THE Y CELEBRATES THE CHILD AND ADULT CARE FOOD PROGRAM (CACFP) WEEK

We celebrated the National CACFP Week by offering Y kids different types of fruits and vegetables such as: blue berries, garbanzo beans, black beans, raspberries, kidney beans, kiwi, cherry tomatoes, strawberries and papaya.

Teachers used a tasting chart to allow children to rate their tasting experiences.

It was an all-around great time that children and adults alike thoroughly enjoyed!

The Child and Adult Care Food Program (CACFP) supports early childhood education in child care centers and family child care homes, as well as after-school, and non-residential adult care programs, and emergency (homeless) shelters across the country by providing funding and resources to make all meals and snacks served to participants be nutritious and delicious.
Diana Ha is a songwriter, pianist and educator who arranges literary works for students to memorize and perform in song. She studied linguistics and music theory at the University of Pennsylvania, and has a Masters Degree in education. A former GATE teacher, she brings to Fender at the Y years of experience in public and home education. She has written, published, and produced worship songs for her community, and taught piano for many years.

**Classes begin July 6th for Session 4! Call 951-735-2440 to reserve your spot today!**

The objective of this class is to develop artistic vocal expression of famous literary text. Students will combine music with poetry and rhetoric, singing original arrangements of speeches and poems that have shaped our history and culture. In this season, we will learn and perform excerpts of Dr. King’s I HAVE A DREAM speech and poetry by Maya Angelou.

For ages 10 and up.

**Fender Rocks @ The Y**
815 W. 6th St. • Corona 92882
WWW.YMACORONOR.ORG/MUSIC
NURTURING YOUNG CHILDREN’S COMMUNICATION

All Children need and deserve to be in an environment that nurtures their ability to communicate. If children in your program have specific speech and language needs, it is even more important that you take advantage of every opportunity to teach them ways to communicate effectively. Talking and listening to children at their level is one of the simplest, yet most effective, practices you can use to create an environment that nurtures and strengthens the speech and language development of all of the children in your program.

Imagine trying to communicate while stretching your neck to look up at someone; and the person, towering above you, looks down at you while he or she speaks! This is the experience young children have all too frequently. This situation does not encourage meaningful conversation, which is the basis for speech and language development. Making an effort to be at another person’s eye level is a sign of respect and consideration, as well as an indication that you really WANT to listen to what they have to say.

Obviously, you cannot spend every moment at the children’s level, but consider that each time you stand towering over a child, you are discouraging the possibility of true interaction with him or her. By standing up or sitting on a chair that puts you above children’s eye level, you are missing opportunities to nurture and encourage the development of speech and language.

Being at a child’s level may mean kneeling, squatting down, sitting on a low chair, or sitting on the floor. When you are at children’s level, you become a ready participant in whatever activity they are engaged in. It is easier for children to approach someone who is at their same level, and it is easier for you to pick up on children’s subtle attempt to communicate when you are face to face.

Sitting on the floor, even for short period of time, may not be entirely comfortable for some adults. A number of seating alternatives are available to make floor sitting more comfortable: a banana chair (an upholstered chair which sits 6-8 inches off the floor and rocks); a stadium chair with a backrest; a shaped bed support cushion; a low stool; a large, firm cushion or pillow; or a kneeling bench (often used in meditation, these benches offer support while in a kneeling position).

Communicating at eye-level is an important speech and language tool, and it applies to children as well as to adults. If one child is seated in a chair or wheelchair while other children are seated on the floor or a child is positioned in a high chair while other children are seated at a low table, it is less likely that the isolated child will be included in conversations and playful activities. Improving these arrangements may be as simple as using chairs for the other children as well or positioning everyone on the floor, or moving the child in the high chair to your lap or to a chair at the table.

Your role is a crucial one in making sure the early childhood environment is full of opportunities for children to express themselves and to be listened to as they develop the important skills needed to communicate.
FENDER ROCKS AT THE Y

We had our first Showcase for our music classes this past week and our band room was packed to capacity as family and friends came to see the kids perform.

There was also refreshment and treats for families who stopped by.

Kids Rock at the Y also offers a Musical Kids class for kids ages 3-6. This is an energetic 45-minute class with over 300 activities designed to make learning music, dance & theater exciting and fun. This class is being offered on Saturday’s at 11:00am. Our instructors have over 12 years of experience teacher.

We are currently enrolling for Session 3 which begins May 6. Sign up today!
The Y participates in the 27th Annual Day of the Child
Saturday, April 27, 2019 from 10:00am—2:00pm

This was a free event for the entire family. There was pony rides, petting zoo, bouncers, free activity booths, food and much more.

