





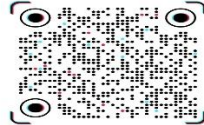


January

Family Matters Resource Center

40 Marion Street Tupper Lake NY 12986
(518) 566-3836

Sunday	Monday	Tuesday	Wednesday	Thursday		Saturday
			Saranac Lake Playgroup on Wednesdays 9:30-12:30 at The Saranac Lake Baptist Church, 460 Broadway!	1 Closed	Closed	
We offer free Child Developmental Screenings.	5 Tupper Tots Story Hour @ Tupper Lake Library 10:00am	6 Sensory Tuesday Playgroup 9:00am-Noon	7 Saranac Lake Playgroup 9:30-11:30 Parenting Support Group 5:00pm-6:30pm	8 Gym time 9:30-11:30	9 Circle time 10:00am followed by Creative Arts	10 "Wild Lights" Family Social 5:00pm-7:00pm Preregistration Required
All programs Free and Open to the Public for Children and their caregivers	12. Tupper Tots Story Hour @ Tupper Lake Library 10:00am	13 Sensory Tuesday Playgroup 9:00am-Noon	14 Saranac Lake Playgroup 9:30-11:30	15 Gym time 9:30-11:30	16. Circle time 10:00 followed by Creative Arts	We offer Free Parenting Education Via Zoom. Call us to sign up!
	19 	20. Sensory Tuesday Playgroup 9:00am-Noon	21. Saranac Lake Playgroup 9:30-11:30 Parenting Support Group 5:00pm-6:30pm	22. Gym time 9:30-11:30	30 Circle time 10:00am followed by Creative Arts	 Use the QR code to sign up for Support Group!
 @FAMILYMATTERSRESOURCECENTER	26 Tupper Tots Story Hour @ Tupper Lake Library 10:00am	27. Sensory Tuesday Playgroup 9am-Noon	28 Saranac Lake Playgroup 9:30-11:30	29 Gym time 9:30-11:30	 Family Matters @familymatters12986 d TikTok	Follow us on Facebook Instagram & TikTok "Family Matters Resource Center" to stay up to date on all our programs!

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