

**\*\*For more information or to register for any of our programs or offerings, please call the main office at 802-442-6934, or email us at [rsvp@sunrisepcc.com](mailto:rsvp@sunrisepcc.com)\*\***

**BRAIN LAB PLAYGROUP**- Brain lab is a combination of parenting education and playgroup fun, designed to facilitate serve-and-return interactions between caregivers and their infants/toddlers.

**MAKING MEALS & MEMORIES**, Monthly family night, open to ALL families. Cook and enjoy a healthy dinner together, engage with your child(ren) in fun activities and crafts, and bring home an activity bag: books, games, and healthy snacks.

**PLAYGROUPS**- Weekly offering, open to ALL families with young children, residing in Bennington County.

Playgroup facilitated by Northshire Day School, funded by a Sunrise Direct Service Community Grant!

**NDS** Northshire Day School  
**WEEKLY PLAYGROUP**  
Thursdays 10:30am - 11am  
Manchester Community Library

**SUNRISE ADVISORY COUNCIL**  
Want to join a team of parents/caregivers who share their thoughts and provide input to Sunrise on our programs and services? Give us a call!

**COFFEE CLUB** - Weekly offering, throughout the year. Open to ALL! Join us for a snack and some conversation over a warm beverage. (You do not need to like coffee!) ☺

**PARENT EDUCATION OFFERINGS**, Join us for different workshops and offerings throughout the year.

**TUESDAY - 1**

**WEDNESDAY - 2**

**THURSDAY - 3**

**FRIDAY - 4**

**PLAYGROUP**, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington, 10 – 11:30 am  
**NEEDLE FELTING: Halloween-y Postcards**  
226 Union Street, 3:30 – 5:30 pm

**HOUSING NAVIGATION**, 226 Union St., 10 – 11 am  
Open to ALL! Appointments are encouraged!  
Drop-ins are welcome. No housing case manager? Need a place to start your rental applications?  
**PARENT EDUCATION: Healthy Relationships**, 226 Union St., 10 – 11:30 am

**WEEKLY WALKING GROUP**, Willow Park BMX Track, 9 – 10 am

**SATURDAY - 5**

**PLAYGROUP**, Solomon Wright Library, Pownal, 10:30 am – 12 pm

**COFFEE CLUB**, 226 Union Street, 9 - 10 am

**TUESDAY - 8**

**WEDNESDAY - 9**

**THURSDAY - 10**

**FRIDAY - 11**

**FAMILIES AT THE CENTER (FAC)**,  
\*Navigators Meet: 9:30 – 10:30am, via Zoom  
\*Families Meet: 12 – 2 pm, Unitarian Universalist Church,  
**MAKING MEALS & MEMORIES**  
(Ages 7+) 226 Union Street, 4 – 6 pm

**PLAYGROUP**, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington, 10 – 11:30 am

**HOUSING NAVIGATION**, 226 Union St., 10 – 11 am

**WEEKLY WALKING GROUP**, Willow Park BMX Track, 9 – 10 am  
**PLAYGROUP**, Bennington Free Library, Bennington, 10:30 am – 12 pm  
**POP-UP PRODUCE GIVEAWAY**, 226 Union St., 12 pm – 2 pm

**SATURDAY - 12**

**PLAYGROUP**, Solomon Wright Library, Pownal, 10:30 am – 12 pm

**COFFEE CLUB**, 226 Union Street, 9 - 10 am

**TUESDAY - 15**

**WEDNESDAY - 16**

**THURSDAY - 17**

**FRIDAY - 18**

**RESUME WRITING WORKSHOP**  
244 Union St., 11 am – 12 pm,  
Explore how to compose a resume and how to highlight your qualities and experience.

**PLAYGROUP**, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington, 10 – 11:30 am  
**PARENTS AS TEACHERS (PAT), Group Connections**  
Via Zoom, 5:00 – 6 pm

**HOUSING NAVIGATION**, 226 Union St., 10 – 11 am  
**PARENT EDUCATION: WIC Shopping**, 226 Union St., 10 – 11:30 am  
**POP-UP PRODUCE GIVEAWAY**, 226 Union St., 12 pm – 2 pm  
**BUDGETING WORKSHOP**, 244 Union St., 1 – 2 pm  
Explore how to budget resources for yourself and/or your family. Learn tips to make the most of your finances.

**WEEKLY WALKING GROUP**, Willow Park BMX Track, 9 – 10 am  
**POP-UP PRODUCE GIVEAWAY**, 226 Union St., 12 pm – 2 pm

**SATURDAY - 19**

**PLAYGROUP**, Solomon Wright Library, Pownal, 10:30 am – 12 pm

**COFFEE CLUB**, 226 Union Street, 9 - 10 am

**TUESDAY - 22**

**WEDNESDAY - 23**

**THURSDAY - 24**

**FRIDAY - 25**

**MAKING MEALS & MEMORIES**  
(Ages 0-6) 226 Union Street, 4 – 6 pm

**PLAYGROUP**, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington, 10 – 11:30 am

**BRAIN LAB PLAYGROUP**  
226 Union Street, 9 – 10:30 am  
**HOUSING NAVIGATION**, 226 Union St., 10 – 11 am  
**SUNRISE ADVISORY COUNCIL**, 226 Union Street, 12 – 2 pm

**WEEKLY WALKING GROUP**, Willow Park BMX Track, 9 – 10 am  
**PLAYGROUP**, Bennington Free Library, Bennington, 10:30 am – 12 pm  
**COMMUNITY PICNIC**, 238 Union Street, 11:30 am – 1 pm

**SATURDAY - 26**

**PLAYGROUP**, Solomon Wright Library, Pownal, 10:30 am – 12 pm  
**COGGINS TRUNK OR TREAT**  
5:30 – 7:30 pm

**COFFEE CLUB**, 226 Union Street, 9 - 10 am

**TUESDAY - 29**

**WEDNESDAY - 30**

**THURSDAY - 31**

**COMMUNITY PICNICS**-(May - October) Picnics are free and open to all in Bennington County. Enjoy lunch and engage with your child(ren) in fun activities! No RSVP is required.

**PLAYGROUP**, Arlington Community House  
\*Parent-led, 3842 VT Rt. 7A, Arlington, 10 – 11:30 am

**HOUSING NAVIGATION**, 226 Union St., 10 – 11 am  
**BRAIN LAB PLAYGROUP**  
226 Union Street, 9 – 10:30 am  
**ECE HALLOWEEN PARADE**  
10 – 10:30 am

**PLAYGROUP**, Solomon Wright Library, Pownal, 10:30 am – 12 pm