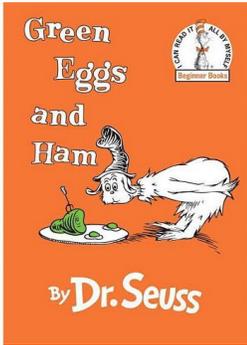


March 2020

MONROE COUNTY NEST

219 B Avenue West, Albia, IA 52501~641.932.5162

MARCH BOOK



Check out books like this at the Albia Public Library

GIVING BACK: RONALD MCDONALD HOUSE

Beginning February 1st, NEST will be collecting the little tabs that you pull to open pop, soup or other aluminum cans. The tabs collected will be donated to the Ronald McDonald House Charities; the funds generated from recycling the tabs go to help offset the House's expenses. Our NEST goal is to fill a gallon jug by May 1, 2020! Please help us reach our goal by bringing in your tabs in exchange for points!

*Collecting pop tabs is a great way to teach kids about philanthropy and the importance of recycling while raising funds to help children and their families at the same time.

CAT IN THE HAT STRING CHEESE



For a fun and creative snack, take a String Cheese stick and draw your favorite Dr. Seuss character on the package!

3 CAN CHILI



- 1 can (15 ounces) reduced sodium black beans
 - 1 can (15.5 ounces) corn
 - 1 can (14.5 ounces) tomatoes
 - Chili powder to taste
1. Place contents of all three cans (undrained) into a large saucepan.
 2. Sprinkle with chili powder to taste.
 3. Stir and heat thoroughly.
 4. Serve immediately.

FREE EVENTS IN MARCH

Helping Hands

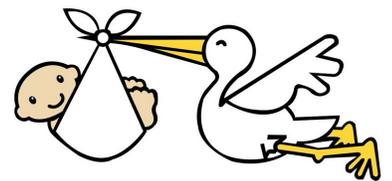
- Wednesday/Thursday (9:00 AM-1:00 PM)
- Friday/Saturday (9:00 AM-12:00 PM)

WIC Clinic

- First Thursday of each month
- Trinity United Methodist Church

Wednesday Night Supper

- (5:30-6:30 PM)
- Family Life Center



CLASS TIMES OFFERED

Monday
6:00-7:00 PM
Wednesday
10:30-11:30 AM and 6:00-7:00 PM

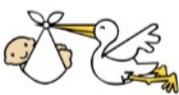
INDIVIDUAL/GROUP SUPPORT DISCUSSION TIME

Monday
5:30-6:00 PM
Wednesday
10:00-10:30 AM and 5:30-6:00 PM

March 2020

IOWA STATE UNIVERSITY
 Extension and Outreach
 Healthy People. Environments. Economies.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Guest Speaker	3	4 Guest Speaker	5	6	7
8	9 Perfect Portions	10	11 Perfect Portions	12	13	14
15	16 Energy Balance	17	18 Energy Balance	19	20	21
22	23 Dem Bones	24	25 Dem Bones	26	27	28
29	30 Reading is Fun	31	Monday Store Time 5:30-6:00 PM Wednesday Store Time 10:00-10:30 AM 5:30-6:00 PM		Cicely Lawrence Nest Coordinator Cicelyl@iastate.edu	Monday Class Time 6:00-7:00 PM Wednesday Class Time 10:30-11:30 AM 6:00-7:00 PM

FAMILY FEST!

FREE

Saturday, 10a till 4p March 7

Family Fest includes:

- Exhibitors
- Safety City
- Education → STEM activities
- Fun & Entertainment {for parents and kids}
- Health & Wellness

at the  **Bridge View Center**
Delivering Outstanding Experiences

Managed by  **VenuWorks**

Exhibitor Information:
Please contact Bridge View Center to exhibit or sponsor
info@bridgeviewcenter.com

Partners & Sponsors:



Join us for a BIRTHDAY PARTY!!

Dr. Seuss

What: Dr. Seuss's Birthday
Where: Wapello Co. Extension
13011 120th Ave. Ottumwa
When: Saturday March 7th
2:00 to 4:00 pm

*Crafts and activities for kids.
*Fun for the whole family!!

Co-Sponsored by:

 **WAPELLO COUNTY Children's Alliance** &  **IOWA LEGAL AID**

 **IOWA STATE UNIVERSITY**
Extension and Outreach

Do you have a 3 or 4 year old needing preschool? Albia Head Start is taking applications for the 2020-2021 school year! Our recruitment date for applications is scheduled for Friday, March 27 from 8 AM to 3 PM. Call to schedule a time, or schedule another date if this doesn't work for you. All we need is birth certificate or immunization record, proof of residency (something with your name and current address), and proof of income (W2s or 2019 taxes.)



Join the Albia PK-6 PTO for the **Spring Carnival** 
Saturday, March 7th
12pm to 3pm at High School
FREE for all PK-6 students and their families

Inflatables, Laser Tag, Cake Walk, Air Brush Tattoos, and lots of Carnival Games!

Silent Auction Baskets for Teacher Funds

Bring a dollar to PIE THE PRINCIPAL! 

Concessions available from
Mary Sauter/Pay it Forward

Easter Baskets Fundraiser

All Baskets are \$20
All Ages birth-104
Even 4-legged friends



All Proceeds will be used to buy coats, boots, clothing and toys for Pay It Forward Christmas Program.

This program helped over 2300 children last Christmas. The program helped 30 groups and organization's, over 20 towns in Iowa. Please help us keep growing, so we can help many more by purchasing one of our Easter Baskets



Variety of Backpacks Characters
Such as:
Spiderman, Pokemon, Frozen and Iowa Hawkeye

Baskets: Paw Patrol, Minnie and Mickey, Hercules, Batman, Super and many more!!

If Interested,
Call or Text Mary Sauter at:
(641) 660-4494