

Stay Active this New Year at Wilkes!



Free Yoga Class for parents and community members!

When: Every Monday starting February 6th

Time: 5:30-6:30 PM

Where: Wilkes Elementary Gym

Bring your own yoga mat or borrow one of ours!

Childcare will be provided.

Please RSVP to make sure we have enough mats for everyone.

JOIN THE AZTEC DANCE - COMMUNITY CIRCLE!

This is a culturally specific experience intended to hold space for our Indigenous, Native American, and Mexican community. All are welcomed to join!

Mondays & Wednesdays starting January 18

7:30 pm – 9:00 pm in the Gym

The Aztecs were the indigenous people of Mexico, and this dance and tradition has been passed down through generations for hundreds of years. Join the Aztec dance group as they share with us their knowledge of this ancient civilization, their dances, songs, and stories. This class is a family event, and all ages are welcomed.

(Enter through the side door by the cafeteria)



Please RSVP for any of our parent classes by call or text to Yessica Ramirez – SUN Site Manager at (503) 519-8523 or by email yramirez@elprograma.org. Give us a call if you have any questions about our parent classes.



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