YMCA FIELD TRIP TO FUNKY FARM

Our kids were invited to the Premier Screening of the children’s Television show Funky Farm. This was hosted by Tillery Resort.

There was face painting, puppets, snacks, and best of all dancing with the characters.

The Y had a table at the Summer Community Preview Fair at the Corona–Norco Parent Center on April 11th.
YMCA YOUTH CENTER AT MAIN Y

2s
The 2s have had a big change with Ms. Kristina, the lead teacher, leaving to finish her schooling. We wish her all the best!

We have many new classmates entering in our classroom from the infant center, there are also classmates graduating into the three year old program.

For our spring season, we planted butterfly and a hummingbird garden in our pots outside. The flowers are just beginning to bloom. We are keeping our eyes open for butterflies and hummingbirds. The kids overlook the pots each time we go outside to see the progress of our garden. They are so excited!

Jerry 1 & 2
All the pre-school classes have been talking about recycling and what we can re-use things rather than throwing away. They have made cars from boxes for the children to ride in. They have made bird feeders from toilet paper rolls and hung them in the trees for the birds.

The kids are continuing to recognize the letters of the musical alphabet, sing the Musical Alphabet song and finding the alphabet on the piano. The are starting to recognize the different types of notes and their value. The children are really enjoying their time with the instructor Brittani.

Marsha 1& 2
Recycling with our kids is incredibly important to do, and a good concept to promote as educators. Our kids will see that recycling goes beyond simply having a second garbage bin. By repurposing items before throwing them away, kids will learn that making new items from recycled ones takes less energy and fewer resources than making products from brand new materials.

Thank you to all our parent who donated recycled cereal boxes, paper towel and toilet paper rolls. With our recycled items, our kids were able to make a car and a robot from the cereal boxes.
**YOUTH CENTER AT HOME GARDENS**

Learning the layers of the Earth is fascinating for our kids. It opens their minds as they realize all the things that are under their feet. Suddenly the world becomes a much bigger place. They need to understand how our Earth works, plus how our behaviors are impacting it.

With our fun projects, our kids were inspired to become more earth conscious. Our projects consisted of earth from paper plates and animal shapes.

Congratulations to Arturo DePaz from getting an award on his Perfect Attendance. We are so proud of him.

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**YMCA YOUTH CENTER AT CITY PARK**

Our children are having a terrific time with Spring! They learn about chicks, flower and eggs. They were tracing, cutting out and decorating eggs. They dyed and decorated eggs. They also made chicken masks. This activity helps our kids with their gross motor skills which involves movement and coordination of the arms. They used their large motor skills when they searched for the hidden eggs. This allowed them to use their legs, feet and the use of their entire body. They had wonderful time hunting for eggs. Thank you to all our parents who dated the eggs and the filling.

We have also been learning about our planet and how to take care of it. This includes recycling and reusing different items. The kids made flowers from recycled newspaper, drew and painted the planet on recycled paper.

We are continuing to practice our alphabet, numbers and writing.
YMCA COMMUNITY CENTER AT HOME GARDENS LIBRARY

We have been having lots of fun doing many memorable crafts and activities. The kids created button art silhouette, stress balls, melted crayon art, marshmallow challenge. They also painted flower pots and did tie dye shirts. To end our fun week we had a nice movie and ate some delicious popcorn. We also played fun team games like team charades and ninja.

In the next couple of weeks our teens will be learning how to do write clear and precise resumes and prepare for job interviews. This is all possible from Kevin and Cesar, our teen mentors. We want to give a big shout out to our Kevin and Cesar, they have done a great job helping our teens stay focus in school and also to keep their grades up. Thank you so much Caesar and Kevin for all the help and support to our YMCA teens we really appreciate you!

Our neighbors, the Home Gardens Fire Department invited us on a tour of their fire department. The kids were so excited to go inside and see what our fireman do. They were also able to try on their fire equipment.

We also got a visit from our science retired teacher Pete Vanderbuilt the teens really have lots of fun when he comes to visit they love his science experiments and his stories that he tells the teens as he does an experiment. For the next weeks our teens will be doing many fun crafts and activities like string art, washer necklaces, melted beads creations, optical illusions drawings and abstract name art. To end our fun week we will be doing a nutritious smoothie cooking project and a fun day outside playing sports. Calling all teens come join the Teen Center and don’t miss out on all the fun!!!!

Teaching is a very noble profession that shapes the character, caliber, and future of an individual.

