



Programmed After-school Recreation for Kids!

OCTOBER 2020

MONTEREY NEWSLETTER

Reminders

- Please call the P.A.R.K. cell phone at 614-571-9622 if your child will not be at P.A.R.K.
- Make sure your child brings a snack each day.
- Friday, Oct. 16: No school or P.A.R.K.

Halloween Party

Our Halloween parties are Tuesday, Oct. 27 (blue) and Friday, Oct. 30 (green). Enjoy Halloween-themed carnival games, make/eat edible crafts and create a mummy luminary to take home! Party activities are planned to last until 5:30 p.m., so plan accordingly for picking up your child! Costumes are **not** allowed due to school rules.

Promoting Fitness at P.A.R.K.

At Monterey P.A.R.K., we will sharpen our mind and bodies participating in many different fitness activities. We are planning mental exercises such as Detective, Relaxation Breathing, Concentration and Going on a Picnic. Our physical fitness activities include a "daily exercise" to complete before playing the group game, yoga/stretching and fitness circuits.

Recipe of the Month: Jambalaya Pasta

Ingredients

- 1 tablespoon olive oil
- 1 onion
- 2 bell peppers
- 2 links sausage, sliced
- 2 cloves of garlic
- 2 boneless chicken breasts
- 1 teaspoon Cajun seasoning
- 10 ounces penne pasta
- 15 ounces canned diced tomatoes
- 4 cups chicken broth
- ½ cup heavy cream
- 1 cup shredded cheddar
- Parmesan cheese and parsley to taste

Directions

1. Heat oil in a large skillet over medium heat. Add onion and peppers; cook until soft. Add sausage and cook until brown. Add garlic; cook until fragrant, then add chicken.
2. Season with Cajun seasoning, salt and pepper. Cook, stirring often, until chicken is golden and cooked through.
3. Add penne and stir, then pour in diced tomatoes and chicken broth. Simmer until pasta is al dente and almost all liquid is absorbed, about 20 minutes.
4. Stir in heavy cream and cheddar until melted.
5. Serve with Parmesan cheese and parsley.

Reading/Homework Time

Each day a leader will read a book out loud to the children. During the reading, the leader will ask engaging questions to ensure the children are listening and understanding the book. Alternatively, a child can choose to sit down at his/her table spot and work on homework during that time.

Star Sticker Board

This school year, Monterey P.A.R.K. is using a Star Sticker Board to promote **kindness, manners, responsibility and sportsmanship**. Each time a leader sees a child exhibiting one of the above, the child receives a star sticker to place on his/her colored banner. Once a banner is filled, the child earns a reward and gets a different colored banner to try to fill for a different reward. Ask your child what color they are on.

Craft/Art Time

This year, the children will sit at an assigned table spot to work on our art project with all supplies waiting for them. Diana starts off the month showing us how to make a cup shot that works as a game too! Then Mackenzie helps us make puffy ghosts, and Brittany follows with paper bats. These crafts will look great hanging up for Halloween.



The City of Grove City • Parks and Recreation Department

P.A.R.K. Recreation Supervisors: Megan Williams and Amanda Gehres

614-277-3050 • GroveCityOhio.gov • facebook.com/GroveCityOhio • twitter.com/GroveCityOhio • instagram.com/GroveCityOhio

MONTEREY



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For absences, call
614-571-9622

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT. 28	SEPT. 29	SEPT. 30	1	2
			<ul style="list-style-type: none">• Superhero Tag• Homework & Reading• M&M Bingo	<ul style="list-style-type: none">• Army Dodgeball• Fitness Club• Group Charades
5	6	7	8	9
<ul style="list-style-type: none">• Castle Dodgeball• Homework & Reading• Cup Shot	<ul style="list-style-type: none">• Pirate Gold Tag• Fitness Club• Fan Roll		<ul style="list-style-type: none">• Castle Dodgeball• Fitness Club• Cup Shot	<ul style="list-style-type: none">• Pirate Gold Tag• Homework & Reading• Fan Roll
12	13	14	15	16
<ul style="list-style-type: none">• Musical Spots• Fitness Club• Corn Shaker	<ul style="list-style-type: none">• Hands & Feet Hopscotch• Homework & Reading• Puffy Ghosts	<ul style="list-style-type: none">• Musical Spots• Fitness Club• Corn Shakers	<ul style="list-style-type: none">• Hands & Feet Hopscotch• Homework & Reading• Puffy Ghosts	NO SCHOOL OR P.A.R.K.
19	20	21	22	23
<ul style="list-style-type: none">• Scooter Races• Homework & Reading• Paper Bats	<ul style="list-style-type: none">• Basketball• Fitness Club• Jack-O'-Lanterns		<ul style="list-style-type: none">• Scooter Races• Fitness Club• Paper Bats	<ul style="list-style-type: none">• Basketball• Homework & Reading• Jack-O'-Lanterns
26	27	28	29	30
<ul style="list-style-type: none">• Poison• Fitness Club• Bottle & Ball	<ul style="list-style-type: none">• Halloween Party Stations• Halloween Edible Art• Pumpkin Luminaries		<ul style="list-style-type: none">• Poison• Homework & Reading• Bottle and Ball	<ul style="list-style-type: none">• Halloween Party Stations• Halloween Edible Art• Pumpkin Luminaries