



# Capable Kids Newstimes

The official Capable Kids Newsletter  
February 2025



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Riddle  
of the  
Month ?

What did the hamburger  
buy his sweetheart?



yum!

Brought to you by the Capable Kids Foundation  
1223 Hackberry Ave.  
McAllen, TX 78501  
(956) 277-1776  
info@ckrgv.org



# Upcoming Events February

Click on event to register and for more information.

**TUESDAY**

**4**

12:00 PM Lunch & Learn  
Coping Skills for Tweens &  
Teens  
2 PM- CK Fit

**WEDNESDAY**

**5**

5:30 PM Arts & Crafts-  
Edinburg.

**THURSDAY**

**6**

6:00 PM Dance/Karaoke  
Edinburg.  
6:00 PM Arts & Crafts  
Brownsville

**FRIDAY**

**7**

1:00 PM Lunch and Learn Health-  
Infant Choking- English

**MONDAY**

**10**

9:00 AM CPR Raymondville- English  
12:00 PM CPR- Raymondville-Spanish  
6:30 PM- Finance Committee  
Meeting- Board  
7:00 PM Board Meeting.

**TUESDAY**

**11**

2:00 PM CK Fit

**WEDNESDAY**

**12**

9:00 AM First Aid- McAllen-  
English  
6:00 PM- Arts & Crafts- Edinburg.

**THURSDAY**

**13**

6:00 PM Dance/Karaoke-  
Edinburg.  
6:00 PM Arts & Crafts-  
Brownsville

**FRIDAY**

♥ **14** ♥

Valentine's Day  
9:00 AM CPR-  
Brownsville- English

# Upcoming Events February

Click on event to register and for more information.

**TUESDAY**

**18**

12:00 PM Lunch and Learn-  
Emotional Literacy for  
Preschoolers

2:00 PM CK Fit

**WEDNESDAY**

**19**

6:00 PM Brownsville- CPR-  
English

6:00 PM Arts & Crafts- Edinburg.

**THURSDAY**

**20**

6:00 PM Dance/Karaoke-  
Edinburg

6:00 PM Arts & Crafts-  
Brownsville

**FRIDAY**

**21**

1:00 PM Almuerzo y aprende  
sobre la asfixia infantil

**SATURDAY**

**22**

9:00 CPR- Brownsville-  
English



**TUESDAY**

**25**

9:00 AM CPR Starr County

1:00 PM Starr County- Sensory  
Activity

2:00 PM CK Fit

**WEDNESDAY**

**26**

6:00 PM Arts & Crafts-  
Edinburg

**THURSDAY**

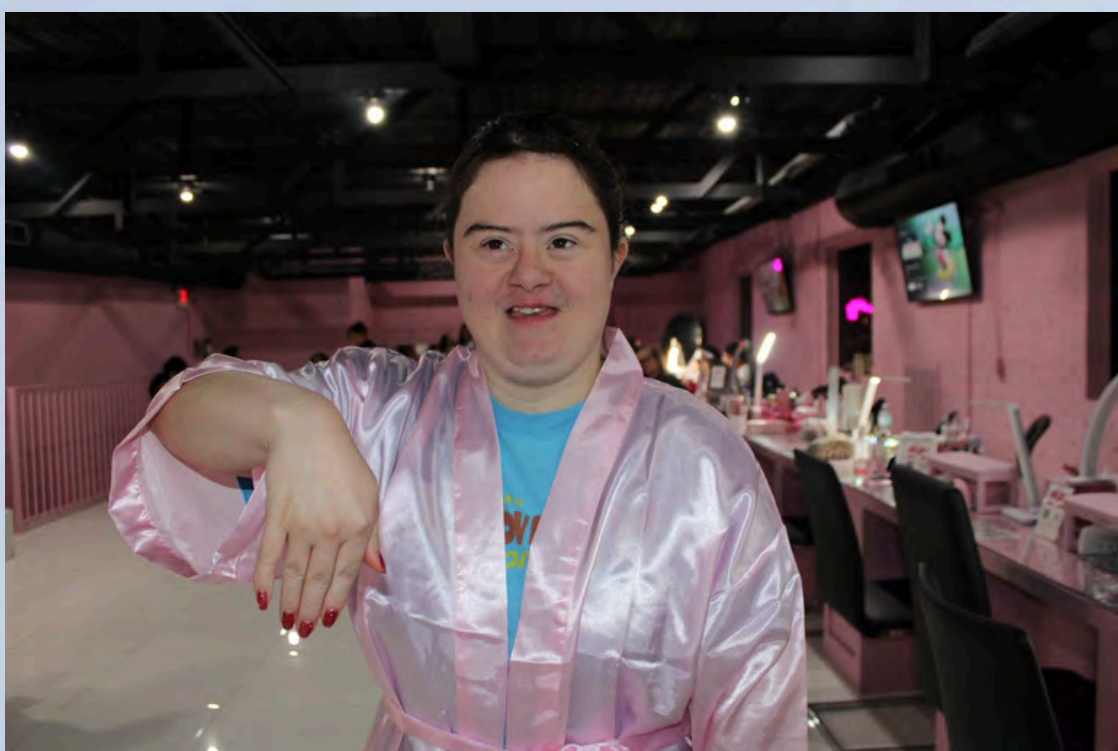
**27**

6:00 PM Dance Karaoke-  
Edinburg

6:00 PM- Arts & Crafts-  
Brownsville



# January Photo Spot



# January Photo Spot



# Picture Puzzle



Can you guess the common phrase from the pictures below?

