

# Buzzing Into Summer Activity Book



# Fun and Educational Summer Activities

BE

## **Be Safe**

While all activities are fun and educational, children should be **supervised at all times**. Young children should not be given small items that pose a **choking risk**. If you are not sure if an item is too small, use a toilet paper roll to check and see if the item is too small to give to a child under 3.

# IS IT A CHOKING HAZARD?

#### USE THE TOILET PAPER ROLL RULE!

IF THE OBJECT EASILY SLIDES THROUGH THE TOILET PAPER ROLL, IT COULD BE A POTENTIAL CHOKING HAZARD



#### **Food Box Buildings**

<u>What you will need:</u> 1. Various boxes or cans

<u>What to do:</u>

 Stack the materials to make houses, bridges, etc.
Make a tent with the boxes. Blankets, sheets and play parachutes work great as tent materials.

<u>Secrets to keep them engaged:</u> -Don't build for them or show them how it's done -Ask questions and help them problem solve

## Reuse Broken Cryyons

<u>What you will need:</u> A pile of broken crayons Heavy Microwavable paper cup or small container Assorted candy molds or muffin tins

<u>How to make it:</u>

1. Remove all the paper from the crayons.

2. Using molds or a muffin tin lines with parchment paper, place crayons into the shape.

3. Place tray into the oven for 10 to 15 minutes with the oven on 250-300 degrees. Set out and let cool until hardened.

4. Pop cool crayons out of the molds and color...... Never

having to throw away those old crayon pieces!!!!





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### **Finger** Paints

What you will need:

- 1. 3 tbs sugar
- 2. 1/2 tsp salt
- 3. 1/2 cup corn starch
- 4. 2 cups water

#### <u>What to do:</u>

1. Combine ingredients in a saucepan and warm until mixture thickens.

- 2. Let cool and pour into separate containers.
- 3. Add food coloring to create desired colors.





### **Grab and Release**

Primary Objectives 7a. Uses fingers and hands



Why It's Important Infants are just beginning to develop their fine-motor skills. While grasping is a reflex that most infants are born with, releasing is a skill that must be learned.

#### Materials

Small toys that are safe for infants

#### What You Do

- 1. Place the toys on the floor within your child's reach in a safe, low-traffic area (ideally in front of mirrors, next to a firm pillow, or on a rug).
- 2. Encourage your child to pick up a toy by modeling the acts of picking up and releasing.
- Describe what you see your child doing. You picked up the blue rattle and now you are shaking it. Shake, shake, shake.
- 4. Encourage him to practice releasing by drawing his attention to another toy. You may also need to help him open his hand. Describe what you are doing. I am opening your hand. Now you are letting go. Now you can get the rattle.
- 5. You may also want to sing "Open, Shut Them" during this experience.
- Play patiently with your child until he is able to release the toy on his own. Continue to encourage him and model the motions, if necessary.
- 7. When you see your child release the toy, acknowledge his efforts. You opened your hand and your toy fell out! Can you open your hand again?
- Gently open his hand and continue with the activity for as long as he is interested. Be attentive to cues that tell you he is ready for something different, such as looking away, crying, or changing positions.

## **Binoculars**

#### What you will need:

- 1. Toilet paper rolls or paper towel rolls
- 2. Scissors and tape/glue
- 3. String or other items to decorate with

#### <u>What to do:</u>

- 1. Tape or glue two toilet paper rolls together.
- 2. Optional: decorate them and put a string on one side for carrying
- 3. Use binoculars to look for birds or other animals outside, or play a fun game of eye spy with them.







4. Or you could label the color of the ball they are reaching for

Perfect for 1 and up

5. For little learners, you can say "off" as they take the ball off of the wall.

## Magic Rock

#### **Primary Objectives**

4. Demonstrates traveling skills

#### Why It's Important

Pretend play allows your child to think and play creatively. Being able to choose how she wants to act out an imaginary scenario helps her feel comfortable and confident during the experience.

#### Materials

A bell or other noise-making device

#### What You Do

- 1. Find an open space indoors or outside where your child can move freely.
- 2. Invite her to play a game with you. Explain that when your child hears you ring the bell, she should turn into a magic rock and be very still. Then she needs to listen for your question. You will ask her to turn into something else, like a butterfly or a dinosaur. If her answer is *yes*, your child should get up and move like that animal around the room. When she hears the bell ring again, she should stop what she is doing and turn back into a rock.
- If necessary, demonstrate how to curl your body into a ball to represent a rock. You may also choose to have your child become a magic tree standing very still or a magic flower sitting on the ground.
- 4. Begin the game by ringing the bell and saying, *Magic rock, magic rock, can you turn into a monkey*?
- Acknowledge her efforts. I see you jumping around and scratching your head like a monkey does.
- 6. If your child answers *no* to the question, ask a new question. Okay, the magic rock cannot turn into a monkey. Can you turn into a bumble bee?
- Repeat the game for as long as your child is interested, offering any physical assistance needed. Make sure you let your child know when the game is ending. Okay, magic rock, let's try one last animal before we get ready for snack.







## Playdough and Nature:



<u>What you will need:</u>

1. Playdough

2. Various nature materials: leaves, sticks, rocks, flowers, etc.

<u>What to do:</u>

- 1. Take a walk in nature and collect various leaves, sticks, rocks, flowers, etc.
- 2. Children can use these materials to stick in and on the playdough
  - 3. Allow your child to be creative and ask what they made!

