

UNSTOPPABLE NEWSLETTER

JANUARY 2025

Welcome

A Message from Capable Kids

Welcome to 2025 with Capable Kids! Happy New Year, Capable Kids family!

As we step into a brand-new year, we're filled with excitement and gratitude for all the incredible moments we'll share together. 2024 was a year of growth, resilience, and unforgettable memories—from our vibrant gala events to the cheers of our Sparks team and the laughter at every community gathering. Now, we're ready to make 2025 even brighter!

This year, we'll continue celebrating the unique abilities of every member, expanding opportunities, and strengthening the bonds that make Capable Kids a true community.

We can't wait to unveil new programs, exciting events, and opportunities for everyone to shine. Stay tuned, stay inspired, and remember: Together, we're unstoppable. Here's to a joyful and successful 2025!

Reminders

Registration deadline for CK 5k has changed to March 1st. Please make sure to register before deadline to secure your event shirt.

Upcoming Events

March 29, 2025: Unstoppable Red Cape 5k & Fun Run

Contact Info

Phone: 956. 277. 1776

Email: info@ckrgv.org

MARCH 29, 2025

CAPABLE KIDS

UNSTOPPABLE RED CAPE

5K & FUN RUN



**CALLING ALL
HEROES!**

**LACE UP YOUR RUNNING SHOES AND
CAPES TO SUPPORT CAPABLE KIDS!**

EVENT DETAILS

LOCATION: HIDALGO COUNTY PCT. 2

REGIONAL HIKE & BIKE TRAIL

TIME:

5K: 7 A.M.

FUN RUN: 7:30 A.M.

QUESTIONS?

REGISTRATION

5K: \$25/LATE: \$30

FUN RUN: \$15/LATE: \$20

REGISTRATION DEADLINE:

MARCH 1, 2025

**REGISTER ONLINE AT
WWW.ENDURANCESPLITS.COM**

**EARLY REGISTRATION IS ENCOURAGED TO SECURE YOUR SPOT
AND RECEIVE A PARTICIPANT T-SHIRT!**

***PARTICIPANT T-SHIRT NOT GUARANTEED AFTER DEADLINE.**

**CONTACT BOBBIE KRYNICKI AT INFO@CKRGI.ORG OR CALL
(956) 277.1776.**



January 2025

Click on the links to register for events!!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 CANCELED: ARTS & CRAFTS	2 CANCELED: Dance/Karaoke - Edinburg	3	4
5	6	7 2PM: CK FIT with PCT2! 9AM: CPR McAllen English	8 CANCELED: Lunch & Learn 5:30PM: Dance/Karaoke - Edinburg	9 9AM: CPR McAllen-Spanish	10 8AM: RGV Coastal Expo 9AM: CPR McAllen English	11 10AM: Weslaco Nature Center Visit
12	13 9AM: CPR Raymondville-English 12PM: CPR Raymondville-Spanish	14 9AM: CPR McAllen-English 2PM: CK FIT with PCT2!	15 5:30PM: Arts & Crafts - Edinburg 6PM: Brownsville CPR-English	16 6PM: Dance Karaoke - Edinburg	17 6PM-Spa Day @ Girl Gang Studio	18
19	20	21 12PM: Lunch & Learn- De-escalating Unsafe Behavior 2PM: CK FIT with PCT2!	22 5:30PM: Arts & Crafts - Edinburg	23 6PM: Dance Karaoke - Edinburg	24	25 9PM: CPR Brownsville
26	27	28 9AM: CPR - Starr County 1PM: CPR -Starr County Sensory Activity 2PM: CK FIT with PCT2!	29 5:30PM: Arts & Crafts - Edinburg	30 6PM: Dance Karaoke - Edinburg		

◆ **HAPPY**
new
YEAR ◆



Capable Kids Highlight

We are incredibly proud to share that Giving Hearts from Abundant Grace Community Church has once again given Capi the opportunity to serve our Lord Jesus in a truly meaningful way. For the fifth consecutive year, our Capable Kids family had the honor of bringing joy and hope to the children at Edinburg Children's Hospital.

Through this beautiful partnership, Capi continues to shine as a beacon of love, compassion, and faith, reminding us all of the power of giving back to our community. A heartfelt thank-you to Abundant Grace Community Church for their unwavering support and for making this special tradition possible. Together, we are truly making a difference!





1. What do cows say on January 1st?

Happy Moo Year!

2. Why did the boy bring a ladder to the New Year's party?

He wanted to start the year on a high note!

3. What is a New Year's resolution?

Something that goes in one year and out the other!

4. Why did the clock get excited for New Year's?

It was ready to strike midnight!

5. What's the perfect snack for New Year's Eve?

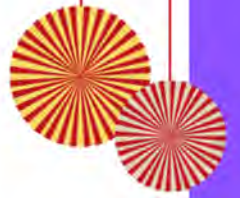
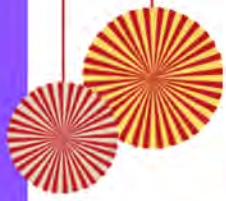
Cheese - because it's always grate!

