



# Making a difference when it matters most.

VOL. 1, ISSUE 29 Summer 203



Our masking requirement on visits has been lifted. We are excited to be able to see your smiling faces again. However if you are uncomfortable with this let your BI know and masks can still be worn. We would also like to let you know that this will be the last newsletter being sent out.

Important dates to remember over Summer....

#### <u>July</u>

1<sup>st</sup>- Canada Day 6<sup>th</sup>- National Fried Chicken Day 17<sup>th</sup>- National Ice Cream Day 24<sup>th</sup>- International Self Care Day

### <u>August</u>

1<sup>st</sup>- Civic Holiday 9<sup>th</sup>- International Day of the World's Indigenous Peoples History 13<sup>th</sup>- International Left handed Day 24<sup>th</sup>- National Waffle Day



SUMMER	
BUCKET	LIST
GO TO THE BEACH	GO TO THE ZOO
VISIT A MUSEUM	GO TO STORY TIME
EXPLORE AN AQUARIUM	WATCH FIREWORKS
TAKE A HIKE	GO ON A ROAD TRIP
PLAY IN A SPLASH PAD	WATCH A BASEBALL GAME
PICNIC IN THE PARK	GO ON A BOAT RIDE
PLAY AT THE PLAYGROUND	EAT FROM A FOOD TRUCK
BACKYARD WATER PARK	BLOW BUBBLES
DRAW WITH SIDEWALK CHALK	EAT AN ICE CREAM CONE
FIND A COOL MURAL	HAVE A CAMP FIRE
GO TO AN OUTDOOR CONCERT	GET MESSY!
GO TO A PETTING ZOO OR FARM	
GO TO A GARDEN OR NATURE CENTER	
GO TO AN ORCHARD OR FARMER'S MARKET	
_	

## Pizzadilla

### **Ingredients:**

1 tbsp. extra-virgin olive oil

2 medium flour tortillas

1/3 c. pizza sauce

2 cloves garlic, minced

1 c. shredded mozzarella

1/2 c. freshly grated Parmesan

1/3 c. sliced pepperoni

1/4 tsp. Italian seasoning

Fresh chopped parsley, for garnish



#### **Directions:**

- 1. Heat broiler. In a large oven-safe skillet over medium heat, heat oil. Add one tortilla to skillet and spread about half of pizza sauce on top. Scatter garlic on top and sprinkle with half of mozzarella, Parmesan, pepperoni, and Italian seasoning.
- 2. Top with second tortilla and cook until cheese is melty and tortilla is golden.
- 3. When ready to flip, cover skillet with a large plate and invert skillet to transfer quesadilla onto plate, then slide quesadilla back into skillet, cooked-side up. Top with remaining pizza sauce, mozzarella, Parmesan, pepperoni, and Italian seasoning.
- Place skillet under broiler and broil until cheese is melty and pepperoni are crispy, about 2 minutes.
- 5. Garnish with parsley before serving.

# **Tie Dye Beach Towels**

# Supplies:

Spray Tie Dye Kit Duct Tape Beach or Bath Towels Warm Water



## Tips:

- 1. This activity works best with the widely available spray tie-dye kits. They dry faster and the application is easier for even the youngest of beachgoers.
- 2. Grab white beach or bath towels (the fluffier, the more color-absorbent), lots of duct tape, and really warm water for mixing the tie-dye

### Instructions:

- 1. Lay your towel out on a flat surface, smoothing it out.
- 2. Using the tape and moving slowly, spell out your child's name across the towel.
- 3. Next, on a covered surface or grass, put on your gloves and begin mixing up the tie-dye with the warm water.
- 4. With those gloves on, let the spraying begin! It's perfectly fine to get spray on the tape.
- 5. Once the towel is fairly dry, flip it over to be sure to spray the backside!
- 6. Flip back over and allow to dry completely.
- 7. Wash the towels separately twice alone in the wash.

