






# December 2023 Nest Calendar

**\*SOME CLASSES THIS WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE\***

Operation Threshold Locations :

\*OT WLOO = Operation Threshold, 1535  
Lafayette St, Waterloo

\*OT Grundy Center= 1606 G Ave Grundy  
Center

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat	
	<p><b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b></p>					<p><b>1</b> MON-THURS 7:30AM-</p>	<p><b>2</b> The Nest Program Serving Black Hawk &amp; Grundy Counties</p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
<p>Facebook Search: <a href="#">The Nest Program Serving Black Hawk &amp; Grundy Counties</a></p>			<p>Winter Family Engagement FB Video @12pm</p>		<p>OFFICE CLOSED</p>		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
	<p>Putting Education First 11am First United Methodist Church</p>		<p>Weather Safety FB Video @12pm</p>	<p>Family Holiday Activity FB Video @12pm</p>	<p>OFFICE CLOSED</p>		
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
		<p>HOLIDAY ACTIVITY 10am Operation Threshold in Grundy</p>	<p>WIC Nutrition Video FB Video @12pm</p>	<p>Parent Advisory! Gift Wrapping Party! @Operation Threshold 4pm-5:30pm</p>	<p>OFFICE CLOSED</p>	<p>Questions? Contact the Nest Coordinator: Marissa Christensen OR 319-939-6219 mchristensen@operationthreshold.org</p>	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	 <p>Happy Holidays! OFFICE CLOSED</p>	<p>OFFICED CLOSED</p>	<p>Allen Women's Health Video FB Video @12pm Marissa out of office</p>	<p>Marissa out of office</p>	<p>OFFICE CLOSED</p>		
<b>31</b>	<p><b>To view descriptions of classes listed above, please refer the next page.</b></p>						

## What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, and educational books just to name a few.

### Here's a summary of the classes this month: (On Facebook Live & In-Person Classes)

**Winter Family Engagement-** Being involved in education, we get a chance to see the winter season through the children's eyes. Different ways the family can engage together.

**Putting Education First-** Children often look forward to winter break as a time to be "free" and have fun. But as a parent, you want to make sure that your child isn't sitting the entire break away by playing video games and watching television. Ways to incorporate education over winter break.

**Weather Safety-** Must know winter weather safety and tips to staying safe and must haves to keep in your car while traveling.

**Holiday Activity Grundy Center-** A Christmas activity will be provided for parents and children to do together.

**WIC-** WIC will provide an educational video on nutrition.

**Parent Advisory-** Gift Wrapping party!! This is an opportunity for you to come and give your input on our family services programs while wrapping Christmas gifts!

**Holiday Activity-** Family activity (example) for everyone to do on Christmas Day as a family.

**Allen Women's Health-** Educational video of Allen Women's Health choice.

**These online classes for the month will cover all counties (Black Hawk and Grundy). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!**



**JOIN OUR FACEBOOK GROUP:**  
**The Nest Program Serving Black Hawk**  
**& Grundy Counties**