A good teacher can inspire hope, ignite the imagination, and instill a love of learning.
Infant and Toddler

One of the key elements for development in babies is sensory play and the outdoors. Our outdoors is filled with new things to explore, stimulate their senses. We let the babies crawl around in new terrains – grass, leaves, etc. The babies worked on their large motor skills by crawling, pulling and climbing in our outside playground area.

Preschools

Our kids are exploring with food. They are learning the difference and similarities between different types of fruits and their texture. Their choice of fruit was the apple. They discussed the tree which bears apples. This tree comes from the rose family, which typically has thin red or green skin and crisp flesh. They also learned that there are many varieties have been developed as desserts or cooking fruit or making cider.

School-Age

The children had an oral hygienist visit them to discuss the important of healthy teeth and healthy eating. She demonstrated easy steps to brush your teeth. She told the kids to aim the toothbrush at a 45 degree angle towards the gum line, use a pea-sized amount of toothpaste, use gentle circular motion, use a light back and forth motion on the chewing surfaces and always spit out the toothpaste after brushing. She also reminded the kids to brush twice a day and don’t forget to floss.
This week our two year old classroom explored plants and flowers. Each day we will add a different type of plant for our children to explore and we will be taking nature walks around our center to discover all of the different plants in our own environment.

We will be introducing ‘Alpha friends’ to help are children become more familiar with the alphabet in a fun and exciting way. As we continue to practice our colors, we will begin experimenting with mixing different colors with different mediums such as paint, play dough and food coloring.

Yoga and Zumba classes

Have you attended our Yoga class lately? In our Yoga class, your flexibility, muscle, strength and tone will increase. Your respiration, energy and vitality will improve. You will maintain a balanced metabolism. You will see athletic performance improvement.

Our Zumba classes combines Latin and International music with a fun and effective workout system. The dance moves are designed to enhance flexibility. The high-and low– intensity intervals make Zumba an excellent cardio workout.
Tips From The 10 Tips Nutrition Education Series

Make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

Include whole grains
Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Know what to look for on the ingredient list
Read the ingredient list and choose products that name a whole grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

Add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu.

Don’t forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage.

Avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low fat parmesan cheese or a squeeze of lemon.

Try new foods
Keep it interesting by picking out new foods you’ve never tried before, like man go, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

choosemyplate.gov/healthy-eating-tips/ten-tips.html
YMCA YOUTH CENTER AT CITRUS CIRCLE

Our vegetables that we planted in March are growing rapidly. The kids are so excited to see results from beginning to end. We are anticipating that the plants will reach full maturity and the students can actually eat them.

We began decorating the planters with paint, glitter glue, crayons and stickers. This will allow us to plant for vegetables once they are dry.

Children learn in different ways – some learn by seeing, some by hearing, some by reading, some by doing. Currently our older kids are teaching our younger kids how to play Mancala. This is a great way to develop skills they need to get along with other. It also offers valuable learning experiences.

Our Friday’s are always filled with fun activities. This past Friday we made yogurt parfaits. Our kids were able to create their own parfaits by adding different types of fruit and granola.

CPR CLASS

Learn the skills. Save a life. We offer affordable CPR (Cardiopulmonary Resuscitation) and First Aid classes to learn to perform CPR and administer First Aid to adults, children and infants.

When: Every second Saturday of each month
Time: 8:30am—3:00pm
Where: YMCA, 1331 River Rd. Corona, CA 92880
Fee: Contact Lisa Underhill at 951-264-2766.
YMCA YOUTH CENTER AT HARADA

This week teachers and children will be working on farm animals.

Teachers will research and share with children the cycle of the chickens. What kind of animals live in a farm what do they eat and who takes care of them. Children will be making farm houses; a farmer; Pigs; horse and cow puppets.

For story time they will read books: The Pig in the Pond; The Cow that went OINK and A Day at the Greenhill Farm.

Our kids will be expressing themselves doing all kinds of Art and Farm animals too.

YMCA YOUTH & GOVERNMENT

Congratulations to our Y&G Seniors!

Nalani Kamae, who has swore in to the Army. She will be studying Military Intelligence Linguist. This is crucial as the nation's defense depends largely on information that comes from foreign languages.

You are accepted!

Hi Yoenti,

I have great news! It is my pleasure to inform you that you have been accepted into Hope International University!

Congratulations, Yoenti! I look forward to working with you through your next steps and welcoming you to the HIU community.

Yoenti Reyes has been accepted to Hope International University where she will study Political Science. Knowledge of Political Science Indispensable. The study of Political Science has special importance in all countries. Its study helps us to understand the mechanism and constitutional systems of modern government. The principles of government, the domestic and foreign policies of the nation.

