



MOM'S THE WORD!

January 2010

General Information

What is the mothers' center?

The Mothers' Center is a non-profit, non-sectarian organization founded in 1978 by mothers for mothers of children of all ages. Our aim is to enhance parenting by offering daytime discussion groups, evening parenting education workshops, playgroups, social activities and library resources. The Mothers' Center offers the opportunity to share experiences, learn more about parenting and form lasting friendships.

Meeting policy

RSVPs are key to any successful gathering. All events and meetings, including steering, are open to all members. Please RSVP to the contact person for events at least 24 hours in advance.

Please note our new Address:

The Mothers' Center of Central New Jersey
PO BOX 294
Cranford, NJ 07016
908-561-1751 (please leave a message)
mccnj@westfieldnj.com (Email)
<http://westfieldnj.com/mccnj>

Phone numbers or other information may have been purposefully omitted in this newsletter to protect our members' privacy. If you are a new member and have not yet received a membership contact list, please leave a message at the above phone number or email address to get one.

Thank you for your understanding.

I am sitting at the car dealer wondering where the past few months have gone. I wrote "Oil Change" on my calendar for the first week of November and here it is the first week of January. The holidays while fun are also so busy that sometimes those "special" moments take the place of getting things done. Perhaps this is exactly WHY so many people make New Years Resolutions....

We may not have been the skinniest, organized and centered ladies before motherhood, but it was much easier to get by or at least get back on track. Prioritizing the gym or making an exotic fun healthy meal is much easier without little ones. Keeping track of paperwork takes on a whole new meaning when you are suddenly faced with three times the amount of forms, bills and cards. This is all before you even factor in the effect of numerous art projects and TOYS have on your home (and sanity).

The most important resolution that should be on all of our lists is taking time and caring for ourselves. The instructions on each airplane flight emergency plan applies to all mothers... put your own oxygen mask on first. If we are not taking care of ourselves, how will we have the energy and resources to take care of our children? Get involved at the Mothers' Center by attending groups and participating in activities to begin the process of taking care of yourself. The Center is the place where you will be understood and hopefully inspired... consider this your personal invitation!

To encourage you to achieve success on this year's resolutions, the Winter Session has some Group offerings directed at addressing some common resolutions including "Get Organized Forum," "Mommy's Time Out" and "Weight Loss Forum". We also will continue to offer the ever popular "Knitting" and "A-Z."

Please feel free to extend this invitation to all the moms in your life who could benefit from any of our groups or from the spirit of the Mothers' Center.

Finally, if the cost of dues or babysitting prevent you from participating in any of our programs please contact Sarah Santomauro (ssantoma@yahoo.com) as "scholarship" resources are available.

Happy New Year!
Eileen Marriott

Upcoming Events:

JANUARY 11TH

SUPER PLAYGROUP/

**MOM & BABY/ FAREWELL AMBER
9:30AM - 11:00AM**

We will meet on Monday 1/11 from 9:30 - 11am in the basement of Garwood Presbyterian Church (where we had the wonderful pre-holiday party).

FYI Playgroup and Mom & Baby will begin to meet regularly in the basement of GPC on Mondays after the Open House. This will be a great opportunity to try out either group.

For those of you who don't already know, Amber is leaving New Jersey and moving closer to family in Missouri next Wednesday. Amber has been an amazing participant / leader / resource of our Mothers Center over the past few years. She will be greatly missed! (If you haven't had a chance to meet Amber ... don't miss this chance)

No need to RSVP... just show up!



JANUARY 14TH

WINTER OPEN HOUSE

9:30AM - 11:00AM

Everyone please come to the Mothers' Center for our first open house of the year on Thursday, January 14th from 9:30-11:00 a.m. at the Garwood Presbyterian Church. Bring yourself, your kids, and a friend. Group registration will be open at this time. Also come on by to catch up with old friends, meet prospective members and register for your groups at the same time. The open house is for members and non-members alike. Please join the fun!

JANUARY 14TH

WHITE ELEPHANT PARTY

MOLLY MAGUIRE'S

IRISH PUB & RESTAURANT

**1085 CENTRAL AVENUE, CLARK
8:00PM**

This will be a great opportunity to reconnect with the friends at the Mother's Center and to re-gift those thoughtful yet unwanted holiday gifts. Please bring an unopened & wrapped gift with an approximate value of \$15-\$30. If you would prefer, feel free to purchase a new gift to use for the exchange. The value of the new item should also be anywhere between \$15-\$30. Please RSVP to Teri Kandel (laditeri@yahoo.com) as soon as possible.

JANUARY 21TH

MOM'S NIGHT OUT: ETHNIC EATS

BEANA'S MEXICAN RESTAURANT

**986-988 ST. GEORGES AVE, RAHWAY
8PM**

Join other mom's for a fun night out enjoying the best of international cuisine. Come for dinner, munchies or just a drink. Please RSVP to Gretchen B. at wbyrne@erols.com.

JANUARY 26TH

STEERING COMMITTEE MEETING

COFFEE BEANERY

**510 NORTH AVE., GARWOOD
7:30-9:00 PM**

The Steering Committee will meet Tuesday, January 26th at the Coffee Beanery in Garwood. Come out for an evening with other members and share your ideas and thoughts about the Mother's Center...and have some coffee & sweets too. All members are welcome and encouraged to come. RSVP to Eileen (eileenmarriott@gmail.com) or Sarah (ssantoma@yahoo.com).

FEBRUARY 4TH

EVENING BOOK CLUB

8:00 PM

Like a good read? Join the monthly evening book club to talk about books and enjoy the company of some of the Mother's Center members. Members rotate houses to meet and chose the

books together. The February book is titled "Things Fall Apart" by Chinua Achebe. For more information about book club or if you are interested in joining, please contact Tina H. at TcRnurse95@aol.com.

