



## March-May 2024 Spring Happenings

### UPCOMING PROGRAMS & EVENTS:

**POSITIVE SOLUTIONS FOR FAMILIES-** This program starts Thursday March 7 from 7 to 8:30pm via Zoom. A six week parenting program for those with children ages birth to 5. Learn ways to encourage positive behavior, use praise and encouragement, set up daily routines, understand the reason behind behaviors, make the most of play time.

**BIRDING WITH PHIL-** Sunday, May 5 from 8-9:30am. Join the Harris Center's Bird Conservation Director Phil Brown for a leisurely walk in search of spring bird migration. Each spring, millions of migratory birds add color and joyful sounds to our landscapes. Come discover some of their secrets and learn more about these sometimes mysterious travelers as we wander from the Grapevine. We'll travel on paved paths or roads and cover up to half a mile.

**THE GRAPEVINE ANNUAL SPRING WALK-** Saturday, May 11 at 10am, rain or shine! Join us for a one mile family friendly walk around downtown Antrim in support of the Grapevine and in celebration of our amazing community! Strollers, skates, bikes and dogs on a leash are welcome!

**ANNUAL BLACK FLY COMMUNITY ART EVENT-** Saturday, May 11 from 11am to 1pm. Why not combine two great events into one day? Join us at the Grapevine following our Spring Walk for a fun and family friendly art event at the Grapevine! Create and view many different forms of art!

### ONGOING PROGRAMS & OTHER RESOURCES:

**SAIL EXERCISE PROGRAM-** The Grapevine and Antrim Recreation team up to offer FREE exercise program for all levels. SAIL is an evidence-based strength, balance and fitness program for adults 65 and older. Held at Antrim Town Hall and led by Antrim Recreation staff on Mondays, Wednesdays and Fridays from 1:30 to 2:30pm.

**BEN PRATT COMMUNITY WOOD BANK, TOOL LENDING SHED, KINSHIP & RELATIVE CAREGIVER SUPPORT, LEARNING VINE PRESCHOOL, BETTER BEGINNINGS PARENT/CHILD & BABY GROUPS, HILLSBOROUGH PLAYGROUPS, HOME VISITING & ONE-TO-ONE PARENT SUPPORT, DADS CAMPFIRE, MOMS CAMPFIRE, OUT & ABOUT FOR FAMILIES, INFORMATION & REFERRAL, PLUS, OUR AVENUE A TEEN CENTER PROGRAMS.**  
*To register or for more information on programs, call us at 603.588.2620 or email us at [info@grapevinenh.org](mailto:info@grapevinenh.org)*

**SUMMER HAPPENINGS!** It's not too early to think about summer activities for your family. If you are looking for summer programs, give us a call. We are still planning the dates and details!



### Staff Spotlight: Mikayla Essex

Meet Mikayla Essex! Mikayla joined The Grapevine staff in 2023 as a Home Visitor providing one-to-one support to individuals and families. Bringing Mikayla onboard has resulted in us serving more families in our much needed and beloved Home Visiting program. She brings a quiet, calm energy to her work and is a wonderful addition to our team. Says Mikayla, "I've always enjoyed meeting people and hearing their stories since I was a child, so I kind of feel like I am living a dream to get to do so professionally! I feel fortunate that I get to meet and talk with so many wonderful people each day in this community that I also call home." The Grapevine and our community are fortunate to have such a kind and passionate person serving families in our region!



### LEND A HAND AT THE GRAPEVINE!

We are accepting new and gently used items for our Fall Yard Sale! If you have items you would like to donate, please contact us in advance. Other ways to help out: Volunteer with stack and sort wood for our wood bank, grounds and seasonal clean up, help with special events and more! In the spring time we will be accepting donations of cord wood for the Wood Bank.