



THE 'NEWSKI

VOLUME 1, ISSUE 14

APRIL 2010

The mission of the O'Brien Community Center is to strengthen lives in our community. In fulfilling its mission, the Center facilitates community, identifies and responds to community needs, cooperates with individuals and other agencies to provide that help, promotes recreation and cultural events, and creates and coordinates meeting space, programs and information and services that reflect the community's ethnic and economic diversity.

Phone: (802) 655 1392 x19
Fax: (802) 655 6414
Email: Melody McKnight
mcknightmelody@gmail.com



Winooski Recreation and Community Wellness

Thrive Summer Youth Enrichment Program

Founded in 2001, THRIVE is an 8 week, summer youth enrichment program operated by the Winooski Department of Recreation and Community Wellness. Through our thematic learning curriculum, THRIVE provides school age children in Winooski the care and support they need to maintain academic achievement and succeed alongside their peers when school resumes in the fall.

Our program fosters lifetime fitness, service to the community, and love of learning through weekly lessons that include art, gardening, cooking, technology, and science. Biweekly club meetings include skate club, tennis club, drama club, gardening club, art club, and explorers' club. Literacy instruction is provided four times per week through adult-led reading groups, one-on-one reading mentors, readers' theatre, and dedicated independent reading time.

The THRIVE program carefully balances choice and structure to create a fun yet challenging environment that sends kids back to school reinvigorated and prepared to learn. We hope you will join us this summer in our many learning adventures!

K-4 SESSIONS

Enchanted Earth: June 28-July 9
Myths & Monsters: July 12-July 23
Bodies in Motion: July 26-August 6
Globetrotters: August 9-August 20

K-4 SAMPLE SCHEDULE

Monday-Friday 9:00am-3:00pm

9:00	Breakfast, Free time
10:00	Small Group Meeting
10:15	Camp Wide Meeting
10:30	Large Group Games or Club Meeting
11:45	Lunch, Free Time
12:45	Small Reading Groups
1:30	Thematic Activities
3:00	Pick-up

5-8 SESSIONS

Session 1: June 28-July 9
Session 2: July 12-July 23
Session 3: July 26-August 6
Session 4: August 9-August 20

5-8 GRADE SAMPLE SCHEDULE

Monday-Friday 9:00am-2:30pm

8:30	Breakfast, Free Time
9:30	Sports & Fitness
11:00	Thematic Project Work
12:15	Lunch, Free Time
1:15	Literacy & Reading Time
2:30	Pick-up

INSIDE THIS ISSUE:

Get Moving Winooski	4
Naturalist and Citizenship Classes	3
Potluck	4
Underground Teen Center, Boys and Girls Club	4
Winooski Coalition for a Safe and Peaceful Community	2
Winooski Recreation and Community Wellness	4
YMCA	5

Registration forms and fees are due by April 30 and can be accessed at www.winooskiwellness.com or 32 Malletts Bay Ave, Winooski, VT.



Winooski Coalition for a Safe and

Peaceful Community

Lunch and Learn Series

FREE Lunch

Wednesdays 12pm-1 pm

March 3rd-April 21st

O'Brien Community Center

4/07- Financial Planning in Difficult Times

By: Jane King, Opportunities Credit Union

4/14- Stretching Exercises While You Work

By: Barbara Liberty, FAHC

4/21- Energy Efficiency

By: Jenn Wood, Vermont Works for Women

For more information contact: Kate Nugent at 802.655.1392 ext. 10

Sounds of the Onion City

Free

April 3, 6-8 PM

Monkey House Bar, Winooski

A compendium of Winooski musicians will grace you with their talents.

Featured Artists:

- Waves of Adrenaline (Folk Duo)
- Tori and Mike (Bluegrass)
- Marty Power (Jazz)
- Antara (Folk Rock)
- Andy Johnson and Mary Theodore (Classical Violin and Cello)
- Africa Diamono (West African Drumming and Dance from Senegal, Mali and Mauritania)

Contact us at kate.winooskicoalition@gmail.com or 655-1392, ext. 10 for more information and to get involved.

Year of Art Meeting

April 19, 6:30 PM

Winooski Block Gallery

Artists and art-lovers organizing events and sharing stories of and about Winooski people – “their story becomes our story.” Also, check us out on Facebook! The **Year of Art in Winooski** is progressing and we hope to engage your stories with the community!

Monthly Networking Meeting

Free and open to all!

April 14, 3:30 PM

O'Brien Community Center

Individuals, service-providers and anyone interested in the welfare of people in Winooski gather to network, problem-solve, and organize.

Culture Hop

The WCSPC is recruiting for the Winooski Culture Hop Committee – contact us to get involved in this exciting event! Call Kate at 655-1392, ext. 10

To support the work of the Coalition, please send your check to: WCSPC, 32 Malletts Bay Avenue, Winooski, Vermont 05404.



Winooski Family Center

Fathering Group

FREE MEAL

Mondays 5:30-7:30pm

Family Center Space in the O'Brien Community Center

A dinner specifically for expecting fathers and fathers with children up to the age of 6.

For more information call Bobby Riley at 802.324.6431 or brileyvt@verizon.net

Playgroup Schedule

Mondays 11:00 AM-12:30 PM

Thursdays 11:00 AM – 1:00 PM

Playgroups for children registered in preschool and their caregivers. On Mondays, a healthy snack will be available. On Thursdays, lunch will be served.