Giggle
Corner

I SPY NEW YEAR'S



There are ten New Year's icons. Count and colour each set of icons as you find them. Write the number in the box beside the icons you counted.



MY NEW YEAR'S RESOLUTIONS

I really need to:

I will be better at:

I will learn how to:

I want to continue to:

CK Fun Snapshots



ADVERTISE WITH US!

Interested in advertising your product or service
in the Capable Kids Newsletter?

Here are our advertising guidelines and current rates:

Guidelines:

- Advertisements must be received by the 20th of the month to appear in the following month's newsletter.
- Advertising space is limited and will be available on a first come, first served basis.

To submit an ad:

Email your ad to bobbie@ckrgv.org

Business card and display ads must be submitted in camera ready copy or computer file format. The following formats will be accepted:

Word, Publisher, PDF or a Vector file.



1

Pay for your ad. Checks should be made payable to Capable Kids and may be paid via credit card via PayPal or Square or by check sent to Capable Kids:
1223 E Hackberry Ave, PO Box 5268, McAllen TX 78596



2

Call Bobbie Krynicki at 574-229-2326 to confirm the submission of your ad and payment arrangements.



3

RATES:

Classified ads (75 words maximum)

1 issue - \$10

3 issues - \$25

Business card ads (3.5" x 2")

1 issue - \$15

3 issues - \$35

5 issues - \$50

Display ad (quarter page-3.75"x5")

1 issue - \$20

3 issues - \$40

5 issues - \$55

Display ad (half page- 7.5"x5")

1 issue - \$30

3 issues - \$50

5 issues - \$65

Full page (7.5"x10")

1 issue - \$50

3 issues - \$80

5 issues - \$100

Our website: Capable Kids Foundation

Sign-up for events: [Capable Kids \(schedulesplus.com\)](http://Capable Kids (schedulesplus.com))

Follow us on Facebook: Capable Kids | Facebook

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The logo features the letters 'KC' in a large, bold, red font with a blue outline. A white horizontal bar with a blue border is positioned across the middle of the 'KC', containing the text 'ADVERTISING SPECIALTIES' in a blue, sans-serif font. The entire logo is set against a white circular background with blue and red swooshes.

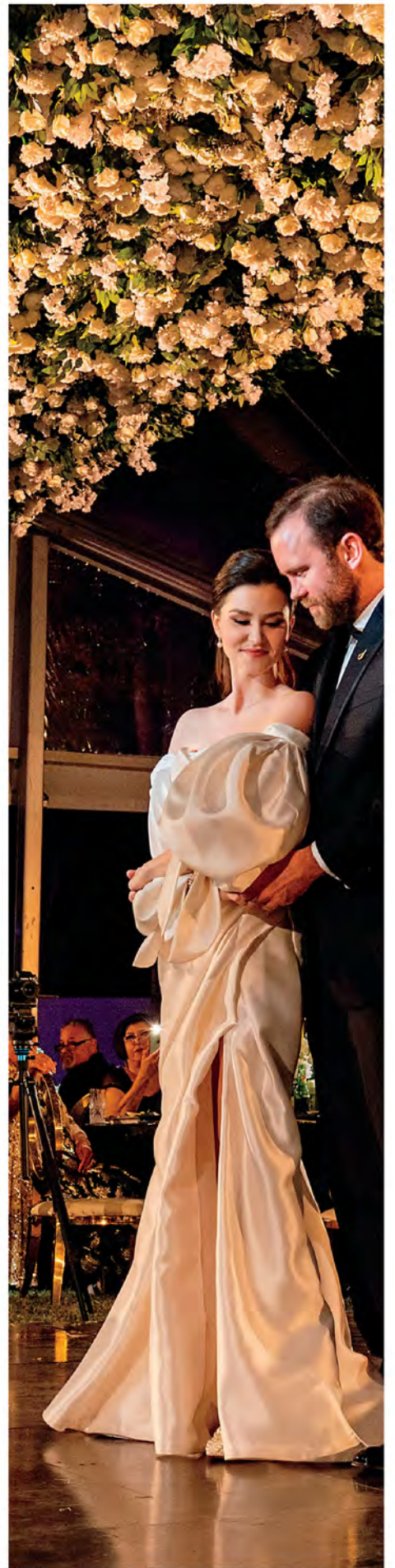
ADVERTISING SPECIALTIES

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VISIT OUR WEBSITE



As We Step Into a New Year

Dear Capable Kids Families,

As we welcome 2025, we are reminded of the incredible strength, determination, and joy that each of our Capable Kids and families bring to this community. Your unwavering support, whether through participation, volunteering, or cheering us on from the sidelines, makes all the difference in helping us achieve our mission.

This year promises new opportunities, activities, and events that continue to celebrate our kids' capabilities and achievements. Together, let's make 2025 a year of growth, connection, and unforgettable memories.

Thank you for being an essential part of our journey. Here's to another inspiring year with the Capable Kids family!

With gratitude,
Capable Kids Staff

Thank You Sponsors