> Perfect for any age depending on the size of the materials

## Magic Forest

#### **Primary Objectives**

Demonstrates traveling skills
Demonstrates balancing skills

14b. Engages in sociodramatic play

#### Why It's Important

Encouraging children to imagine themselves as animals inspires them to think creatively about how to move their bodies. This activity will help your child develop her large muscles while she uses her imagination.

#### Materials

Paper; several small beanbags; traffic cones; large open floor space or outdoor area; toy hoops; baskets; balls

#### What You Do

- 1. Gather materials to be used as part of an imaginary forest. Invite your child to create a forest with you.
- 2. Talk with her about the things she would find in a forest. What kinds of things do you think we might find in a forest? What kinds of animals would we find?
- 3. Use her ideas to create a forest together. Show her the collection of materials, and encourage her to think of how they could be used. We could use these cones for large rocks. What could we use for lakes?
- 4. Provide her with more specific choices, if necessary. Which would you like to use for the lakes: the beanbags or the hoops?
- 5. After you have created the forest, invite your child to imagine herself as an animal. Encourage her to think about how she would move as an animal. How will you move around as a bunny? Where does the bunny want to go in the forest?
- Have your child create a pretend play scenario using the forest props. Follow her direction during play. Encourage her to invite others to join the activity.









## FIREWORKS PAINTING

What you will need:

- 1. Paint and paper
- 2. Paper plates
- 3. Toilet paper or paper towel rolls and scissors

#### How to make it:

- 1. Put different color paints on each plate
- 2. Cut thin slits into one end of the cardboard roll
- 3. Flatten the pieces out to the side, creating a stamper
- 4. Dap stamper into paint, and then use it on paper to create a firework print.





Pool Noodle Patterning

<u>What you will need:</u>

- 1. Pool noodles and a knife
- 2. A tub and water

#### <u>What to do:</u>

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- 1. Adult cuts different color pool noodles in small slices.
- 2. Have your child play with the rings in various ways.
- 3. Show your child how you can create patterns like
- -Blue, Red, Blue, Red, Blue, Red...



#### What you will need:

- 1. Various nature materials
- -Rocks, leaves, sticks, pedals...
- 2. A tub and water

#### <u>What to do:</u>

1. Go for a walk around the beighborhood, backyard, or park. Collect various nature materials.

2. Place each nature item in the tub of what, one at a time. Notice which ones sink to the bottom and which ones float to the top of the water.





#### What you will need:

- 1/4 cup of corn starch
- 1/4 cup of cold water
- 6 to 8 drops of food coloring
- A muffin tin or several small bowls and paint brushes

#### How to make it:

Mix the corn starch and cold water together in a small bowl.
Place equal parts into the muffin tin cups or the small bowls.
Add different food coloring to each bowl..... mix colors to see what makes purple, green or orange.

Chalk Paint



## Clean Mud

- <u>What you will need:</u>
- 1. 1 cup of soap flakes
- 2. Toilet paper
- 3. Warm water

How to make it:

1. Shred a bard of ivory soap with a cheese grater or apple peeler. 2. Shred one or two rolls of toilet paper by ripping it into small pieces.

3. Add warm water and mix together.

4. You child can have a neat sensory experience with playing in this clean mud!

## Growing a Mr./Mrs. Grass Head

What you will need:

- 1. Nylon stocking
- 2. Grass seeds
- 3. Potting soil
- 4. Potting container
- 5. Optional: googley eyes and pipe cleaners to make a face

#### What to do:

1. Place grass seeds in the bottom of the stocking,

- then fill up with dirt and tie it off.
- 2. Place in the pot, seeds facing upwards.
- 3. Optional: decorate stocking
- 4. Watch the grass grow!
- 5. Once grass gets long, you can
- "cut the hair" with scissors.













## **Cotton Ball Clay**

- <u>What you will need:</u> 1. 3 cups of cotton balls
- 2. 2 cups of water
- 3. 2/3 cup of flour
- 3. 2/3 cup of flou
- 4. Food coloring

#### <u>What to do:</u>

1. Tear cotton balls apart into small pieces.

2. Mix water and cotton balls together in a medium saucepan.
Slowly stir in the flour. Continue to stir and cook over low heat for about 5 to 7 minutes until the mixture begins to stiffen.
3. Separate into different bowls and add food coloring and stir it up.

4. Remove saucepan from the stove and place contents on a thick towel or paper towels. Allow to cool.

5. Shape into a sculpture or place onto paper to make a picture.

6. Allow cotton clay sculpture to dry 24 hours or until hard! Paint and decorate however you would like!

# **Growing Crystals**

<u>What you will need:</u>

- 1. 1 cup hot water (H)
- 2. 1/4 cup salt (sodium chloride)
- 3. 2 teaspoons vinegar (dilute acetic acid)
- 4. food coloring (optional)
- 5. piece of sponge
- 6. shallow dish

#### <u>What to do:</u>

1. Stir together the water, salt, and vinegar. Boiling water works best, but very hot water is okay. So be careful!

2. Place the piece of sponge on the shallow dish. Pour the mixture over the sponge so that it soaks up the liquid and just covers the bottom of the dish.

If you want colored crystals, you can dot the sponge with food coloring. As the crystals grow, the colors may run together a bit.
Set the dish in a sunny window or other warm area with good air circulation.

5. You will see crystal growth overnight or within a day. Add more crystal growing solution to replace the liquid that evaporates.













What you will need:

- 1. Paper
- 2. Pencil or marker
- 3. Scissors

#### <u>What to do:</u>

1. Write your child's name on a strip of paper with some space in between each letter.

2. Cut in between each letter in different ways.

3. You child can then put the puzzle pieces together to learn how to spell their name.

4. To make it harder: cut each letter into the same sizes and lines, so they can focus on the letter order instead of the shape.