Questions, or to register: Call Krisie or Lori at 802.655.1422 ◦ winooskifamilycenter.org





Get Moving Winooski

Zumba with YMCA

\$3.75/person/time

Tuesdays in April 6-7 PM

Zumba fuses Latin rhythms and easy-to-follow moves, providing a calorie-burning, body-energizing work out in one exciting hour. There are 16 spaces available in April.

To register, contact Melody McKnight at



The Underground Teen Center Get To Work!

Tuesdays and Thursdays 5:00-6:30pm

The Underground Teen Center is starting a program called Get To Work! Every week during the school year, the Teen Center will be available for homework help, job searches, resume building, etc. There are PRIZES for Teens that participate! For more information e-mail Megan Parker or Keegan Albaugh at teencenters@onioncity.com



Boys and Girls Club

Smart Girls

Mondays and Thursdays 3:30-4:30pm

Five week program starts April 5th

This is a program designed for girls in Middle School and High School. We will be discussing body image, self esteem, and other issues girls will face as they grow up.

Please contact Megan Parker at bandgclub@onioncity.com or 655-1392 x20 to sign up.

Family Movie Night

April 23rd

6:30 - 8:30pm

Family movie night will be accompanied by a Teen Center Bake Sale. Please contact Megan Parker at 655-1392 ext. 20 or mparker285@gmail.com for more information or suggestions or if you would like to donate any baked goods for this fundraiser.

Homework Club

Tuesdays and Thursdays 6-7 PM

O'Brien Community Center

Receive prizes when middle school – high school students complete 10 hours of homework time per month at the O'Brien Community Center. Staff will be available to help.

For more information contact: Megan Parker at 655-1392 ext. 20 * teencenters@onioncity.com

Announcements:

Boys & Girls Club is sponsoring a Rock Band Concert for Winooski Teens in April! Date and Time are TBA. Free admission and Pizza dinner! For more information please contact Megan Parker at 655-1392 ext. 20 or bandgclub@onioncity.com

April Potluck

Tuesday, April 20

5:30pm-7:30pm

O'Brien Community Center

Please join us and bring a dish if you can. This month is sponsored by Get Moving Winooski and the Winooski YMCA. Come at 5:30 for yoga and youth basketball and stay for dinner! Need a ride? We'll pick you up! For a ride, or to volunteer or donate, please contact Megan Parker at 655-1392 x20.



Some Motivational Thoughts

by Dr. Stuart Offer, Wellness Educator,
Greater

Burlington YMCA

In my life I have never achieved an important goal or almost anything worthwhile without lots of hard work and some setbacks or failures. I see these as a kind of requirement of the process of success. The more I strive for, the more I get comfortable with getting out of my comfort zone and trying new things. I try never to live in fear, especially of failure. Go at your goals with the confidence and gusto as if failure was not an option.

Most people I encounter are seeking a fairly straight-forward goal such as losing 20 pounds or trying to become more physically fit. In a surprisingly short time these achievements lose their excitement and motivation and enthusiasm weakens. My first piece of advice is: right from the get-go, or when things start to go off track, explore and focus on a deeper meaning for these goals and relate what this means in terms of your lifestyle and overall health. Focus on not only how you will look but more importantly how these changes will affect your overall health. Think about how you will feel when you have more energy, your sleep improves, and your mood improves. Think about how you will feel when you reduce your risks of many chronic diseases such as heart disease, diabetes and cancer. These are far more exciting gains than just knocking off a few pounds.

Next, I like to focus on social and psychological improvements. How exciting will it be to gain the feeling of pride and being more in control? Becoming fit, losing weight, and feeling more vibrant may allow you to be more socially active. When things get rocky draw your attention to the new lifestyle that awaits you, improved self-esteem and possibly better relationships. Here are some other ideas that you can do to find and keep your motivation. Use the power of the written word. Feelings can lose their excitement very quickly. However, if you capture these feelings on paper you can create lasting images that you can review over and over. Write down how you feel about being overweight, sedentary or unfit and what improvements you can expect from making positive changes. You can also write a letter to yourself when you are just getting started with a program and are highly motivated.

Day	WINOOSKI YMCA
Monday	6:00AM - RUN BOOT CAMP 12:00PM - STRIVE ABS 12:10PM - CARDIO CROSS TRAIN 5:30PM - KICKBOXING 6:30PM - BODY PUMP
Tuesday	6:10AM - AM SPIN 11:10AM - TAI CHI 12:10PM - RIP AND SPIN 5:00PM - AB BLAST 5:30PM - ZUMBA!
Wednesday	6:00AM - RUN BOOT CAMP 9:00AM - B-FIT 12:00PM - STRIVE LEGS 4:15PM - YOGA 5:30PM - STEP & SCULPT 6:30PM - BODY PUMP
Thursday	12:10PM - LUNCH TIME SPIN 5:30PM - BUTTS & GUTS 6:30PM - RIP & SPIN
Friday	6:00AM - RUN BOOT CAMP 9:00AM - B-FIT 12:00PM - STRIVE SURVIVOR 5:00PM - AB BLAST 5:30PM - BODY PUMP
Saturday	9:00AM - BODY PUMP
Sunday	10:00AM - RIPPED