**HEAD  
HEELS**

**VA DERS**

**1,2,3,...,38,  
39,40 LIFE**

**ECONOMY**

[Our website: Capable Kids Foundation](#)

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

[Follow us on Facebook: Capable Kids | Facebook](#)

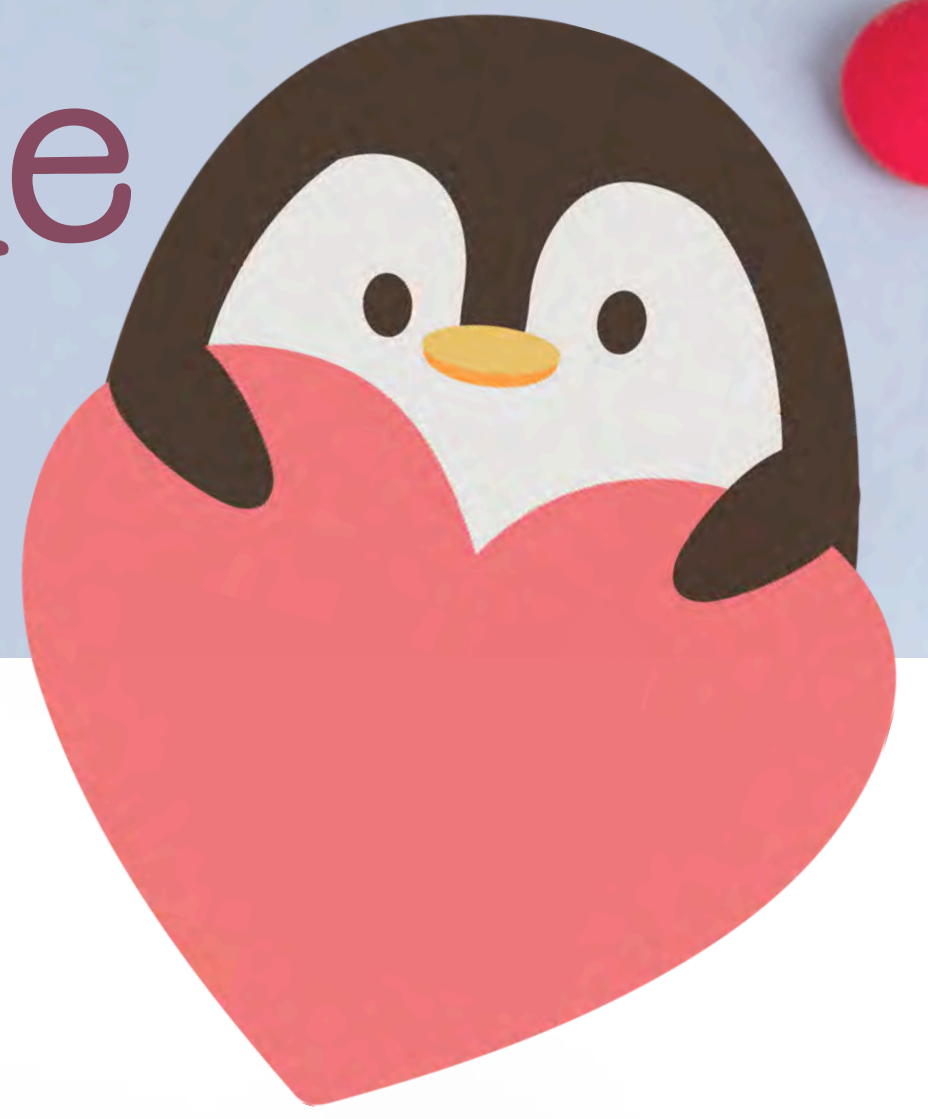
Answer to riddle:

onion ring

Answers to picture puzzles: 1. head over heels, Puzzle 2: Space Invaders, Puzzle 3: Life begins at 40! Puzzle 4: Growing economy.



Thanks for all the  
love!



exerciplay



# CHEERLEADING TRYOUTS

Upper Valley Tryouts  
**FEB 8 • SATURDAY • 11 AM**  
**LOCATION TBA**

Lower Valley Tryouts  
**FEB 9 • SUNDAY • 2PM**  
**BROWNSVILLE, TX**

We are looking for energetic and excited cheerleaders who will help spread the Capable Kids spirit.

REGISTER VIA SCHEDULE PLUS  
QUESTIONS? CONTACT [INFO@CKRGV.ORG](mailto: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](http://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](mailto:INFO@CKRGI.ORG) OR CALL  
(956) 277.1776.**



# 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](mailto: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](http://Capable Kids Foundation)

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

Follow us on Facebook: [Capable Kids | Facebook](http://Capable Kids | Facebook)



## **BOOST YOUR BRAND WITH KC ADVERTISING SPECIALTIES**

*Your Go-To for All Things Promo*

- Pens
- Tumblers
- Tote Bags
- Notepads
- Koozies
- Custom engraved items
- And more!

**(956) 682-5223**  
**620 N MCCOLL RD,**  
**MCALLEN, TX 78501**



956.821.7636 [eleventsevents.com](http://eleventsevents.com)



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