# Writing in the Sand

<u>What you will need:</u>

1. Sand in a shallow bin or plate

#### <u>What to do:</u>

1. Have your child use their fingers or a paint brush to make designs in the sand.

- 2. You can start with lines and designs
- 3. For older children, they can write their name or
- other common words.





# **Color Hunt**

What you will need:

- 1. A piece of cardboard
- 2. Bright crayons or markers
- 2. Nature

#### <u>What to do:</u>

Use a piece of cardboard (you could cut a die out from a cereal box) and color various colors into strips.
Go for a nature watch and help your child collect flowers, leaves, rocks, etc and match the colors.





What you will need:

- 1. Ice cube trays
- 2. Food coloring
- 3. Popsicle sticks
- 4. Paper

#### <u>What to do:</u>

1. Fill tray with water and let your child put a few drops

- of food coloring in each cube.
- 2. Let freeze over night.
- 3. Break out the cubes from the tray and paint!





Frozen in Ice

BE

#### <u>What you will need:</u>

1. Small to medium size cups or Tupperware containers

2. Toys that will fit in the containers like legos, small figures, toy keys, pom poms, dinosaurs, etc.

<u>What to do:</u>

1. Place the toys in the various containers and fill with water

2. Let freeze overnight or 24 hours, bigger containers will need longer time to freeze.

Children can use play tools or metal spoons to chip away at the ice
Or give your child cups of warm water to pour over the ice and watch it melt to rescue the toys.





What you will need:

- 1. A piece of paper
- 2. Crayons, pencils or markers
- 3. Toys like dinosaurs or anything that can stand up
- 4. A sunny day!

#### <u>What to do:</u>

1. When the sun is lower in the sky and can cast shadows, put toys along the paper and your child can trace the outlines of the shapes.

2. You can line up blocks or magnet tiles for an easier trace, or dinosaurs or dolls for a harder activity.





## **Kick Bowling**

#### **Primary Objectives**

6. Demonstrates gross-motor manipulative skills

#### Why It's Important

Children need many opportunities to practice their traveling skills, both independently and with adult assistance. Kick bowling supports the development of your child's gross-motor skills. It also encourages him to explore cause and effect by allowing him to investigate the cause of an unexpected event.

#### Materials

Empty plastic bottles (five or more); medium-sized balls (6-12 inches in diameter)

#### What You Do

- 1. Set up the plastic bottles in one or more rows depending on how many bottles you have.
- Invite your child to play a bowling game. Explain that the purpose of the game is to kick the ball and knock down the bottles. You may need to demonstrate kicking the ball toward the bottles.
- 3. Provide assistance if your child needs it to complete the task. Acknowledge his efforts. You kicked the ball far. You knocked down three bottles.
- 4. Encourage him to help you set the bottles back up after they fall. We need to stand them back up so you can try to knock them down again.
- 5. Explain what happens to the ball and bottles. The ball rolled over there. It didn't touch the bottles, so no bottles fell down.
- Ask questions to extend your child's thinking. Why didn't that bottle fall down? I wonder how many you'll knock down next.
- 7. If other children are playing, talk about taking turns during the game. You had a turn, and now it is Maria's turn. Let's watch Maria kick the ball.
- Allow your child to continue the activity for as long as he is interested. Make the bowling game available for your child to use later if he chooses.



Drawing to Music toddlerapproved.com

## Drawing to Music

#### Primary Objectives

7b. Uses writing and drawing tools

#### Why It's Important

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### Supervise children with crayons

As your child learns to control the small muscles in his hands, it is important to provide him with many opportunities to practice writing and drawing.

#### Materials

Markers or crayons; large piece of paper; a variety of music

#### What You Do

- 1. Invite your child to join you at the table. Explain that he will be listening to music and drawing while he listens.
- 2. Play the music and encourage your child to describe what he hears before drawing. What do you think of when you hear this music? To me it sounds jumpy and quick.
- 3. As your child draws, encourage him to use the music as his inspiration. I'm going to play a slow song now. Let's see how you decide to paint when the music is slow.
- 4. Allow your child to continue with the activity as long as he is interested. Do this activity again from time to time to see how your child's ability to listen to the rhythm and feeling of the music impacts his artwork.
- 5. You may want to collect a series of these drawings over time to display in your home.





# A Book About Me

Game 107

Encourage your child to save items that are important to him, and help him put them in a book.

Your child can use the book to share important aspects of his life with family.



## Why this is important

Your child knows many different facts about himself. You can help him bring those facts together in a book. Collecting personal items in a book gives your child a reason to feel proud. This book also provides a resource that your child can review again at any time and may be a source of identity and security for your child.

## What you do

- Help your child collect items that represent his favorite things. For example, You like peaches so much. Let's save the label from this basket of peaches.
- Encourage him to set aside special mementos. For example, these could include a leaf from his favorite climbing tree, one of his drawings, or a postcard he receives.
- Fasten together several sheets of construction paper to make a book.
- Add a title to the cover, such as A Book About Jon, or ask your child what he would like to call his book.
- Invite him to decorate the cover of the book. Let your child attach the mementos to each page using glue or tape.
- Talk about each page as he assembles it: This page reminds me that your Grandma loves you and writes to you. And this shows how much you like to draw with your crayons.
- Make sure to include empty pages in the book so that he can add more items later.



