful tricks to add fruits & veggies into your daily diet!

Outside Games: Participate in a game of four square, sit under the shady tree, play tag or hula-hoop... You decide how you'll have fun outside!

Paint Like...: Explore various artists and put your own spin on their style or technique.

Passion for Fashion: Explore the world of fashion with Ms. Maria.





Pay Up!: Learn about the importance of paying the correct amount for things you buy in this interactive class.

Smart Girl's Guide: Learn how to handle friendships, relationships & other issues with ease.

Spell It Out: Test your spelling in this class and compete with your peers to win prizes!

Yoga: Take part in a whole-group or small-group yoga class at The C.F.G.

Zumba: Come to this one-time class featuring Zumba- an exercise class that combines Latin rhythms and easy-to-follow moves, creating a one-of-a-kind fitness experience!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| <p>3</p> <p>2:00 - 5:00 Homework Time MB 2:30 Karaoke 3:30 Earth Smart 4:30 Keep Your Cool 5:30 Hang Ten</p> | <p>4</p> <p>2:00 - 5:00 Homework Time 3:00 No Worries 4:00 Chicks w/ Character/ Computer Lab 5:00 Blast from the Past</p> | <p>5</p> <p>2:00-5:00 Homework Time 2:30 Girls' Choice 3:30 Hot Topic 4:30 Spell It Out 5:30 Hang Ten</p> | <p>6</p> <p>2:00 - 5:00 Homework Time 3:00 Smart Girls' Guide/ Computer Lab 4:00 Brain Teasers 5:00 Glamour Girls</p> | <p>7</p> <p>2:30 Hygiene Bingo 3:30 International Day 4:30 Celebrity Life 5:30 Hang Ten</p> |
| <p>10</p> <p>2:00-5:00 Homework Time 2:30 Dancing Queen 3:30 Hot Topic/ Computer Lab 4:30 Creative Corner/ C.F.G. Seniors 5:30 Hang Ten</p> | <p>11</p> <p>2:00 - 5:00 Homework Time 3:00 Brain Teasers/Chef 'Girl' Ardee 4:00 Keep Your Cool 5:00 Outside Games</p> | <p>12 EARLY RELEASE DAY C.F.G Opens at 12:00</p> <p>12:00 - 3:00 Homework Time 1:00 Paint Like 4:00 Creative Corner 2:30 Snack 5:00 Outside Games 3:00 Stars & Stripes/ Computer Lab</p> | <p>13</p> <p>2:00 - 5:00 Homework Time 3:00 Feelings Connection 4:00 Yoga 5:00 Group Games</p> | <p>14</p> <p>2:30 Jump! Jump! 3:30 All About Me 4:30 Hot Topic/Computer Lab 5:30 Hang Ten</p> |
| <p>17 C.F.G. CLOSED</p>  | <p>18 C.F.G. OPEN 8:30 a.m.—7:30 p.m.</p> <p>8:30 Hang Ten 1:30 Art w/ Ms. Michelle/ Hot Topic 9:30 I Am Special/ Drug Free Me 2:30 Snack 10:30 I Am Special/ Drug Free Me 3:00 Passion 4 Fashion/ C.A.T.'s 11:30 Lunch 4:00 Girls' Advisory Board 12:30 Art w/ Ms. Michelle/ Hot Topic 5:00 C.F.G. Clean-Up 6:00 Family Night</p> | <p>19</p> <p>2:00-5:00 Homework Time 2:30-6:00 C.F.W. EVENT</p>  | <p>20</p> <p>2:00 - 5:00 Homework Time 3:00 No Worries/Computer Lab 4:00 Keep Your Cool 5:00 Jump! Jump!</p> | <p>21</p> <p>2:30 Group Games 3:30 Creature Feature 4:30 Chicks w/Character 5:30 Hang Ten</p> |
| <p>24</p> <p>2:00-5:00 Homework Time 2:30 Outside Games 3:30 Circle of Life 4:30 Be Smart, Be Safe/ Computer Lab 5:30 Hang 10</p> | <p>25</p> <p>2:00 - 5:00 Homework Time 3:00 Art w/Dr. Pat 4:30 Movie Mania</p>  | <p>26 EARLY RELEASE DAY C.F.G. Opens at 12:00</p> <p>12:00 - 3:00 Homework Time MB 1:00 Drug Free Me 4:00 Zumba 2:30 Snack 5:00 Outside Games 3:00 International Day/ Computer Lab</p> | <p>27</p> <p>2:00 - 5:00 Homework Time 3:00 Nutrition 101 4:00 Yoga 5:00 Group Games</p> | <p>28</p> <p>2:30 Glamour Girls 3:30 Keep Your Cool 4:30 Act It Out 5:30 Hang Ten</p> |
| <p>31</p> <p>2:00-5:00 Homework Time 2:30 Glamour Girls 3:30 Don't Be a Hater/Chef 'Girl' Ardee 4:30 Pay Up! 5:30 Hang Ten</p> | <h1>JANUARY 2011</h1>  | | | |

