

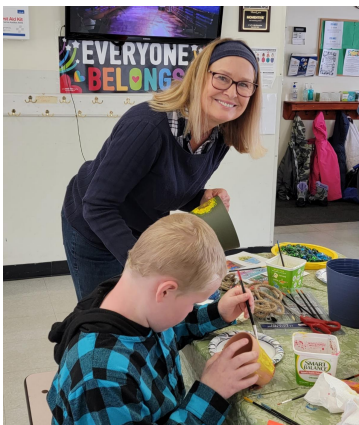


A program of To Love a Child, Inc.

## A Successful Beginning to our Program!

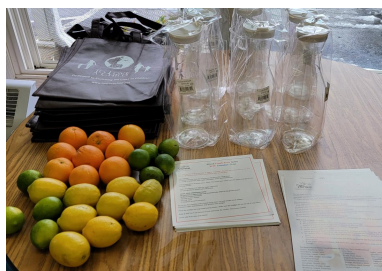
### SPRING BREAK MINI-CAMP

It was three days of creativity, fun and sharing! Thank you to **Terry Peek and Mary Ann Kermani** who helped the kids decorate planters on the first day of mini-camp. Planters were brightly painted with flowers, art deco designs and familiar characters.



**Chef Ben Niese**, from Skidmore College arrived on day 2 and worked hand-in-hand with the kids to make a healthy and delicious lunch as well as snacks. The kids tasted a variety of fruit infused water, plus, they packed up meals-to-go for the senior citizens in their community. They were so proud of their healthy creations and couldn't wait to describe it all to the seniors upon their arrival!

Each day the kids took home gifts from TLC inspired by the day's activities; recipes, water pitchers, citrus fruit, safety knives, and more!



Day 3 was packed full of activity and began with a visit from **Mike Sirani** LMT, CSCS and Co-Owner of Capital District Sport and Fitness. Coach Mike brought the kids outside for a little fun and fitness! Thanks Coach Mike!

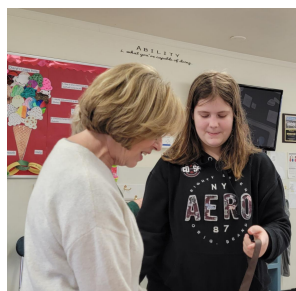
After lunch we played in the dirt! Really! Ally from **Sokolowski's Nursey** brought in rosemary, mint, parsley and basil plants which the kids learned how to plant in their planters. Thank you to Sokolowski's for donating



the herb plants and the soil! The kids also planted herbs in planters that were given to senior citizens who live in their immediate community. They were so proud of their work!

And, last but not least, the program ended with an awards ceremony. Each participant received a certificate of achievement, water bottle, pen with inspirational message, note book, and some chocolate from the senior citizens in appreciation for their meals and planters.

We thank CAPTAIN Community Human Services for their partnership in this program and everyone who helped make it a success. We especially thank the kiddos who make it so special for us to work side-by-side with them!



**Look for "Thyme to Thrive - Season's Best" our secondary newsletter dedicated to a little health and wellness! You are going to love it!**