Sandra Kunarski will be attending Cal State Fullerton in the fall. Her goal is to become a Spanish Teacher.

We wish them all the best!
YMCA YOUTH CENTER AT MERRILL

Merrill had a Spring Party with an Egg Hunt. A special friend hid the eggs out on the playground. When the children came outside there were eggs everywhere. The children had so much fun collecting the eggs. After the egg hunt the children had lots of eggs to take home with special prizes in their eggs. The children also got to color eggs and make a bunny ears to wear doing their egg hunt.

Merrill finished their study on Buildings and started a new study on Reduce, Reuse and Recycle. This week the class is discussing how to keep our planet clean. The class went outside and picked up trash.

For Earth Day the children planted some flowers to be put in the garden.

We are getting ready to plant our spring vegetables. We are getting the planters ready and then we will plant our seeds. The teachers will be talking to the class about how we take care of our newly planted seeds and how they will grow.

YMCA YOUTH CENTER AT ABURNDALE

We have been busy these past months. We celebrated St. Patrick’s day with mathematics and tallied lucky charms.

The children studied famous women for National Woman's Month, and focused on young woman who are making a difference. We remembered woman from decades ago who helped pave the way for upcoming strong woman. The children wrote about the strong woman in their lives and surrounded the writing in colorful art.

We welcomed Spring with joyful art, paper and 3-D art and were excited for Spring break.

Many of our school age children attended the Funky Farm field trip, and we want to say thank you to all our parents who came, for taking the time to join the YMCA family, in helping our local community in promoting Funky Farm.
ADVENTURE GUIDES

Explorers, Trail Maidens, and Guides gathered at Hidden Valley Nature Center to replant their succulent garden that had become overgrown from 7 years ago when Adventure Guides had originally planted it as a community service project.

Circle of Twilight hosted our Spring Fling this year with a Family Hike at Oak Canyon Nature Center. It was a beautiful afternoon for a hike. There were lots of wildflowers thanks to all of the rain this season. Families went on a Scavenger Hunt Hike and took pictures of the items on the scavenger hunt list.

Thank you to Circle of Twilight for a great Spring Fling. Three of our members were able to go on that lovely hike. The Oak Trees were delightful. The girls started their Garden Award patch with a trip to Corona’s Community Garden on Ontario Ave. We sampled all kinds of organic goodness pulled right from the ground. We ate flowers! The girls planted two watermelons and two tomato plants in our backyard followed by some ice cream. We also achieved our Compass Award. We learned orienteering using a map and a compass. We learned how to use our compass to find our bearings on a map and we followed an orienteering course through Mountain Gate Park. We also managed to get in a great game of Candyland using real candy. Thank you to Diana and Sarah’s Secret Sisters. We really, really, enjoyed that game. Finally, we went to the Corona Public Library to enjoy a free concert. Friends of The Library hosted an Irish folk music group with a very special Swedish instrument called a nyckelharpa. They were an amazing group of musicians.

Daughters of the Meadow took a little time off from meetings to get caught up on all the extra-curricular activities everyone has. We were able to meet to discuss the upcoming few months and activities we want to do! Looking forward to bowling and a beach/camping trip in the next few months!
POM-POM CHEERLEADING DRILL TEAM

Classes have already started! It’s not too late to sign up!

**TIME:** 6:15-7:45pm

**AGES:** 5-15

**WHERE:** YMCA Youth Center at Harada
12884 Oakdale St.
Eastvale, CA 92880

**WHEN:** Thursday

**COST:** Varies

For more information contact: Dolores at (909) 917-8129 or (909)948-3861. Email cysc@verizon.net or visit cyscallstars.com

YMCA STAFF TRAINING

The Y is committed to the professional development of our staff. To that end, we offer regular trainings to strengthen their skills needed to improve their performance.

Staff attended the Child Care and Adult Food Program, Child care Nutrition and Physical Activity Forum in Costa Mesa and Family Service Association Child Development.

THANK YOU TO VEG FRESH FOR DONATING STRAWBERRIES AND CANTALOUP FOR OUR Y FAMILIES.
KARATE

Martial arts are a great way to develop balance, coordination, speed and strength, while building self-confidence and discipline in an encouraging, non-intimidating environment. Our classes focus on physical fitness, character, social and self-defense skill are presented as fun drill, games and activities.

