



# MARCH 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>CENTER HOURS</b> Mon-Thu: 10-7 Sat: 10-3	Todos los programas son Gratis todos son bienvenidos. We welcome all to participate. We are located within walking distance of bus routes #8, 25, 70-74, 77, 70, 304, 317, 255, 377. <b>ALL PROGRAMS ARE FREE AND OPEN TO ALL.</b> Free childcare is provided for all activities. Please call in advance to register. Call for more information: (206) 587-0320 • cascadepeoplescenter@lcsnw.org • www.cascadepeoplescenter.org Cascade People's Center is a program of Lutheran Community Services Northwest.			<b>Yoga 12Noon-1PM</b> 1 <b>Volunteer Orientation</b> 11 am <b>Ujima</b> 3:30-6 Play & Learn Garfield 10:30-12:30 Denny Park 4-6	2	3	<b>Advisory Council Retreat 12-4</b>
4	5 <b>SELF DEFENSE 9-12</b> <b>Ujima</b> 3:30-6	6 <b>Yoga 12Noon-1PM</b> Play & Learn Garfield 10:30-12:30 Cascade 5:30-7:30 <b>Ceramics</b> 5:30-7:30 <b>Ujima</b> 3:30-6	7 <b>Breakfast 7:30am</b> Play & Learn Windsor 10-12 <b>Ujima</b> 3:30-6 Preschool Spanish Class 6:30-7:30	8 <b>Yoga 12Noon-1PM</b> <b>Ujima</b> 3:30-6 Play & Learn Garfield 10:30-12:30 Denny Park 4-6 <b>Bilingual Literacy Night</b> 6-8 pm	9	10	
11 <b>Single2Mother Potluck</b> 5-7pm	12 <b>SELF DEFENSE 9-12</b> <b>Ujima</b> 3:30-6 <b>EcoCascade</b> 6-8pm	13 <b>Yoga 12Noon-1PM</b> Play & Learn Garfield 10:30-12:30 Cascade 5:30-7:30 <b>Ceramics</b> 5:30-7:30 <b>Ujima</b> 3:30-6	14 <b>Breakfast 7:30am</b> Play & Learn Windsor 10-12 <b>Ujima</b> 3:30-6	15 <b>Yoga 12Noon-1PM</b> <b>Adult CPR Class</b> 7 pm Please call to register Play & Learn Garfield 10:30-12:30 Denny Park 4-6 <b>Ujima</b> 3:30-6 <b>Stephanie's Community Evaluation &amp; Dinner</b> 6-8pm	16	17 <b>Environmental Education &amp; Exploration for Preschoolers</b> 10-12 <b>Mid-Day Movie</b> 12-3	
18	19 <b>SELF DEFENSE 9-12</b> <b>Ujima</b> 3:30-6	20 <b>Yoga 12Noon-1PM</b> Play & Learn Garfield 10:30-12:30 Cascade 5:30-7:30 <b>Ceramics</b> 5:30-7:30 <b>Ujima</b> 3:30-6	21 <b>Breakfast 7:30am</b> Play & Learn Windsor 10-12 <b>Ujima</b> 3:30-6	22 <b>Yoga 12Noon-1PM</b> <b>Ujima</b> 3:30-6 Play & Learn Garfield 10:30-12:30 Denny Park 4-6	23	24	
25	26 <b>SELF DEFENSE 9-12</b> <b>Ujima</b> 3:30-6 <b>EcoCascade</b> 6-8pm	27 <b>Yoga 12Noon-1PM</b> Play & Learn Garfield 10:30-12:30 Cascade 5:30-7:30 <b>Ceramics</b> 5:30-7:30 <b>Ujima</b> 3:30-6	28 <b>Breakfast 7:30am</b> Play & Learn Windsor 10-12 <b>Ujima</b> 3:30-6 Preschool Spanish Class 6:30-7:30	29 <b>Yoga 12Noon-1PM</b> <b>Ujima</b> 3:30-6 Play & Learn Garfield 10:30-12:30 Denny Park 4-6	30	31 CPC Fundraiser Event: <b>A Day Well Spent Dinner &amp; Auction</b> 7pm-Midnight	