

TCC Happenings



Volunteers

The Children's Center now has four volunteers:

Bonni Canavan
Hannah Wahl
Alley Kloczko
& Mattie Renn



A.J. Read Science Discovery Center

This is a hands-on museum that features self-guided science fun for all ages and abilities.

Location: SUNY Oneonta, Physical Science building

Hours: Wed.-Fri., 10am-5pm; Sat., 10am-3pm

Admission: Free

Parking: Summer—open parking; Academic year: get a free pass from Center's main desk

Phone: 607-436-2011



OFO's mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families and caring communities.

Summertime Recipes

Raspberry Ripple Frozen Yogurt Bark

What you'll need:

- 2 cups plain yogurt
- 2 tbsp honey
- 1/4 cup raspberries
- 1/4 cup chopped fruit
- 1/8 cup chocolate chips

1. Mix yogurt and honey in a bowl.
2. Line baking dish with foil. Pour yogurt mixture on bottom.
3. Mash raspberries. Use fork to swirl them through the yogurt.
4. Top with fruit and chocolate chips. Place in freezer for 2-3 hours, until solid.
5. Lift foil from dish. Cut or break bark into pieces.



Simple Pasta Salad

What you'll need:

- 16 ounce package uncooked rotini pasta
- 16 ounce bottle Italian salad dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1/2 onion, chopped
- 4 ounces grated Parmesan (optional)
- 1 tbsp. Italian seasoning (optional)

1. Bring large pot of lightly salted water to a boil. Pour pasta in pot. Cook according to label instructions. Drain.
2. In large bowl, toss cooked pasta with Italian dressing, cucumbers, tomatoes, and onions.
3. In small bowl, mix the Parmesan cheese and Italian seasoning. Gently mix into the salad.
4. Cover, and refrigerate until serving.



New Books

Every child that visits the Children's Center can choose a new book to take home with them. Choices include classics such as Dr. Seuss, Little Bear, Calliou, and more!

Donations

This year for his birthday, children's attorney, Steve Feuer, asked his party guests to bring donations for the Children's Center, instead of gifts.



Spend Time Outdoors with Your Child

Outdoor time is good for the whole family. Whether you live on a farm or a city block, your young children need experiences in the natural world. Keep the following tips in mind:

- With the right clothes and gear, you can go outdoors almost every day.
- Even rainy days can be fun, when you wear a raincoat and rubber boots.
- Add a short walk to your evening routine.
- Watch the sunset, gaze at the stars, and listen to the sounds of the night.
- Plant, tend, and harvest flowers or vegetables.
- Plant seeds or plants in containers, in your yard, or in a neighborhood garden plot.
- Play games.
- Share games you played as a child, play board games on a table or blanket, or introduce sporting skills.

Enjoy the nature all around you as you share its wonders with your children.

Source: <https://www.naeyc.org/our-work/families/spend-time-outdoors-your-child>



Go to the Summer Meal Site Finder at <https://fnssnaphal-gis.esriemcs.com/summerfoodrocks/> or pick up a complete listing for our local area from The Children's Center.



Opportunities for Otsego provides drop-in day care for children, ages 6 weeks to 12 years, through The Children's Center. This **free** service is open 9:00 AM to 4:30 PM every day that court is in session. The Children's Center is closed for lunch from 12:30 PM to 1:00 PM. P: 607.322.3139 | W: www.ofoinc.org
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