



# CAPABLE KIDS NEWSTIMES

THE OFFICIAL CAPABLE KIDS NEWSLETTER

MARCH 2025

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## RIDDLE OF THE MONTH:

What can be seen in the middle of March and April that cannot be seen at the beginning or end of either month?



# UPCOMING EVENTS MARCH

CLICK ON EVENT TO REGISTER AND FOR MORE INFORMATION.

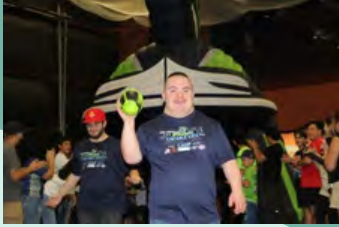
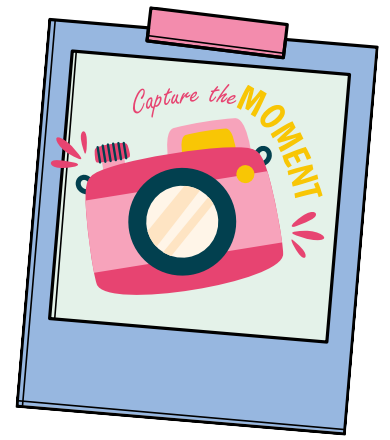
# 2025

# March

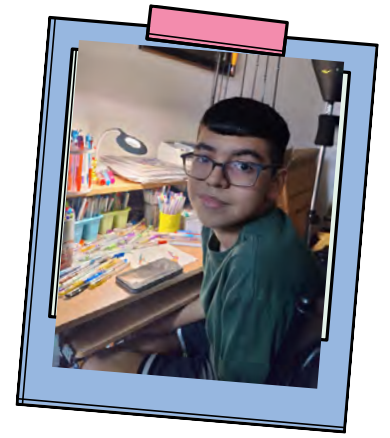
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p><a href="#">9:00 AM Mercedes Skufest</a></p> <p><a href="#">1:00 PM Circus Vazquez Raffle March 8th</a></p>
2	3	<p>4</p> <p><a href="#">12:00 PM Lunch and Learn- Helping Children and Youth Develop Coping Skills</a></p> <p><a href="#">2:00 PM CK Fit</a></p>	<p>5</p> <p><a href="#">6:00 PM Arts &amp; Crafts- Edinburg</a></p> <p><a href="#">7:00 PM Circus Vazquez Raffle March 5th</a></p>	<p>6</p> <p><a href="#">6:00 PM Lego Day- Edinburg</a></p> <p><a href="#">7:00 PM Circus Vazquez Raffle March 6th</a></p>	<p>7</p> <p><a href="#">1:00 PM Lunch and Learn Health</a></p> <p><a href="#">4:30 PM Exceptionality Walk</a></p> <p><a href="#">6:00 PM Basic American Sign Language (ASL) Classes</a></p>	<p>8</p> <p><a href="#">11:00 AM Zumba Brownsville</a></p> <p><a href="#">1:00 PM Circus Vazquez Raffle March 8th</a></p>
<p>9</p> <p><a href="#">7:00 PM Circus Vazquez Raffle March 9th</a></p>	<p>10</p> <p><a href="#">9:00 AM CPR Raymondville- English</a></p> <p><a href="#">12:00 PM- CPR Raymondville- Spanish</a></p> <p><a href="#">7:00 PM Board Meeting</a></p>	<p>11</p> <p><a href="#">9:00 AM CPR McAllen- English</a></p> <p><a href="#">2:00 PM-CK Fit</a></p>	<p>12</p> <p><a href="#">6:00 PM Arts &amp; Crafts- Edinburg</a></p>	<p>13</p> <p><a href="#">6:00 PM Dance/Karaoke- Edinburg</a></p> <p><a href="#">6:00 PM Arts &amp; Crafts Brownsville</a></p>	<p>14</p> <p><a href="#">9:00 AM CPR McAllen- Spanish</a></p>	<p>15</p> <p><a href="#">9:00 AM Healthy Kids Day</a></p> <p><a href="#">10:00 AM CK Competitive Baseball Sign up</a></p>
16	<p>17</p> <p><b>HAPPY ST. PATRICK'S DAY</b></p>	<p>18</p> <p><a href="#">12:00 PM Lunch and Learn- Infant/Toddler Series: Sensory Activities</a></p> <p><a href="#">2:00 PM CK Fit</a></p>	<p>19</p> <p><a href="#">6:00 PM Brownsville CPR- English</a></p> <p><a href="#">6:00 PM Arts &amp; Crafts- Edinburg</a></p>	<p>20</p> <p><a href="#">9:00 AM GoGetters Soccer Clinic Brownsville</a></p> <p><a href="#">9:00 AM Bubbas 33 Pizza Making- Brownsville</a></p> <p><a href="#">6:00 PM Lego Day</a></p> <p><a href="#">6:00 PM Arts &amp; Crafts- Brownsville</a></p>	<p>21</p> <p><a href="#">1:00 PM Lunch and Learn Health</a></p> <p><a href="#">6:00 PM Basic American Sign Language (ASL) Classes</a></p>	<p>22</p> <p><a href="#">9:00 AM First Aid Brownsville- Spanish</a></p> <p><a href="#">10:00 AM Weslaco Nature Center</a></p>
23	24	<p>25</p> <p><a href="#">9:00 AM First Aid-Starr County</a></p> <p><a href="#">12:00 PM CPR Raymondville- Spanish</a></p> <p><a href="#">2:00 PM CK Fit</a></p>	<p>26</p> <p><a href="#">6:00 PM Arts &amp; Crafts- Edinburg</a></p>	<p>27</p> <p><a href="#">6:00 PM Dance/Karaoke- Edinburg</a></p> <p><a href="#">6:00 PM Arts &amp; Crafts- Brownsville</a></p>	<p>28</p>	<p>29</p> <p><a href="#">7:00 AM RedCane 5k and Fun Run</a></p> <p><a href="#">5:00 PM March Birthday Celebration</a></p>
30	31					