# Playdough



<u>What you will need:</u> 1 cup all-purpose flour 1/2 cup salt 2 tablespoons cooking oil 1/2 cup water Food coloring (optional)



#### <u>How to make it:</u>

1. In a bowl, combine the flour, salt, and oil.

2. Add the water and mix until the ingredients start to come together.

3. If using, add food coloring and mix until the dough is colored.

4. Transfer the dough to a clean surface and knead for a few minutes until it's smooth and pliable.

5. Store it in an airtight container or zip-lock bag.

## What can you do?

1. You can mold playdough into anything! You can make letters or different shapes. You can make people or animals.

2. You can add college materials like beads and pipe cleaners to make a playdough creation.

3. You can create a sorting activity by coloring popsicle sticks or cue tips, and sorting them into the matching playdough.



4. You can do pretend play by making food like you are at a restaurant.

5. You can practice scissors 🚫 skills by letting

your child cut the playdough into little pieces. 6. Give your child plastic animals to use with the playdough. For example, your child could make a lake for the ducks or roll some playdough into balls to make apples for a horse.

7. Give your child objects to use for making patterns in the playdough like a fork, seashell, or toy animal.

## What can you add?

- 1. Food coloring (gel makes colors more vibrant)
- 2. Scents like pumpkin spice or mint 🗱
- 3. Beads to put in the playdough, for children to find
- 4. Herbs and petals to make a different texture
- 5. Glitter and sequins to make it sparkly (and messy)
- 6. sand to make the texture change
- 7. You can freeze it to make it more firm (no solid)





# Homemade Recipe

<u>What you will need:</u>

1 cup all-purpose flour

1/2 cup salt

2 teaspoons cream of tartar

1 tablespoon vegetable oil

- 1 cup water
- Food coloring (optional)



<u>How to make it:</u>

1. Combine the dry ingredients (flour, salt, cream of tartar) in a saucepan.

2. In a separate container, mix the wet ingredients (oil, water).

3. Pour the wet ingredients into the dry ingredients in the saucepan.

4. Place the saucepan over medium heat and stir constantly until a ball of dough forms, about 3-4 minutes.

5. Remove the saucepan from heat and let the dough cool on a piece of parchment paper.

6. Knead the cooled dough until it is smooth.

7. Add food coloring to the dough (if desired) and knead until evenly colored.

8. Store the playdough in an airtight container or plastic bag.

## Area Activities



<u>Otto Bookstore</u> – Annual Kids Festival (Free) - Start making plans to join us right here on West Fourth Street at the Otto Bookstore for our Annual Kids Festival! We will shut down West 4th street (from Pine Street to Laurel) and celebrate. The Kids Festival will feature children's authors, games, bounce houses, food, kids' activities, face painting and so much more!

Date: Saturday June 28, 2025, Time: 12:00pm – 4:00pm Place: 107 W. Fourth Street Williamsport PA, 17701

<u>Kids Bowl Free Program</u>- Register online at <u>www.kidsbowlfree.com</u> Harvest Moon Lanes 7521 N US 220 Highway Linden, PA 17744



<u>Art Buzz Camp at Wine & Design Williamsport</u>- Register online at <u>www.wineanddesign.com</u> Camps begin Monday June 23<sup>rd</sup> and run weekly through Monday August 4<sup>th</sup> and range in prices. From painting to crafting and a little bit of learning, join us for a camp experience your kid won't be able to stop talking about! Located at 357 Market Street Williamsport, PA 17701

<u>Centered Earth</u>- Register online at <u>www.centeredearth.com/kids</u> Get creative with summer art camps at Centered Earth! We have FIVE camps available to make the summer fun, plus there are Paint-Your-Own-Pottery (PYOP) Ice Cream Socials. Whichever camp you take, they all include materials, supplies, snacks, and smiles! Located at 21 Kristi Road Suite 3 Muncy, PA 17756

**Pizza Hut's Camp Book It** – Some locations may not participate. The program runs from June through August. Sign-ups should be opening soon for 2025! Campy BOOK IT! is open to all families with PreK-6<sup>th</sup> grade students ages 4-12. Parents set goals, track reading and if completed receive a coupon or a free Personal Pan Pizza. Sign up online at <u>www.bookitprogram.com</u>



#### Lewisburg Children's Museum- More information and events at

www.lewisburgchildrensmuseum.org Summer Hours (June 1- Sept. 1): Monday, Wednesday, Thursday & Friday 10:00am-4:00pm, Saturdays 10:00am-5:00pm, Tuesdays are School/Group Visits Only and Closed on Sundays. Ticket Prices: \$9 per person, children 2 & under are free. Discounts are as follows:



Family Day Pass (admission for 4): \$32 each additional is \$6 per person *Museums for All:* \$2 per person (up to 4 individuals) Present EBT/SNAP/WIC Benefits card plus ID Senior Discount: \$6 per senior Must present ID and cannot be used with other discounts <u>Active/Retired Military:</u> \$6 (up to 4 individuals) Present valid, active/retired military ID all year around Blue Star Museums: Free (up to 5 individuals) Present valid, active military ID from Armed Forces Day to Labor Day ASTC Member: Free (up to 4 individuals) Present ASTC Membership card and a valid ID The visiting member must have a membership from an ASTC institution AND a valid ID with residence outside of a 90-mile radius from the LCM



<u>San Diego Zoo Live Animal Cams</u> – Find lots of LIVE animal cams to watch over summer including Giant Panda, Baboon, Koala, Hippo, Polar Bear and many more. https://zoo.sandiegozoo.org/live-cameras



Kaos Fun Zone- 315 Hepburn St. Williamsport, PA 17701

Sunday Funday Specials: 11:00am-6:00pm - 1 Pizza (toppings extra) + 1 Pitcher of Soda + (4) 1 Hour Arcade Cards for \$24.99! The perfect combo for family fun! Fly World - 315 Hepburn St. Williamsport, PA 17701



<sup>1</sup>⁄<sub>2</sub> Price Jump Times: Every Wednesday from 4:00pm-8:30pm - 30 minutes is only \$5, 60 minutes is only \$8, and 90 minutes is only \$10.

