

# TAB Extra

## December 2010



### Important Notices:

☑ Have you ever been late (after 9:30) to pick up your child/children from TAB? Now, you have an incentive to pick them up on time! All parents or guardians who pick up their children on time will be entered into a weekly drawing for a door prize that will be awarded to you the next time you use TAB!

☑ Why do we need to fill out another survey for TAB you ask? When we apply for grants to receive money for TAB, the grant reviewers need to see data and how TAB is helping you and your family. We appreciate your time and thoughts provided in these surveys. We will also be having the children above age 5 complete a sur-



### Points of Interest:

- ☺ Green Bean Casserole +
- ☺ Resources at the Center For People in Need
- ☺ Free Family Activities
- ☺ Noodles Benefit
- ☺ December and January calendar
- ☺ TAB Christmas Shopping Nights!



### *TAB Appreciates Help from These Local Businesses in November*

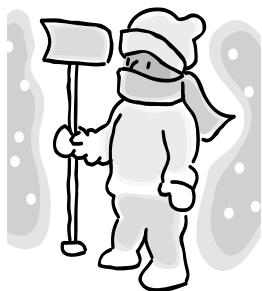
In November, TAB was fortunate to receive the help from many local businesses. Please show them your thanks by supporting them when you can. Roberts Dairy has been and will continue providing milk every week for TAB.

November 12-Super Saver

November 19-Amigos and Carlos O'Kelly's

**THANK YOU**

### TAB Winter Weather Policy



When Lincoln Public Schools dismiss early or close due to inclement weather, TAB will also be canceled. If school is not dismissed, and the weather is expected to produce hazardous driving conditions, TAB may also be cancelled. TAB staff will make a decision by 4pm and call the families that have registered for that night. If you are ever unsure whether or not TAB is going to be held, please feel welcome to call 434-3494 ext 109 and if TAB has been cancelled, the message will be changed to indicate that.





Center  
for  
People  
in  
Need

## Resources from the Center for People in Need

**TOYLAND FOR KIDS** applications are being accepted now! Applications are available at the Center for People in Need, the Neighborhood FOOD Program sites and for download off of their website. An application is required to receive gifts through Toyland for Kids. Distribution will be from 1:00 p.m.-4:00 p.m. Saturday, Dec. 18; 1:00 p.m.-4:00 p.m. Sunday, Dec. 19; and 3:00 p.m.-7:00 p.m. Monday, Dec. 20. For more information, please visit [www.centerforpeopleinneed.org](http://www.centerforpeopleinneed.org).

**HEALTH HUB** is an innovative "holistic" program for connecting uninsured patients with health care and other assistance. Health Hub Advocates are available to help uninsured patients find community resources to help meet healthcare needs. Advocates help clients: find a doctor, access free or discounted medications, and apply for food stamps, Medicare and Medicaid. Translation services are also available. For more information, call the Health Hub at 817-0808.

## Budget Friendly Family Activities in Lincoln

(Courtesy of "Lincoln Kids" and [www.lincoln.org/events/calendar](http://www.lincoln.org/events/calendar))

**Every Saturday at 10:00 a.m.:** Bilingual Story Time at Indigo Bridge Books in the Haymarket. Includes craft or an activity. Free.

**Friday evenings now through Christmas 6-9pm-**Holidays in the Haymarket: Over 2000 luminaries line the sidewalks with music and dancing from strolling performers and sightings of Santa handing out candy.

**Saturday, December 4, 2-5pm:** Winter Family Fun Day, Sheldon Museum of Art, 12th and R Streets. Music, dance, art-making activities, and treats. FREE

**Saturday, December 4, 2-4pm:** Scandinavian Christmas Customs Family Workshop at the Nebraska History Museum. Free. 15th and P Street. 471-4754. [nebraskahistory.org](http://nebraskahistory.org).

**December 4-5, 11-12:** Winter Weekends at the Zoo, Lincoln Children's Zoo. Noon-4pm. Free admission for members and \$5 for non-members. \$2 for train rides weather permitting. 475-6741

**Saturday, December 11th, 8am-Noon:** Miracle on 70th Street, St. Elizabeth Regional Medical Center, Old Fashioned Family Christmas: brunch served (pancakes and other warm goodies!), live reindeer, Santa's sleigh, free photos, parade, puppet shows, crafts, tours, health screenings. FREE!

**Sunday, December 19th:** Elks 103rd Annual FREE Children's Christmas Party. The party includes prizes, entertainment, and a visit from Santa. Pershing Center, 226 Centennial Mall S. 441-7843.





*Behind every good man is a good woman! Meet the*



*woman who keeps Santa on track!*

Mrs. Claus will be making an appearance at the next Noodles dine-in night! Bring your cameras for this fun photo opportunity! The dine-in night will be on **Wednesday, December 15th from 5-10pm**. Noodles & Company restaurant is located at 210 N 14th Street, next to the Children's Museum, and they have generously decided to donate to TAB with dine-in nights. Noodles will **donate 25%** of the proceeds to the YWCA Lincoln for anyone who mentions the YWCA Lincoln upon checkout. Please help us spread the word about this benefit for TAB! For more information call 434-3494 or email [mmcinteer@ywcalincoln.org](mailto:mmcinteer@ywcalincoln.org). We are also looking for elves to help hand out flyers, greet customers, and bus tables. If you would like to help out, please let Misti know.

## **Christmas Shopping at TAB!!**

On **December 10th and December 17th**, children at TAB will have the opportunity to Christmas shop for their parents, guardians, or loved ones. Through donations from many places, the children will be able to pick out a gift to give and staff and volunteers will help them wrap it up and put a gift tag on. Remember **NO PEEKING!**



## **Green Bean Casserole for a meal submitted by Misti McInteer**

Green Bean Casserole has always been one of my favorite side dishes. Recently a friend suggested this addition to make it a complete meal that will bring smiles and empty plates all around the table.

- 2 cans French style green beans (drained)
- 3/4 cup milk
- 1 can cream of mushroom soup
- 1 pound ground meat (beef, turkey, venison)
- 1 1/3 cup French fried onions
- 4 servings mashed potatoes (from a box or homemade)
- Pepper to taste

Brown ground meat. Mix milk and cream of mushroom soup together. Combine green beans, meat, soup mixture, 1 cup of the French fried onions, and pepper in a 8x8 casserole dish that has been sprayed with nonstick spray. Bake at 350 for 45 minutes. Add mashed potatoes on top before serving and sprinkle with remaining French fried onions. Enjoy!

# DECEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 TAB 6-9:30	4
5	6	7	8	9	10 TAB 6-9:30	11
12	13	14	15 Noodles Benefit Night	16	17 TAB 6-9:30	18
19	20	21	22	23	24 NO TAB	25 <i>Christmas Day</i>
26	27	28	29	30	31 NO TAB	



# JANUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>New Year's Day</i>
2	3	4	5	6	7 TAB 6-9:30	8
9	10	11	12	13	14 TAB 6-9:30	15
16	17	18	19	20	21 TAB 6-9:30	22
23	24	25	26	27	28 NO TAB	29
30	31					