

Turn Off TV Week

APRIL 19-25

**Families everywhere are turning off the TV
and tuning in to a good time!**

Try one of these fun family activities

Free YMCA Activities

**Mon. April 19, Tue. April 20, or
Thur. April 22**

From 6-8 PM

Parents and kids are invited to rock climb

Thursday, April 22

5:45-7:45 PM

Parents and kids can try table tennis

LUMINA CENTER

Friday, April 23rd from 7-9 pm

East Third Street, Lewistown

Parents are invited to attend “Drop-In” with the
kids! Children must be at least 8 years old.

Enjoy open gym time and game room activities.

Don't forget!
Mifflin County Library
Book Sale will take place
April 22-25.
1/2 price on Saturday,
\$4 a bag on Sunday

CRAFTS AT BURGER KING

At BK in Burnham,
kids are
invited to make crafts at

Kids' Night

Tuesday, April 20th, 4:30-6:30 pm

Kid Connection

Downtown Lewistown

Saturday, April 24th

9 am - 2 pm

Crafts, kids' activities,
entertainment!

PLANTING A SEED

In celebration of Earth Day,
Community Partnerships RC&D will be handing out
seed packets of native plants at their office located at:

**23 North Main Street in Lewistown
Thursday, April 22 from 10 am - 3 pm**

Parent Tips for TV Viewing

- Be a role model – be more active, eat healthy, watch less TV
- Turn off TV during meals
- Limit screen time to 1-2 hours daily
- Remember that watching the screen can lead to overeating
- Watch TV with your child and talk about what you see



**Mifflin County
Communities That Care**

Visit us on the web at: www.mccares.com

GET MOVING

Ride bikes together
Visit the local playground
Take a nature hike
Play a game; kickball, Frisbee
Clean out the closets
Play with a pet or walk the dog
Do yard work together

GET CREATIVE

Paint Pictures
Play an instrument
Put a puzzle together
Build with playdough
Try a new recipe
Make up a story
Act out a nursery rhyme

GET IN TOUCH

Plan a family picnic
Write a letter to a friend
Have older family members tell stories of when they were young
Plan a slumber party
Have a backyard camping trip
Bake 2 batches of cookies and share one with a neighbor
Play board games or cards
Look through your family photo albums together

Wave Game

Find other fun game ideas at <http://www.creativekidsathome.com/games/>

Choose one person to be IT and have them hide their eyes and count to 50 while everyone else hides.

When IT finishes counting, he or she will start looking for other players. When someone is found, IT calls out "1,2,3 on" and the players name (e.g. "1,2,3 on David).

The player who was found has to go to the "jail". Any high visibility place will do as the jail. It could be a rock, tree, or even a Frisbee or hula hoop in the grass. They stay in jail until they see one of the free players in their hiding spot who is waving at them. Once they have been waved at, they are free to go and hide again. Of course, if IT sees them as they sneak away, IT can call 1,2,3 on them again.

The game ends when IT has all the players in jail. A new IT is chosen and the whole thing starts all over again.

Colored Playdough

Find other recipes at <http://fun.familyeducation.com/sculpting/recipes/37040.html>

1 cup water
1 tablespoon vegetable oil
½ cup salt
1 tablespoon cream of tartar
Food coloring
Saucepan
1 cup flour

Combine water, oil, salt, cream of tartar, and food coloring in a saucepan and heat until warm.

Remove from heat and add flour.

Stir, then knead dough until smooth. The cream of tartar makes this dough last 6 months or longer.

Store the dough in an airtight container or a Ziploc freezer bag.

For other ideas check out the following listing of community resources and events

www.juniatarivervalley.org
www.visitingmifflincounty.com
<http://new.merfradio.com/>
www.dcnr.state.pa.us/stateparks/parks.