

Dear SEEDS Family Members:

You are your child's most valuable asset, and we appreciate all that you do to help your child grow and develop. We also appreciate our deepening relationships with you as your child attends our programs. SEEDS would like to begin offering adult-only opportunities for fun and learning as well as more family opportunities. Please check any activities listed below that you or your family might be interested in, and please feel free to make other suggestions too!

Name \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

The best time to contact me is \_\_\_\_\_ Please contact me by:  phone  email

**POSSIBLE ADULT ONLY OPPORTUNITIES:**

- Homework hassles and/or helping your child with homework
- Adult Cooking Club
- Adult Exercise Club (swimming @ the Kaliseum, yoga, Pilates, Martial Arts, etc.)
- Environmental education opportunities
- Fiber Arts (screen printing, quilting, knitting, sewing, crochet, or other arts and crafts)
- Gardening and preserving food
- Technology (computers, video production, digital photography, etc.)
- Other Ideas: \_\_\_\_\_

**POSSIBLE FAMILY OPPORTUNITIES:**

- Monthly family meal and potluck
- Outdoor play for the whole family (skiing, snowshoeing, snow-tubing, hiking, kayaking, etc.)
- Family night @ the Kaliseum
- Family events at local recreational areas such as Springfield Recreation Area
- Movie nights, game nights
- Other ideas: \_\_\_\_\_

What works best for you for:

**Adult-Only Opportunities:**

- During school: AM PM
- Directly after school
- Evenings (Time: \_\_\_\_\_)
- Days of the Week: M T W Th F S
- Weekends

**Family Opportunities:**

- Directly after school
- Evenings (Time: \_\_\_\_\_)
- Days of the Week: M T W Th F S
- Weekends

Do any of the following issues sometimes prevent your child from attending SEEDS?

- Transportation
- Session Choices
- Other: \_\_\_\_\_
- Child Care for Siblings
- Another Activity @ the Same Time

Thank you very much for all you do to support SEEDS. Please do not hesitate to contact me with ideas and suggestions.

Sincerely,  
Jana Lanning, SEEDS Kalkaska County Outreach Coordinator  
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