Hiawatha - Ridehiawatha.com

*Hero Cruise* - Join the Superheroes as they visit the Hiawatha for activities, story-time, and personal meet & greet on the lower deck. The party continues the upper deck with another character, mask making, snacks, and more!

Cruise length is 1 hour and are offered at 5:30p.m. and 7:00 p.m. Dates: June 17th - Spidey, Captain America, Captain Carter September 23rd- Captain America, Antman, Scarlet Witch

Rates - Adult - \$15.00 (Age 13+)

- Child \$20.00 (Age 3 12)
- Children 2 and Under are Free



*Princess Party Cruise* - Princess Party Cruises include 3 characters per cruise and crafts! Come one, come all, and join your favorite princesses for an adventure on the Susquehanna River you won't soon forget!

Each cruise includes three characters, singing, story-time, and personal meet and greet on the lower deck. The party continues on the upper deck with another character, crafts & a snack! Cruise length is 1 hour and are offered at 5:30 p.m. and 7 p.m. on each date listed below.

Dates:

July 8 - Princesses Belle & Aurora, Prince Phillip July 22 - Princesses Cinderella, Moana, Rapunzel & Flynn Rider August 19 - Princesses Elsa, Ana and Kristoft Rates - Adult - \$17.00 (Age 13+)

- Child \$22.00 (Age 3 12)
- Children 2 and Under are Free



<u>**Outback Roos</u>**- Located at 2925 W. Fourth Street Williamsport, PA 17701, Outback Roos is a Family Entertainment Center focusing on providing a fun, clean, and safe atmosphere for children Ages 12 and under. With several inflatable bounce houses, slides and obstacles for your kiddos to enjoy! – Open Bouncing is available every day. Children under 3: \$8, Children 3-12: \$14 Monday-Saturday 10am-7pm, Sunday 12pm-5pm. (570)447-2421</u>



**Trout Pond Park Skating Rink**- Located at 1935 Rt. 405 Highway Muncy, PA 17756, The main attractions to the park are the Roller-Skating Rink and the trout fishing pond. The skating rink features disk jockeyed music, two skating floors, arcade games, billiards, snacks, food, and drinks. The pond is stocked with a various variety of trout and carp. The first Wednesday of every month is discounted admission. (570)546-8780

Open Skate Sessions: Sunday: 2:00 pm - 5:30 pm Tuesday: 10:00 am - 12:30 pm Wednesday: 5:30 pm - 8:30 pm Thursday: 7:00 pm to 10:00 pm Thursday is Adult Night (16&over) Saturday: 7:30 pm to 10:30 pm Admission: Sunday, Tuesday, Wednesday, and Thursday: \$7.00 Saturday: \$10.00 Skate Rental: \$2.00

Speed Skate/Rollerblade Rental: \$3.00



<u>Summer Movie Mornings at The District Cinema</u>- The Summer Movie Mornings program provides kids with an opportunity to get out of the house and experience their very first film on the big screen! The program will run at 10:00am Tuesdays and Wednesdays from June 17<sup>th</sup> to August 13<sup>th</sup> and will feature a new family friendly \$2.00 movie every week.



## Area Parks

<u>Brandon Park</u> - Brandon Park, on the north end of Market Street, only a few blocks from Lycoming College, has grass areas, trees, children's play equipment, a Band Shell, a baseball field and six lighted tennis courts.

**Phillip E. Preziosi Park (Newberry Park)** - is located at 813 Baker Street in Williamsport's West End. It has a perimeter walking path, playground designed for children 2 to 5 and 6 to 12 years of age, a green area, where the spring Newberry Lions Fair is held, and a Bocce court.

<u>Bald Eagle State Park</u>- Located at 149 Main Park Road Howard, PA 16841, the park is open every day of the year, sunrise to sunset. Day use areas close at dusk. The park is equipped with picnic and wildlife watching areas. Some activities include boating, fishing, hiking, and swimming. You can check out upcoming events at: <u>https://www.pa.gov/agencies/dcnr/recreation/where-to-go/state-parks/find-a-park/bald-eagle-state-park.html</u>



Memorial Park - Memorial Park on West Fourth Street, is the Home of Bowman Field and the minor league Crosscutters baseball team. Memorial Park has children's play equipment, picnic tables, and 2 pickleball courts. Six public tennis courts and the Elm Park Softball Field are located on the south side of West Fourth Street near Memorial Park. Elm Park is a city facility managed by the Williamsport Soft Ball Association. The Original Little League Field is across the street from Memorial Park. Journey Bank Ballpark at Historic Bowman Field, next to Memorial Park is utilized during Little League to host the MLB Little League Classic.

<u>Young's Woods</u> - Young Woods is located in East End at 1001 George Street. It has a picnic pavilion, basketball court and children's playground area.

**Lose School Playground** - Lose School Playground has a walking path, basketball court and play area. It is located in the 1100 block of Memorial Avenue.

<u>Shaw Place</u> - Shaw Place in East End is at 1501 Sherman Street. Shaw Place has the longest park walking path in Williamsport, playground equipment, a softball field, soccer field, tennis courts and a hitting wall.

