



JULY NEWSLETTER



A Healthy Snack: Fried Honey Bananas

- 1 tablespoon coconut oil (olive oil works too!)
- 1 slightly under-ripened banana
- 1 tablespoon honey
- 1 tablespoon water
- 1 teaspoon cinnamon



Heat oil in a skillet over medium heat. Slice banana into about 1/4 inch thick slices. Fry bananas for 2 minutes on each side, occasionally lifting to prevent sticking. Whisk together honey and water. Remove pan from heat and pour honey and water over bananas. Top with cinnamon.



{Caughtin Athletic Club Activities}

Dance with Camille Deal
Piano with Lusa Rylski
Swim Lessons Available
(Contact Front Desk)



Fourth of July Fun Facts



We celebrate on the Fourth of July in honor of the nation's birthday, July 4, 1776. This date marks when 56 of our Founding Father's signed the Declaration of Independence.



The Fourth of July is also known as Independence Day

Almost **65%** of Americans plan to have a BBQ or picnic on July 4th



150M hot dogs are consumed on the holiday



Fourth of July is America's #1 drinking holiday

190M pounds of beef are bought in preparation to celebrate



A total of... **\$6.77Billion** is spent on food just for our nation's birthday!

Although the Fourth of July has been celebrated for many years, it was not declared a federal holiday until 1870



Ever wondered how many Americans watch fireworks on July 4th? About **43%**



There have been 27 different official U.S. flags throughout history



Advantage Solutions would like to wish you and your family a safe and happy Fourth of July!



CURRICULUM CORNER:

Monthly themes:

Summer and Camping



Vacations

Monthly Letters: Color: Yoga Pose:

O & P

Blue/Azul

Bow

Monthly Shape:

Star/Estrella

Monthly Number:

Seven (7) Siete

Sign Language/Spanish:

Dad (Papá) & Mom (Mamá)





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Arts & Crafts!!

Dates to Remember:

July 3rd – Red, White and Blue Dress

July 4th – CENTER CLOSED

July 13th – Pajama Day

July 19th – Wolf Pack Wednesday

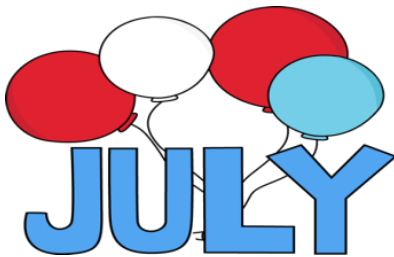
July 25th – Super Hero Dress Up



SPARKLE BOTTLES

Materials: Plastic water bottle with the label removed, Red, White & Blue star confetti, Glycerin, Water and Glitter.

How to: Fill 3/4 of the water bottle with water. Add as much glitter and confetti as you would like to the bottles. Fill the rest of the bottle up with glycerin. Replace lid and shake, shake, shake!



Wyatt	July 1 st	3 Years-Old
Addison	July 2 nd	2 Years-Old
Townes	July 9 th	1 Year-Old
Ms. Maria	July 11 th	Young @ Heart
Lillyanna	July 11 th	6 Years-Old
Delilah	July 24 th	3 Years-Old
Nolan	July 25 th	2 Years-Old
Samson	July 27 th	2 Years-Old
Nella	July 30 th	5 Years-Old
Ms. Kristin	July 31 st	Young @ Heart

4th of July Activities in Reno/Sparks

*Star Spangled Sparks 4pm-10pm

*Aces Ballpark Fireworks

*Fireworks of Grand Bay at GSR Sunday, July 2nd @ 9:15

* 4th of July Parade at Virginia City @ 12pm

*Lights on the Lake at South Lake Tahoe

For more info on events visit

www.newtoreno.com