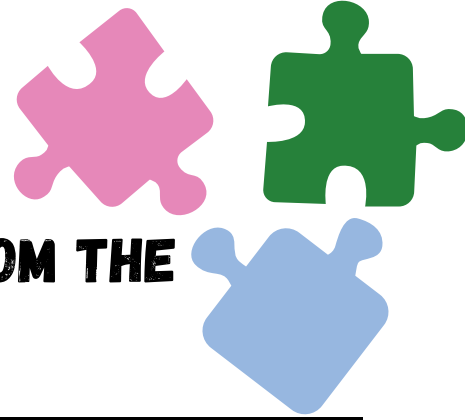
# FEBRUARY PHOTO SPOT



# FEBRUARY PHOTO SPOT



# PICTURE PUZZLE



CAN YOU GUESS THE COMMON PHRASE FROM THE PICTURES BELOW?

**TRAVEL**  
-----  
**CCCCCC**

give get  
give get  
give get  
give get

**LE  
VEL**



Answer to the riddle:

The letter "R"

Answers to picture puzzle: 1. Travel over seas

Puzzle 2: Forgive and Forget

3. Split Level

Our website: [Capable Kids Foundation](#)

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

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



**WE ARE SO LUCKY TO HAVE  
SUCH AMAZING SUPPORT!**



**Driscoll**  
Health Plan



**BlueCross BlueShield  
of Texas**



**peter  
piper  
pizza.**

**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)



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 a blue and red swoosh effect.

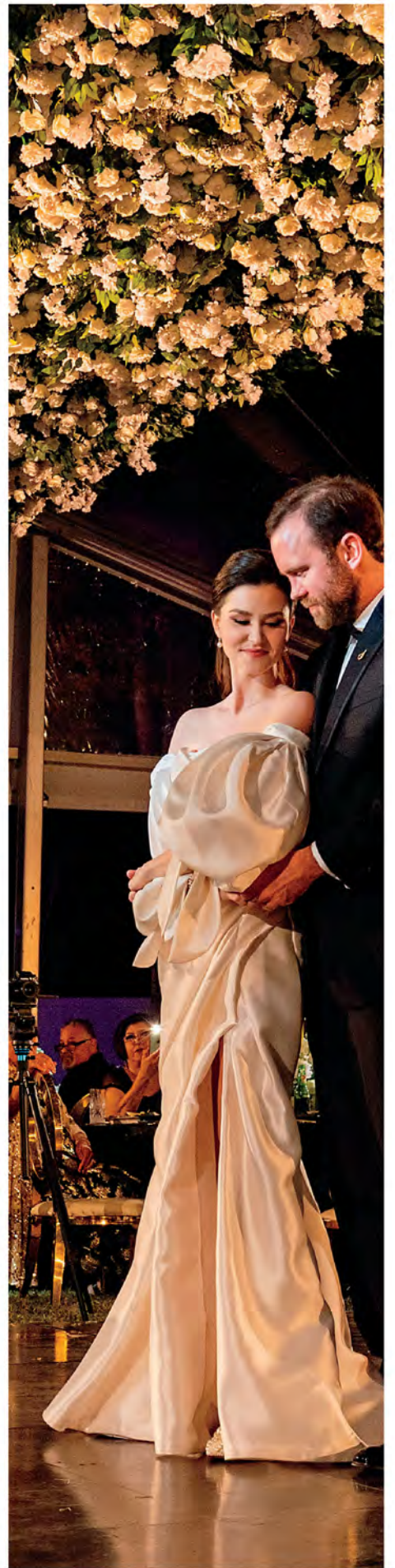
**ADVERTISING SPECIALTIES**

**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)



THE ST. MICHAEL GALLERY EVENTS



THE ST. MICHAEL  
EVENT GALLERY

956.821.7636



Only Minuteman Press McAllen offers the speed and convenience of a quick printer backed by the expertise, quality control and full services of a 30+ year printing leader. Our experienced staff is right in your neighborhood, ensuring your job is printed right the first time, every time!

## Let us help promote your business with our services

- Business Cards
- Flyers
- Booklets
- Pre-Inked Stamps
- Pads
- Envelopes
- Tents
- Direct Mail & EDDM



- Banners
- Name Badges
- Checks
- Labels
- Apparel
- Table Covers
- Promo Products
- 2 & 3 Part Forms & More!



**10% OFF** New Customers  
 On your first In-House order  
 Must present this ad when placing your order  
 \*Cannot combine with other coupons, specials, or Simple Business Builders offers.

### CONTACT US FOR A FREE QUOTE

(956) 627-0490 mcallen@minutemanpress.com

Instagram: mmpmcallen Facebook: minutemanpressmcallen

4949 N McColl Rd. McAllen, TX 78504

VISIT OUR WEBSITE