<u>Susquehanna State Park</u> - Susquehanna State Park, a 20-acre river front recreational area in Newberry off of Arch Street at 2250 Hiawatha Boulevard, is home of the Hiawatha Paddlewheel Riverboat. This park has pavilions, a walking/biking path and a view of the Susquehanna River.

<u>Heshbon Park</u> – Heshbon Park is located at 2729 Heshbon Road. This park has a children's playground area, pavilions, a basketball court and lots of grassy areas!

Indian Park – Located at 104 Park Road Montoursville, PA. The park provides easy access to the Susquehanna Bikeway which can be taken to Mill Street, Canfield Island, and the Williamsport River Walk. The park has some large grassy areas, a playground, softball fields, tennis courts, and basketball courts. In the warm months there are restroom facilities open.

<u>Hammermill Park</u> – Located between S Summit and Linden Streets in Lock Haven, the park provides a pavilion and play area.

<u>Hanna Park</u> – This 6.5-acre park features basketball and tennis courts, a play area, three pavilions, a river look-out, and restrooms open dawn to dusk.

<u>Hoberman Park</u> – This 5-acre park located at Park and Prospect Streets in Lock Haven features a ball field, two ADA accessible play areas, a picnic pavilion, tennis and basketball courts, and a skate park. Restrooms open during ball games only.

**<u>Piper-Harmon Park</u>** – Features a community playground with ASA-compliant play area.



## **Local Pool Information**

Loyalsock Community Pool - 2103 Northway Road

Williamsport, PA 17701 570-323-6914

Hours: Monday – Thursday 1:00 pm – 7:45 pm Friday – Sunday 1:00 pm – 6:45 pm

Resident (Photo ID required): \$7.00 per person age12 and up \$6.00 per person ages 2-11 Free: Under 2

Non-Resident \$9.00 per person age 12 and up \$8.00 per person age 2 – 11 Free: Under 2

\$4.00 Non-Swimmer Fee



YMCA Pools - The Williamsport YMCA is located at 641 Walnut St. Williamsport, PA 17701.

The East Lycoming YMCA is located at 50 Fitness Drive Muncy, PA 17756.

The Lock Haven YMCA is located at 145 East Water St. Lock Haven, PA 17745.

Check their calendar for open swim availability at www.rvrymca.org

Splash Cove at Memorial Park - No 2025 Information Available yet. (usually it opens on

Memorial Day)

The Muncy Pool – Located at 125 New St. Muncy, PA 17756

Hours:

Monday – Sunday 1:00 pm – 7:00 pm

Cost:

\$6.00 per person: Ages 3 and up Free: Under 3





#### Arts & Crafts

**<u>DIY Bubble Solution</u>** - You will need a large container, 6 cups of water, and 1 cup dish soap. There is science in the process of making a good bubble solution. Water by itself has a high surface tension, which means plain water bubbles are small and quick to burst. Adding soap or detergent to water lowers the surface tension and allows larger bubbles to form.

- 1) Pour the water into the container.
- 2) Slowly add the dish soap.
- 3) Mix the dish soap into the water very gently. Do your best to not let foam or bubbles form on top.

See who can blow the biggest bubble, using hoops or long pieces of string with the ends tied together. Mix your solution in a kiddle pool or another wide container.

**<u>DIY Slime</u>** - 1 cup of white school glue (like Elmer's Glue)

1/2 teaspoon of baking soda

1 tablespoon of contact lens solution (or all-purpose solution)

Instructions: In a mixing bowl, pour the glue and add the baking soda. Stir until well combined. Add the contact solution and mix until the slime begins to form.

Knead the slime with your hands until it reaches your desired consistency. Enjoy your homemade slime!



Kids Eat Free

<u>Denny's</u>- Kids Eat Free every Tuesday with the purchase of a \$6 entrée, this deal runs from 4:00pm-10:00pm every Tuesday.

<u>Hoss's</u>- Kids eat from the soup, salad, and dessert bar FREE with the purchase of an adult entrée, this deal is available all week.

<u>Perkins</u>- If you have kids 12 or younger they may be able to eat free from the kid's menu with the purchase of an adult entrée at Perkins. This promotion varies by location and may be limited to select days of the week. Be sure to call in advance to confirm.



## Williamsport Summer Movie Series

Ticket price is reduced to \$3.00 each and movies are shown at 11:00am and 2:00pm Mondays and Wednesdays



6/23 and 6/25

6/30 and 7/2

7/7 and 7/9

7/14 and 7/16



7/21 and 7/23

7/28 and 7/30

8/4 and 8/6

8/11 and 8/13

# Guide to managing children's screen time

## internet matters.org

## Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children be spend longer on screens

# Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

## Effect on the brain

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Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

# What are the benefits?



- Gives children access to a **wealth of information** to build their knowledge
- Technology takes away physical barriers to social connections to make children less isolated
- Exposure to tech has proven to improve children's learning and development
- Online games and activities enhance teamwork and creativity