**DATE:** Saturday

**TIME:** Beginners: 9:15-10:00  
Intermediate/Advanced: 10:15-11:00

**LOCATION:** 1331 River Rd. Corona

**FEE:** $35.00 Y Member  
$45 Non-Y Member

For more information call (951) 736-9622

YOUTH SPORTS

When kids play Y-Sports, they develop more than skills—they develop character. Coaches often model fairness and hard work while emphasizing teamwork, cooperation, and developing good values in this program. Our coaches recognize achievements large and small and understand that winning is not just about the score. By playing sports, kids and their families feel a sense of belonging that comes from a community gathering together to cheer on their team. Everyone plays, everyone wins!

Our YMCA offers year round sports for children between the ages of 3 and 10. Our emphasis is on building character, skills development and fundamentals of the game.

**DATE:** Tuesday & Thursday

**TIME:** 6:15-7:00pm  
7:15-8:00pm

**LOCATION:** 1331 River Rd. Corona

**FEE:** $35.00 Y Member  
$45 Non-Y Member

For more information call (951) 736-9622
A Night at Luna’s

June 24, 2019
6:00pm
$45 per person
Luna Modern Mexican Kitchen
980 Montecito Dr.
Corona, CA 92879

Limited seating.
Purchase your tickets today.
Contact Lorena Gomez at (951) 736-1415 or email at gomez@ymcacornor.org
Proceeds will benefit the Corona-Norco Family YMCA.

BUILDING MEMORIES

Corona-Norco Family YMCA
Adventure Guides

Mother & Daughter Programs
Adventure Guides: Ages 5-12 years
Trail Maidens: Grades 6th-12th

RECRUITMENT NIGHT
Thursday MAY 16th, 2019 at 7PM
at the Y located at 1331 River Rd.
Corona

Be part of the fun! Program runs year round from July – June.

Designed to foster lifelong relationships between mother and daughter:
- Participate in circles meetings twice a month
- Enjoy stories, songs, games & crafts
- Annual camping trips, parties & parades
- Community Service opportunities

Contact Lorena Gomez for more information at: gomez@ymcacornor.org

COMMUNITY EVENTS

RELAY FOR LIFE OF CORONA
24 HOUR EVENT - MAY 19-20, 2018
9:00 AM TO 9:00 AM
SANTANA PARK, 598 SANTANA WAY, CORONA CA

CITY OF CORONA
VS.
CANCER

HELP US ATTACK CANCER IN OUR COMMUNITY.

Thank you to our Presenting Sponsors:
PrimeCare,
FST,
Vulcan

10TH ANNUAL
SATURDAY JUNE 8TH, 2019
LOBSTERFEST
HEALTHY CHICKEN POT

Popovers:
Baking spray with flour
1 cup whole milk
3/4 cup all-purpose flour
3 large eggs, lightly beaten
1 teaspoon pure vanilla extract
Kosher salt
3 tablespoons unsalted butter, melted
1/4 teaspoon baking powder

Filling:
3 cups low-sodium chicken broth
1/3 cup all-purpose flour
4 tablespoons grated Parmesan
Kosher salt and freshly ground black pepper
1 cup frozen peas and carrots
1/2 rotisserie chicken, skin discarded and white and dark meat shredded (about 3 cups)
1/4 cup loosely packed flat-leaf parsley, chopped, for garnish

Directions
1. Preheat the oven to 400 degrees F. Spray a 12-cup muffin tin generously with the baking spray.
2. For the popovers: Whisk the milk, flour, eggs, vanilla and 1/2 teaspoon salt in a medium bowl until combined. Drizzle in the melted butter while whisking until combined; let the batter stand for 5 minutes. Add the baking powder; whisk the batter to combine and divide it evenly among the muffin cups (a scant 1/4 cup batter per muffin cup). Bake the popovers until puffed and browned around the edges, 20 to 25 minutes, rotating the pan about halfway through.
3. For the filling: While the popovers are baking, put the broth and flour into a medium saucepan and whisk until the flour is dissolved. Place the saucepan over medium heat and whisk continuously until the mixture comes to a boil; continue to whisk until the mixture is thick enough to coat the back of a spoon, 4 to 5 minutes. Reduce the heat to low and whisk in 2 tablespoons of the Parmesan, 1 teaspoon salt and 1/4 teaspoon pepper. Stir in the peas and carrots, then the chicken; cover to keep warm.
4. To assemble: When the popovers are done, turn them out of the pan, using a small spatula if necessary. Arrange 2 popovers on each of six plates or bowls and top with the chicken filling, dividing evenly among the popovers. Garnish with chopped parsley and sprinkle on the remaining 2 tablespoons of grated Parmesan.