

Nature's Playhouse November 2020

an all-natural play and wellness center

Services & Event Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12-2:30pm HypnoBirthing (3/4)	2 10-10:45am Virtual Yoga Play 4-4:45pm Big Brother, Big Sister, Big Changes: New Sibling Workshop	3 10-10:30am Virtual Drop In Play - Story Time 1-2pm Mommy Steps: Kids w/ Special needs (1/6) 6-7pm It Takes A Village 7:30-8:30pm Virtual Prenatal Yoga	4 5-5:45pm Outdoor Wiggles Workout	5 6-6:45pm Virtual Adult Belly Dance & Play	6	7 9-9:45am Virtual Yoga/Play 10-10:45am Virtual Postnatal Core Restore
8 12-2:30pm HypnoBirthing (4/4)	9 10-10:45am Virtual Yoga Play	10 10-10:30am Virtual Drop In Play - Story Time 1-2pm Mommy Steps: Kids w/ Special needs (2/6) 6-7pm It Takes A Village 7:30-8:30pm Virtual Prenatal Yoga	11 5-5:45pm Outdoor Wiggles Workout	12 6-6:45pm Virtual Adult Belly Dance & Play	13	14 9-9:45am Virtual Yoga/Play 10-10:45am Virtual Postnatal Core Restore 11-12:30pm Virtual Baby Wearing Group
15 10-12pm Happy 9th Birthday Nature's Playhouse Event!	16 10-10:45am Virtual Yoga Play	17 10-10:30am Virtual Drop In Play - Story Time 1-2pm Mommy Steps: Kids w/ Special needs (3/6) 6-7pm It Takes A Village 7:30-8:30pm Virtual Prenatal Yoga	18 5-5:45pm Outdoor Wiggles Workout	19 6-6:45pm Virtual Adult Belly Dance & Play 8:30-9:30pm Virtual La Leche League Meeting	20	21 9-9:45am Virtual Yoga/Play 10-10:45am Virtual Postnatal Core Restore
22	23 10-10:45am Virtual Yoga Play	24 10-10:30am Virtual Drop In Play - Story Time 6-7pm It Takes A Village 7:30-8:30pm Virtual Prenatal Yoga	25 5-5:45pm Outdoor Wiggles Workout	26 CLOSED Happy Thanksgiving	27 10am-10:45am - Thanksgiving Family Yoga	28 9-9:45am Virtual Yoga/Play 10-10:45am Virtual Postnatal Core Restore
29	30 10-10:45am Virtual Yoga Play	1 10-10:30am Virtual Drop In Play - Story Time 1-2pm Mommy Steps: Kids w/ Special needs (4/6) 6-7pm It Takes A Village 7:30-8:30pm Virtual Prenatal Yoga	2 5-5:45pm Outdoor Wiggles Workout	3 6-6:45pm Virtual Adult Belly Dance & Play	4	5 9-9:45am Virtual Yoga/Play 10-10:45am Virtual Postnatal Core Restore

Services available by appointment:

Reflexology and Reiki (with *Tanja*): Mon & Fridays 5:30-9pm,
Sundays 2-7pm

CranioSacral Therapy (with *Preya*): Tuesdays 3-6pm

Home-Based Lactation Services (with *Jennifer*): On Call Mon-Friday 9-2pm & 6-8pm

Counseling Services: See website for availability Day, Evening & Weekend Availability

Chiropractic Services (with *Dr. Meagen*) Home Visits: Mon & Wed 7am-3pm