# FARMER'S MARKET AND FARM STANDS THAT ACCEPT WIC FARMER'S MARKET CHECKS



\*#7 (Williamsport Grower's Market) also accepts SNAP



Map Point	Market Name	•	Address	♦ City ♦	State 🗳	Zip 🗘	County
1	654 Farm Market	0	7613 State Rt 654	Williamsport	Pennsylvania	17702	Lycoming
14	A & S Market	0	63 Kauffman Lane	Loganton	Pennsylvania	17747	Clinton
7	Bald Eagle Valley Produce	0	1920 Eagle Valley Road	Beech Creek	Pennsylvania	16822	Clinton
4	Berried Treasures	0	35 Riverview Road	Linden	Pennsylvania	17744	Lycoming
8	BLUEBERRY HILL	0	194 Northway Rd	LINDEN	Pennsylvania	17744	Lycoming
5	Carpenter Pumpkin Farm LLC	0	146 Carpenter Lane	Linden	Pennsylvania	17744	Lycoming
13	Chub Run Produce	0	148 Stovers Crossroad	Mill Hall	Pennsylvania	17751	Clinton
11	Cramer Farm Stand	0	350 Crust Road	Howard	Pennsylvania	16841	Centre
12	Echo Valley Acres	0	250 Bald Eagle Street	Blanchard	Pennsylvania	16826	Centre
10	Jersey Shore FM	0	1308 S Rt 44	Jersey Shore	Pennsylvania	17740	Lycoming
3	Mackeyville Greenhouse and Produce	0	69 Mill Street	Mill Hall	Pennsylvania	17751	Clinton
2	Macneal Orchards & Sugarbush	0	7104 Brush Valley Road	Rebersburg	Pennsylvania	16872	Centre
9	Old School Mkt	0	34 East End Mtn Rd	Mill Hall	Pennsylvania	17751	Clinton
6	Sunnyside Produce	0	74 Market Ln	Loganton	Pennsylvania	17747	Clinton

\*Not listed: Clinton County Farmer's Market @ The Clinton County Courthouse Square (also accepts SNAP- receive up to \$10 in market tokens when you use your SNAP card. Join the Kids' Club and your child (4-12) will receive \$3 to spend on fruits and veggies of their choice!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Newberry Church: 3pm-5pm	2 ARW: 9am-4pm Antioch: 10am-11am	3 Antioch: 10am-11am Family Promise: 10am- 1pm
4 Diamond Street: 1pm- 2pm	5 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	6 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	7 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm St. Joseph: 6pm-7pm United Churches: 6pm- 8pm	8 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Faith Church: 3pm-5pm	9 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	10 Antioch: 10am-11am CCWC: 9a-12pm
11	12 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm 3rd Street Church: 12pm-3pm	13 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	14 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm CCCS: 3pm-4pm	15 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	16 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	17 Antioch: 10am-11am St. Ann's: 10am-11am
18 Diamond Street: 1pm- 2pm	19 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	20 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	21 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm & 6pm-8pm	22 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	23 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	24 Antioch: 10am-11am
25	26 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	27 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm Faith Church: 5pm-7pm	28 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm	29 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	30 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	31 Antioch: 10am-11am

May 20	)25: Hot	Meals 8	. Clothe	s Close	ts	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	2 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	3 Christ Episcopal 4pm- 5pm Shoe Express @ WECC: 10am-12pm
4	5 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	6 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	7 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	8 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Redeemer (ToGo only): 5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	9 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	10
11	12 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	13 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	14 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	15 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	16 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	17 Shoe Express @ WECC: 10am-12pm
18	19 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	20 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	21 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm St. Marks: 12pm-1pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	22 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	23 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	24 Daniel's Closet: 8:30am- 11:30am
25	26 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	27 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	28 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	29 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	30 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	31

# June 2025: Food Pantries & Fresh Express

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Diamond Street: 1pm- 2pm	2 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	3 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	4 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm St. Joseph: 6pm-7pm United Churches: 6pm- 8pm	5 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Newberry Church: 3pm-5pm	6 ARW: 9am-4pm Antioch: 10am-11am	7 Antioch: 10am-11am Family Promise: 10am- 1pm
8	9 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm 3 <sup>rd</sup> Street Church: 12pm-3pm	10 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	11 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm St. Joseph: 6pm-7pm United Churches: 6pm- 8pm CCCS: 3pm-4pm	12 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Faith Church: 3pm-5pm	13 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	14 Antioch: 10am-11am CCWC: 9a-12pm
15 Diamond Street: 1pm- 2pm	16 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	17 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	18 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm & 6pm-8pm	19 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	20 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	21 Antioch: 10am-11am St. Ann's: 10am-11am
22	23 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	24 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm Faith Church: 5pm-7pm	25 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm	26 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	27 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	28 Antioch: 10am-11am
29	30 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm					

June 20	)25: Hot	Meals &	. Clothe	s Close	ts	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	3 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	4 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	5 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	6 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	7 Christ Episcopal 4pm- 5pm Shoe Express @ WECC: 10am-12pm
8	9 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	10 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	11 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	12 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Redeemer (ToGo only): 5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	13 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	14
15	16 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	17 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	18 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm St. Marks: 12pm-1pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	19 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	20 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	21 Shoe Express @ WECC: 10am-12pm
22	23 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	24 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	25 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	26 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	27 Antioch: 8am-9:30om / 12pm-1pm Sojoumer: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	28 Daniel's Closet: 8:30am-11:30am
29	30 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm					

July 20	25: Food	d Pantrie	es & Fres	h Expre	SS	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	2 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm St. Joseph: 6pm-7pm United Churches: 6pm- 8pm	3 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Newberry Church: 3pm-5pm	4 ARW: 9am-4pm Antioch: 10am-11am	5 Antioch: 10am-11am Family Promise: 10am- 1pm
6 Diamond Street: 1pm- 2pm	7 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	8 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	9 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm CCCS: 3pm-4pm	10 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Faith Church: 3pm-5pm	11 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	12 Antioch: 10am-11am CCWC: 9a-12pm
13	14 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm 3 <sup>rd</sup> Street Church: 12pm-3pm	15 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	16 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm & 6pm-8pm	17 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	18 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	19 Antioch: 10am-11am St. Ann's: 10am-11am
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27	28 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	29 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	30 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm	31 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm		