ACTIVITY

Act It Out: Are you a "drama queen"? Put your skills to the test in this acting class!

All About Me: For once it gets to be all about you! Take part in activities that help you learn more about yourself and how to show others the real you.

Art w/ Dr. Pat: The C.F.G. welcomes Dr. Pat this month to help members tap into their creativity through various art projects.

Art w/ Ms. Michele: The C.F.G. also welcomes Ms. Michele this month to help members tap into their creativity through various art projects.

Be Smart, Be Safe: Learn about ways to keep yourself safe and healthy.

Blast from the Past: Watch old sitcoms or movies for some good ol' family fun & life lessons!

Brain Teasers: Test your ability to solve puzzles, riddles and more. There may be a prize for the "brainiac"!

C.A.T.'s: 'Creative Ambassador Teens' is an invitation-only leadership group for C.F.G. members with consistent attendance and positive leadership qualities.

C.F.G. Seniors: A leadership group for C.F.G. members 13 and up as well as those who have been coming to the C.F.G. consistently for a full year.

C.F.W. Event: Please join us as we take part in a special event at The C.F.G. with The Centre for Women! A good time will be had by ALL!

Celebrity Life: Get to know the facts about your favorite Hollywood stars.

Chef 'Girl'ardee: Learn how to cook by preparing yummy snacks and treats. You'll learn how to read a recipe and stay safe in the kitchen, too!

Chicks with Character: Learn all about the qualities that make up excellent character.

Circle of Life: Attend this class to find out about the life cycles of many animals- you never know what you will learn!

Computer Lab: Are you a computer whiz? Learn new skills and have some fun playing in the computer lab.

Creative Corner: Do you like to make jewelry, paint or do other 'artsy' stuff? In these classes you can explore your artistic side.

Creature Feature: Learn fun and interesting facts about the many amazing creatures of our world.

Dancing Queen: It's a dance revolution! Show off your moves & get exercise at the same time.

Don't Be A Hater: From past to present, learn ways to appreciate other cultures and how to be an activist for your beliefs.

Drug-Free Me: Join us for this informative class focusing on how drugs effect your body, mind, and spirit. You'll learn ways to say no to drugs and avoid peer pressure.

C.F.G. News

THANK YOU!



The C.F.G. would like to start the new year off by thanking all of the members, parents and supporters of The C.F.G. for your dedication to our Centre in 2010! We would not have been able to accomplish our goals without you!

Centre Closures in January:

The Centre for Girls will be CLOSED on Monday, January 17th in observance of Martin Luther King Day. Please make other arrangements for your daughter on this date.



Friendly Reminder:

Please remember it is each member's responsibility to keep track of all personal items that she brings to The C.F.G. The C.F.G. cannot be responsible for any lost, damaged or stolen items. Remember it is the policy of The Centre for Girls that all members turn off their cell phones or place them on silent when they are at The C.F.G. If a member needs to make a call, she may use the phone at the front desk.