



TAB Extra

March 2010

Important Reminders



☑ As more families are able to use TAB, we need to start limiting families to using the program twice a month. Each week this month, there were some families who were not able to use the program because we were full. If your plans change, and you do not bring your children to TAB, PLEASE call and let us know, even if it is close to 6pm on Friday. There are families on the waiting list each week that could be

called to use the program. Also, if you do not show up after registering, your name will be placed at the bottom of the list for the next TAB. If you need to cancel last minute, please call our emergency cell phone # at 499-1129. This cell phone will be answered on Friday evenings only.

☑ There will be **NO TAB program on Friday, April 2nd**. TAB will have programs on April 9, 16, and 23rd.

☑ Funding for TAB is made possible through grants from United Way and Nebraska Children and Families. Our funders need to know how TAB is making a difference in your life. To share your story, please contact Misti at 434-3494 ext 109 or email at TABLincoln@gmail.com. Thank you!

See Inside For:

- ☺ Magazine Exchange
- ☺ Free Activities
- ☺ March Calendar
- ☺ YWCA Firefighter/ Paramedic Program

Women's History Month

The YWCA of Lincoln will celebrate Women's History Month with an informative brown bag lunch.

YWCA Lincoln and the Mayor's Commission on Women will a brown-bag

lunch on **Tuesday, March 30th from noon-1 pm**. Dr. Sarah Cada, Ann Seacrest of Milkworks, Nancy Peterson from Hearts and Hands WomenCare will be discussing healthy

pregnancies: before, during and after. For more information or to RSVP for the events please call 402-434-3494 or e-mail desk@ywcalincoln.org.



Magazine Exchange

TAB is starting a magazine exchange. Every Friday during TAB, magazines that pertain to parenting, gardening and home life will be set out near the registration desk.

Feel welcome to take what

you will read. When you are done reading, or if you have any other magazines that our TAB families would enjoy, please bring them back to TAB the next time you use the program.



Free (or almost free) Family-Friendly Activities in Lincoln

(Courtesy of lincolnjournalstar.com)

Saturday, March 20

Free clothing giveaway, for all ages, 9 a.m.-1 p.m., Capitol City Christian Church, northwest door, 7800 Holdrege St. Includes shoes, linens and household items.

Kids in Parks program, "Explore your Spring World," 10-11:30 a.m., Homestead National Monument of America, Beatrice. Free.

Frosty Flicks family winter film series, 10 a.m., Lincoln Grand Theatre and SouthPointe Cinema. Movie: "Alvin and the Chipmunks: The Squeakquel." \$3 admission includes popcorn.

Bilingual storytime (Spanish and English), 10-11 a.m., Indigo Bridge Books, 701 P St. Free.

Coming up

Meet Cookie Mouse, 10:30 a.m. March 25, SouthPointe Barnes & Noble. Bring cameras for special photos. Free.

Mad Hatter Tea Party, 10:30 a.m. March 26, Barnes & Noble, 5150 O St. Come dressed as your favorite "Alice in Wonderland" character and enjoy storytime and tea. Free.

Nebraska All-Stars basketball tryouts, for 2010-11 sixth grade boys, 7:30-9 p.m. March 28, Lincoln North Star High School, 5801 N. 33rd St. Contact: Mike, 610-2650.

Pfizer/LPS Science Fair, 5-8 p.m. March 30, Pershing Center, 226 Centennial Mall South. Free.

Spring clean up at the zoo, 9 a.m.-3 p.m. April 3, 10, 11, Lincoln Children's Zoo. For details and confirmation: 475-6741.



YWCA Firefighter and Paramedic Program

The purpose of this program is to prepare for a Career at Lincoln Fire & Rescue for a cost of only \$35.00. Most of the classes are located here at the YWCA. The classes begin on Saturday, April 3rd and run until April 28th. See below for a detailed schedule.

To register, visit
<http://lincoln.ne.gov/city/fire/employ/ywca.htm>
or call 441-7363.



YWCA Firefighter and Paramedic Program Schedule

April 3rd - YWCA (14th & N St.) 9:00 am - 12:00 pm

Orientation - Tour of Station 1 - 3rd & South - Intro to PAT

“What it takes to become a Lincoln Fire & Rescue Fire Fighter”

April 7th - YWCA (14th & N St.) 6:00 pm- 9:00 pm

Application Process and additional materials

April 10th - LFR Training Facility (3rd & South St.) 9:00 am - 12:00 pm

April 14th - YWCA (14th & N St.) 6:00 pm- 9:00 pm

Written Examination

April 17th - NO CLASS

April 21st - YWCA (14th & N St.) 6:00 pm- 9:00 pm

Resume Building Tips

Oral Interviewing Techniques

April 24th - LFR Training Facility (3rd & South St.) 9:00 am - 12:00 pm

FINAL DAY TO PRACTICE FOR PHYSICAL AGILITY TEST

April 28th - MAKE UP DAY (In case of bad weather) Location TBA

MOURNING HOPE

Mourning Hope is a non-profit grief support network for children, teens, young adults and their families who have experienced the serious illness or death of someone significant in their lives. Their services are provided at no cost to participants. For more information, please contact Mourning Hope Grief Center at 402-488-8989 or www.mourninghope.org.



March 2010



	1	2	3	4	5 TAB 6-9:30	6
7	8	9	10	11	12 TAB 6-9:30	13
14 Daylight Savings Time	15	16	17	18	19 TAB 6-9:30	
21	22	23	24	25	26	27
28	29	30	31	4/1/10 **TAB in April is on the 9, 16, 23 **	4/2/10 NO TAB	4/3/10

The Funny things Kids Say!

(Parents, April 2010)

☺ I told my 3-year old twins that we were goin gto pick up grandpa at the airport, and my daughter Kaitlyn, said, "We can't pick up Grandpa; he's too heavy!"

☺ On the day our second daughter was born, I took my 2-year-old daughter, Olivia, in my arms and said, "You are so lucky to have a sister—I don't have one." She looked at me and said, "Well you can have mine."



Fooled YA!

Looking for a joke to play on your kid this April Fool's Day? Steal this mischievous mom's idea for some sneaky silliness.

"I froze my kids' milk overnight, then topped the glasses in the morning. The look on their faces when they couldn't drink anymore was absolutely priceless!"

(Parents, April 2010)