

the

N O R T H I D A H O

R.A.P. family

Relatives As Parents



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✕ Beach Party Picnic ✕

R.A.P. FAMILIES & FOSTER CARE FAMILIES

July 12, 2012 (11:30 AM to 2:00 PM)

**The Jewett House
1501 E. Lakeshore Drive
Coeur d'Alene, Idaho**

Bring something to share such as cookies, chips, salad, or fruit. Bring lawn chairs, blankets, towels & water & sand toys. Wear your bathing suit for swimming

“We will supply the beverages, paper plates, utensils, napkins, hot dogs & fixings”.

*** There will be games for kids of all ages set up in the yard with adult supervision provided.**

**All kids being raised by others will get a mascot turtle!
Come Join the Fun!!!**



July 12, 2012



The Jewett House

Driving Directions to the Jewett House (On Sanders Beach)

From **Sherman Avenue** (downtown Coeur d'Alene)

Turn South on **11th Street** (toward the Cd'A Lake)

Turn East (left) on **E. Lakeshore Drive**

Lakeshore Drive dead ends at 15th Street and the Jewett House is right in front of you. (Big white house with a big front yard behind the gate. To **PARK** your car go left on **15th Street** and park in the parking lot behind the Jewett House.

EVERYONE IS WELCOME TO COME!!!

Glenda Weaver 208-769-7096 or

Julie Gardner 208-818-1956 or lcwpartnership.org



Summer Park Concert Series

Coeur d'Alene City Park Concerts

Sundays 1:00pm to 4:00pm

Rotary Lakeside Bandshell * Coeur d'Alene City Park

Bad Weather Moves Concert To:

The Coeur d'Alene Resort Plaza * 3rd Street @ Sherman Ave. Downtown Coeur d'Alene

Downtown Coeur d'Alene Concert

Tuesdays, 6-8:30pm * June 26 thru August 21

Sherman Square Park * 3rd Street @ Sherman Avenue

Hayden City Park

Wednesdays, 6-8:30pm * July 11 thru August 19

Hayden City Park * Behind City Hall * 8930 N. Government Way

Rathdrum City Park

Fridays, 6 - 8:30pm * July 27 thru August 17

Rathdrum City Park * Hwy. 53 @ Latah Road * one mile west of HWY. 53 @ Hwy. 41 Junction

Riverstone Summer Concerts

Thursdays, 6:30pm to 7:30pm * July 9th thru August 27th

Riverstone Park * 710 Mullan Avenue, Coeur d'Alene

Sandpoint "Summer Sounds" Concerts

Saturdays, 4:00pm to 6:00pm * June thru September 1

Park Place Stage * Corner of First & Cedar, Sandpoint

Coeur d'Alene 4th of July Festival

Spend your holiday in beautiful Coeur d'Alene, Idaho for the region's largest 4th of July Celebration! The day kicks off with the Knudtsen Chevrolet American Hero's Parade at 11:00 am on Sherman Ave. Afterwards, spend the afternoon at Coeur d'Alene City Park with activities brought to you by The Coeur d'Alene Casino Resort featuring live music, food vendors and games. Then, stay to watch North Idaho's largest fireworks display, downtown on Lake Coeur d'Alene, which can be seen for miles along the lake shore.





Free Summer Meal Program

Who is served by the summer meal program?

- * All children 18 years and younger are eligible. There is no registration or fee. Children may come all or any days they wish.
- * Parents are encouraged to come with their children, but it isn't mandatory. Adult meals are \$1 for breakfast and \$2 for lunch. Parents may bring their own meal, but cannot eat any of their child's meal.
- * The meal must be eaten at the site and be finished within 15 minutes of the final serving time.

Meal Sites and Times

Location	Breakfast Times	Lunch Times
Fernan Elementary	8:00 - 9:00 am	11:00 - 12:30
Atlas Elementary	8:00 - 9:00 am	11:00 - 12:30
Hayden Elementary	8:00 - 9:00 am	11:00 - 12:30
Project CDA	7:45 - 8:45 am	11:00 - 12:15

For Post Falls Meal Sites go to www.pfsd.com

For Bonners Ferry go to www.bcsd101.com

River Stone Stadium 14 Summer Movies \$1

2416 Old Mill Loop, Coeur d'Alene

Tuesdays & Wednesdays at 10 am

7/3 - 7/4	<u>Legend of the Guardians</u>	<u>Yogi Bear</u>
7/10 - 7/11	<u>Cats & Dogs: Revenge</u>	<u>Hugo</u>
7/17 - 7/18	<u>Adventures of Tin Tin</u>	<u>Puss in Boots</u>
7/24 - 7/25	<u>Kung Fu Panda 2</u>	<u>Rango</u>
7/31 - 8/1	<u>Rio</u>	<u>Spy Kids: All The Time</u>
8/7 - 8/8	<u>Chimpanzee</u>	<u>Hoodwinked Too</u>
8/14 - 8/15	<u>Arthur Christmas</u>	<u>Smurfs</u>

Just think on Tuesdays and Wednesdays you could take the kids to the movies and then go to one of the schools that are serving lunch to eat. If you are real energetic you could then take them to a park to play or the beach to swim!



