



# LIVE AND LEARN FAMILY NEWS JULY 10, 2017

## Upcoming Field Trips!

Tuesday July 11th:

**Older Camp:** Fort Foster

Swimming & Field Day, Full Day Field Trip 9:30am - 4pm

Wednesday July 12th:

**Younger Camp:** Bear Brook State Park

Swimming & Hiking 8:30am - 12:30pm

Thursday July 13th:

**Preschool & Kindergarten:** Wildlife Encounters

Madbury Town Hall 9:45am - 11:45am

Our next **Stay-N-Play** will be

**Tuesday July 18th from 3:30 - 4:45.**

There will be Garden fun, Hay Rides, an Ice Cream Smorgasbord (3:30-4:15) and more!

Please **WELCOME** Audrey (Rising Hawk), Anna (Rising Hawk), and Meredith (Preschool & Kindergarten) to the Live and Learn Family.

*We're Happy You're Here*



**Director/Owner**

Johanna

Booth-Miner

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For all those who signed up, Swim Lessons start Monday July 10th. Please make sure that your child has their bathing suit, towel, and sunscreen applied. Swim lessons will be located at Constable Road and children will be



# Gerry's Kitchen

## Sweet Treat!

### Ingredients:

- ♥ 1 1/2 Cups Plain Greek Yogurt (0% or 2%)
- ♥ 1 teaspoon Ground Cinnamon (or more to taste)
- ♥ 3 Tablespoons Honey
- ♥ 1/3 Cup Walnuts, Chopped (Optional)

### Optional Accompaniments:

- ♥ Fresh or dried berries, diced bananas, kiwis, mango, or granola

### Directions:

1. Place all the ingredients in a bowl and stir to combine.
2. Serve with the optional accompaniments as desired.

