
March 2010 Website Information

Adult Education

Event: Introduction to Computers
Date: Monday and Thursdays, January 4 – 28, 2010
Time: 6 p.m. to 7:00 p.m.
Place: 560 East Main Pl, Pahokee, FL

The “Introduction to Computers” series is intended for people with little to no computer knowledge. In this course you will learn the various parts of the computer, computer terms and learn a very basic knowledge of computer systems, computer hardware as well as the basic operating systems and software. For more details, call 561-924-9741. To view the flyer please click on the hyperlink: <..\..\PAHOKEE BEACON\Desktop\Microsoft Word Classes.pub>

Capacity Building

Event: *CPR/First Aid*
Date: March 2, 2010
Time: 6:00 pm-9:00 pm
Place: 560 E. Main Pl. #2, Pahokee, FL

CPR and First Aid programs are designed to give trainees the confidence to respond in an emergency situation with the skills that can save a life. Whether you work with children, want training for employees, are a professional rescuer, or simply want to know how to help someone in an emergency, this workshop will provide this service. This is a one time course which will conclude with at CPR and First Aid certification for trainees who display mastery of the skills and objectives. To view the flyer please click on the hyperlink: ..\..\PAHOKEE BEACON\Desktop\CPR_First Aid Flyer.pub

Event: Poison Prevention
Date: March 16, 2010
Time: 6:00 pm-9:00 pm
Place: 560 E. Main Pl., Pahokee, FL – Cafeteria

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children from birth to five years old. Poisonings are one of the leading causes of death among adults as well. If you are interested in keeping your entire family safe from poisoning incidents, come and hear first hand how to. To view the flyer please click on the hyperlink: <..\..\PAHOKEE BEACON\Desktop\poisonpreventionflyer.pub>

Parent Education

Event: Sleep Matters
Date: Wednesdays, March 3-30, 2010
Time: 6:00 – 8:00 p.m.
Place: Pahokee Beacon Ctr. #2 —Pahokee, FL 33476

Not sleeping enough and not sleeping well is not OK. As a matter of fact, there is quite a price to pay. It may surprise you to learn that chronic sleep deprivation, for whatever reason, significantly affects your health, performance, safety and pocketbook. This five (5) part workshop is designed to provide general knowledge on the importance of sleep at each stage of development from pregnancy to adolescence, teens and adults. Topics include: ***Back to Sleep, Bedtime Routines, A Good Night Sleep, Does it really and Deep Sleep.*** Participants will create a sleep chart which will outline the amount of sleep needed to maintain overall health and attributes to an alert and energetic day. To view flyer please click on the hyperlink: <..\..\PAHOKEE BEACON\Desktop\sleep matters flyer.pub>

Parent-Child Activities

Event: **Kid's Health - "ABCs of Sleeping"**
Activities will be held in four locations. Please attend the activity that best fits your schedule.

Date: March 3, 2010
Time: 4:00-5:30 p.m.
Place: RCMA Child Development Center

Date: March 10, 2010
Time: 4:00-5:30 p.m.
Place: Bright Ideas Early Learning Center

Date: March 17, 2010
Time: 4:00-5:30 p.m.
Place: O.S.A.Y. Child Development Center

Date: March 24, 2010
Time: 4:00-5:30 p.m.
Place: Pahokee Elementary School Cafeteria

Are you continuously pushing back your child's bedtimes or skipping their naps due to long work hours and scheduled after-school activities? It is certainly not something we do on purpose but we must understand that sleep is as importance as food, drink, or safety in our children's lives. This workshop is designed to discuss the essentials of a healthy sleep habit in our children ages birth to five and provides children with examples of a healthy bedtime routines in a fun, creative and age-appropriate way. To view flyer please click on the hyperlink: <..\..\PAHOKEE BEACON\Desktop\ABCs of Sleeping flyer.pub>

Community Event

Event: Pahoee's Party with a Purpose
Date: Friday, March 26, 2010
Time: 10:00 a.m. – 2:00 p.m.
Place: Anquan Boldin Stadium – Pahoee High School

The City of Pahoee in partnership with the Pahoee Beacon Center will sponsor, "Pahoee's Party with a Purpose". This event is designed to highlight our community's resources in support of academic gains for all children. The shared responsibility between, school, home and communities for will be represented in a variety of activities such as relay races, rock climbing contest, tug of war games, etc. Each game represents an academic goal that can only be overcome with the support of the entire community. Please come out and participate in this day full of food, fun, games and activities, as we share the assets and expertise of each of our community partners and members. "It Takes an Entire Community to ***Educate*** a Child". To view the flyer please click on the hyperlink: <..\..\PAHOKEE BEACON\Desktop\Pahoee's Party with a Purpose.pub>

Volunteers are encouraged to contact us at (561) 924-9741 to find out how you can give of your time and talents.