July 202	25: Hot /	Meals &	Clothes	s Closets	S	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	2 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	3 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	4 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	5 Christ Episcopal 4pm- 5pm Shoe Express @ WECC: 10am-12pm
6	7 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	8 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	9 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	10 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Redeemer (ToGo only): 5pm Sojourner: 11:30am 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	11 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	12
13	14 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	15 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	16 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm St. Marks: 12pm-1pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	17 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	18 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	19 Shoe Express @ WECC: 10am-12pm
20	21 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	22 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	23 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	24 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	25 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	26 Daniel's Closet: 8:30am-11:30am
27	28 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	29 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	30 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	31 Antioch: 8am-9:30om / 12pm- 1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am-12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm		

# August 2025: Food Pantries & Fresh Express

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ARW: 9am-4pm Antioch: 10am-11am	2 Antioch: 10am-11am Family Promise: 10am- 1pm
3 Diamond Street: 1pm- 2pm	4 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	5 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	6 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm St. Joseph: 6pm-7pm United Churches: 6pm- 8pm	7 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Newberry Church: 3pm-5pm	8 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	9 Antioch: 10am-11am CCWC: 9a-12pm
10	11 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm 3rd Street Church: 12pm-3pm	12 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	13 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm CCCS: 3pm-4pm	14 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm Faith Church: 3pm-5pm	15 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	16 Antioch: 10am-11am St. Ann's: 10am-11am
17 Diamond Street: 1pm- 2pm	18 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	19 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm	20 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm & 6pm-8pm	21 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	22 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	23 Antioch: 10am-11am
24	25 ARW: 9am-6pm Antioch: 9am-1pm Family Promise: 10am- 3pm	26 ARW: 9am-4pm Antioch: 9am-1pm United Churches: 10am-2pm Faith Church: 5pm-7pm	27 ARW: 1pm-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm Salvation Army: 9:30am-12pm & 1pm- 3:30pm	28 ARW: 9am-4pm Antioch: 9am-1pm Family Promise: 10am- 3pm United Churches: 10am-12pm	29 ARW: 9am-4pm Antioch: 10am-11am Firetree: 12:30pm-2pm	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	2 Christ Episcopal 4pm- 5pm Shoe Express @ WECC: 10am-12pm
3	4 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	5 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	6 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	7 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	8 Antioch: 8am-9:30om / 12pm-1pm Sojourmer: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	9
10	11 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	12 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	13 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	14 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Redeemer (ToGo only): 5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	15 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	16 Shoe Express @ WECC: 10am-12pm
17	18 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	19 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	20 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm Sojourner: 11:30am- 12:30pm St. Marks: 12pm-1pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	21 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	22 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	23 Daniel's Closet: 8:30am-11:30am
24	25 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am-	26 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am-	27 Antioch: 8am-9:30om / 12pm-1pm First Church: 5pm	28 Antioch: 8am-9:30om / 12pm-1pm Trinity Episcopal: Grab n	29 Antioch: 8am-9:30om / 12pm-1pm Sojourner: 11:30am-	30
31	12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	Sojourner: 11:30am- 12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-6:45pm	Go 4pm-5pm Sojourner: 11:30am- 12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm Family Promise: 10am-3pm WECC: 9am-2pm	12:30pm WECC: 11am-12:30pm Antioch: 9am-1pm WECC: 9am-2pm	

#### Addresses & Phone Numbers

Name on the Calendar	Full Name & Address	Phone Number	Other Services Available
ARW	American Rescue Workers	570-323-8401	Housing, Rental Assistance, Utility
	337 Bridge Street		Assistance, Furniture
Antioch	Antioch Baptist Church	570-323-2425	
	514 High Street		
Family Promise	Family Promise of Lycoming County	570-567-7103	Housing
	635 Hepburn Street		
United Churches	United Churches of Lycoming County	570=322-1657	Pastoral Care
	202 E. Third Street (Academy Street Entrance)		
Salvation Army	Salvation Army	570-326-9187	Utility Assistance
	457 Market Street		
Diamond Street	Diamond Street Christian Church	570-323-2747	
	822 Diamond Street		
St. Joseph	St. Joseph the Worker	570-323-9456	
	711 W. Edwin Street		
CCWC	Christ Community Worship Center	570-322-7141	
	436 W. Fourth Street		
St. Ann's	St. Ann's Mary Carlucci Pantry	570-322-5935	
	1220 Northway Road		
Newberry Church	Newberry Church of Christ	570-326-0731	
	2101 Linn Street		
Faith Church	Faith Church	570-360-9946	
	700 Fairview Drive, Montoursville		
Firetree	Firetree Place	570-360-9946	
	600 Campbell Street		
3 <sup>rd</sup> Street Church	Third Street Church	570-322-0091	
	931 E. Third Street		
CCCS	Christian Church of Cogan Station	570-998-2989	
	5904 Lycoming Creek Road		
Trinity Episcopal	Trinity Episcopal Church	570-322-0216	Blessings Box
	844 W. Fourth Street		
Sojourner	Sojourner Truth Ministries	570-323-1797	Pastoral Care
	501 High Street		
WECC (also Shoe Express)	West End Christian Community Center	570-323-6297	
	901 Diamond Street		
Christ Episcopal	Christ Episcopal Church	570-322-8160	Blessings Box
	426 Mulberry Street		_
First Church	First Church	570-322-3572	
	601 Market Street		
Redeemer (also Daniel's Closet)	Redeemer Lutheran Church	570-322-2333	
· · · ·	1101 Washington Blvd		
St. Mark's	St. Mark's Lutheran Church	570-323-4619	
	142 Market Street		