The RAP Mascot is the turtle. The turtle, like us and our children, has a hard shell to protect it from getting hurt, but the inside is soft, vulnerable and loveable. We must learn to stick our heads out of our shell and take a chance.

Sandpoint Dance Class

Repeats every week on Tuesday starting at 6:30 PM.

Take a class in East Coast Swing, the Charleston, Lindy Hope or West Coast Swing.

Tuesday, January 24, 2012

6:30 pm to 11:59 pm PST

Repeats every week on Tuesday 6:30 pm to 11:59 pm

Bongo Brew Hut - Ponderay

Cost \$3

208-610-8587



Kids Day In The Park

North Idaho Association for Young Children, City of Coeur d'Alene and Coeur d'Alene Kiwanis presents the 21st Annual Kids Day In The Park. Save the Date!!

When: Saturday, July 21, 2012 10 am to 1 pm

Where: City Park, Coeur d'Alene, Idaho

There will be activities, freebies and free lunch for children 6 and under. Plus information, entertainment and fun for families and young children.

Physical Fitness Test

For over the age of 45 years

#1 Do you feel energized 14 hours after waking up?

#2 Can you: Carry large containers of milk or water in each hand, without feeling strain? (tote a gallon or 8 pounds) The strength comes from your shoulders, back, chest & knees. These are important muscles to keep strong as you get older.

#3 Can you: Jump up and down 10 times without causing your heart to race? This is a sign of a well controlled heart rate.

#4 Can you: Trim your toenails without any discomfort from the bending?

#5 Can you: Raise your foot as high as your hip when kicking?

#6 Can you: Twist and look behind you without moving your feet? This demonstrates good core strength and flexibility; both keys for strong healthy, pain-free back.

#7 Can you: Load your luggage in the storage bin above your airplane seat without strain?

#8 Can you: Carry a large basket of clothing up and down two staircases with out struggle or strain?

This is a test of strength. If you fail this test, try working more stair climbing in your day.

#9 Can you: Dance to a fast beat for more than 10 minutes without feeling winded? This shows endurance. You don't need long workouts to reap the benefits. In fact short burst of 10 to 15 minutes burns more fat than an hour of chugging along on a treadmill.

#10 Can you: Walk for 30 minutes without getting tired? A daily walk of 20 minutes is linked to so many health benefits we can't even list them all here. (Weight loss, mood enhancer, energy level builder, etc.)

How did you do?? You are in pretty good shape if you could do these mini fitness tests. If you failed... build up slowly with a mix of exercises that emphasize cardiovascular fitness, strength training, and flexibility for a long healthy life.

Relatives As Parents Support Groups in North Idaho

The CdA RAP Support Group meets the second Thursday of the month at:
Jewett House **No Regular Meetings during the months of July & August!**
1501 E. Lakeshore Drive **Come to our Beach Party Picnic July 12 @ 11:30 am**
Coeur d'Alene, ID

(A light lunch and child care is provided at no cost)

Noon - 2 o'clock

Glenda Weaver 208-769-7096

Margo Peebles 208-667-0320

The Rathdrum RAP Support Group meets the second Wednesday of the month from 9:30 to 11:00 am at:

Mountain States Early Head Start

14790 Kimo Court Rathdrum, Idaho

Linda Stolley 208-712-3152

The Post Falls RAP Support Group meets the first and third Fridays of the month from 10 to 11:30 am at:

Head Start/Across from the library

106 West 9th Street

Post Falls, ID

Robbie Eaton 208-773-6164

The Bonnors Ferry RAP Support Group meets the second Friday of the month from 5:00 to 7:00 pm at: **No Regular Meetings during the months of July, August & September! See you in October!**

University of Idaho Extension Office

6447 Kootenai Street (Bring a finger food to share)

Bonnors Ferry, Idaho

Dena Riffle 208-267-8166

Vickie Spencer 208-267-7003

***Food Stamps, Iccp Child Care, and general questions call:
1-877-456-1233**

*** Medicaid Questions call: 1-866-326-2485 * Child Support
Questions call: 1-800-356-9868**

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N O R T H I D A H O

R.A.P. family



RAP family

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Coeur d'Alene, ID. 83815

Any Name
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Anytown, State ZIP

