

# October 2020



**Hawthorne Judy Center**  
Facebook: HES Judy Center Twitter: @JudyCtrHES

[www.JudyCenter.org](http://www.JudyCenter.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ask about Virtual Prenatal Mindfulness			1 10:00 Infant Massage 6-9:00 Child Care provider Training	2	3
4	5 Virtual Coaching all week: TBD 11-1:00 meals @ HES	6 10:00 Virtual Music Group	7 11-1:00 meals @ HES	8 10:00 Infant Massage	9	10
11	12 Virtual Coaching all week: TBD 11-1:00 meals @ HES & Thurs Pumpkin trip material pick up	13	14 11-1:00 meals @ HES & Thurs Pumpkin trip material pick up	15 10:00 Infant Massage <b>10:00-11:00 Virtual Pumpkin Farm Trip</b> 6-9:00 Child Care Provider Training	16	17
18	19 Virtual Coaching all week: TBD 11-1:00 meals @ HES	20	21 11-1:00 meals @ HES	22	23	24
25	26 Virtual Coaching all week: TBD 11-1:00 meals @ HES	27	28 11-1:00 meals @ HES 1:30 Virtual Family Zumba	29	30	31

**Join us for Infant Massage – a 4-week class to learn to massage your baby. Next class series starts in November**

**Join us for the Virtual Pumpkin Farm trip online on October 15<sup>th</sup>. Pick up your pumpkin and craft during meal distribution Monday and Wednesday Oct 12 & 14**

**Get moving – Join us for free Family Virtual Zumba 10/28 from 1:30-2:15**

**BCPS distributes meals every Monday and Wednesday from 11-1. You will pick up meals for the week each day**

**18-month through 4-year-old Virtual Music Group on Oct 6. Let us know we should continue this activity**

**Free Virtual Coaching available for children not attending school. Contact the Judy Center to sign up**

**Please contact the Judy Center with questions about any of these activities 443-809-0138**