VALENTINE'S DAY

STORYTIME AND CRAFT

DATE & LOCATION TBD

Love is in the air! This Valentine's Day we're going to celebrate by telling stories, making great crafts, and good treats. More information will follow.

MARCH 19TH & 20TH

SPRING CONSIGNMENT SALE

CASANO COMMUNITY CENTER

It's not too early to mark your calendars for the March 19 & 20, 2010 Consignment sale! It's a great way to meet lots of other members, help the Mothers' Center, and it's a lot of fun! Without the sale, the Mothers' Center cannot survive and cover all of our costs: rent, insurance, babysitting subsidies, group and special event subsidies, the newsletter and mailing costs. All members will be contacted in the near future about volunteering, so please save the date!



NEW MEMBERS!

Denise Alvarez

Liz Berg

Holly Brown

Carol Han

Elaine Juzwick

Kimberly Kelly

Kristin Mallon

Mary O'Shea

Lynn Timari

Mary Willi

WINTER GROUPS:

All Groups will meet at Garwood Presbyterian Church, 341 Spruce Avenue, Garwood, NJ, unless otherwise noted.

MONDAY

Morning Playgroup

On-going, beginning Jan. 25th
No Group - Feb. 15th
9:30-11:00 am

Moms and kids enjoying each other's company in free play in a room with age-appropriate toys.

**FYI Playgroup and Mom & Baby will begin to meet regularly in the basement of GPC on Mondays after the Open House.

Mom & Baby

On-going, beginning Jan. 25th
No Group - Feb. 15th
9:30-11:00 am

Whether you're a new mom or an "experienced" mom with an infant who would like to get together with other moms and their babies, then this is the group for you. For first time moms this group is a great way to make new friends! Topics include how motherhood has changed your life, birth/adoption experience, and questions about feeding, discipline, scheduling, sleeping and more. Moms with 0-9 month olds welcome. We support breast and bottle-feeding.

Kids Jam - Fun With Music!

Ages birth - 5
4 weeks
10:30-11:30 am
Feb 1, 8, 22, Mar 1

Bond with your children as you explore Music, Movement and Rhythm through fun games, silly rhymes, singing and dancing. Be prepared to bring your

instruments too and jam along with the music!

TUESDAY

Get Organized Forum

First 4-week session:
Jan 19, 26, Feb 2, 9
(On-site babysitting available)

The New Year is a great time to take a few "baby steps" to organizing your home and life. Keeping a home and schedule in order with the unpredictability (and toys) of children can become overwhelming quickly. Together we will explore and practice strategies and routines to simplify and restore some sustainable order to our homes. We will discuss routines, home organization, meal planning and budgeting as well as any other group generated ideas.

Mommy's Time Out

Second 4-week session:
Feb 16, 23, Mar 2, 9
(On-site babysitting available)

Sometimes it's easy to lose yourself in your role of mother. Let's set aside this time to enjoy a hot drink and to find ourselves in undistracted conversation. The topics and or activities will be set each week by the group members and will be intended to rediscover our pre-mommy selves.

THURSDAY

Weight Loss Forum

8 wk - ½ Hour Group
(On-site babysitting available)
9:00-9:30 am
Jan 21, 28, Feb 4, 11, 18, 25
March 4, 11

Is this the year you will lose those extra pregnancy (or holiday) pounds? As Mother's we are often the nutritional gatekeepers and activity coordinators for our families yet have little time to eat

right and exercise. We will meet weekly to discuss weight loss strategies, exchange healthy family friendly recipes and motivate each other to achieve our goals.

A to Z

(8 weeks)
(On-site babysitting available)
9:30-11:00 am
Jan 21, 28, Feb 4, 11, 18, 25
March 4, 11

Do you have little projects or hobbies but no time to complete them without interruption? Well now is your chance! Sign up for A-Z and bring any project such as knitting that gift sweater, organizing baby photos, clipping coupons, scrap-booking or simply balancing the checkbook. Just bring yourself and something to work on for 90 minutes (even reading the gossip mag counts) and enjoy chatting with other moms while you get those projects completed!

Knitting Group

8 weeks
(On-site babysitting available)
9:30-11:00 am
Jan 21, 28, Feb 4, 11, 18, 25
March 4, 11
\$25 *Instructor Fee; Supply your own yarn and needles.*

Headed by a skilled knitting instructor, this group is designed for all skill levels, from those interested in learning to knit to those who want to improve and fine tune their skills. The instructor will provide individual counsel helping you determine all you need to complete your projects, from different needles and yarns to patterns.



**Mothers' Center of Central New Jersey, Inc.
Membership & Groups Registration Form**

- Determine which group(s) you would like to take.** All groups are limited to 10 members, first come, first served so sign up early! Some groups may be filled or may not run. Please specify first and second choices.
- Determine your babysitting needs and appropriate fees.** Babysitting fees are \$5.50 per group meeting for one child; \$4.00 per group meeting for the second child and \$2.50 per group meeting for each additional child. Please specify any allergies your child may have. Parents must stay on premises during discussion groups. If the cost of babysitting prevents you from taking a group, please contact Sarah Santomauro at ssantoma@yahoo.com

Group Length	One Child	Two Children	Three Children
4 weeks	\$22.00	\$38.00	\$48.00
8 weeks	\$44.00	\$76.00	\$96.00
8 wk - 1/2 Hour Group	\$16.00	\$24.00	\$32.00

- Make all checks payable to:** The Mothers' Center of Central New Jersey, Inc.
- Mail registration form and check to:** Mothers' Center of CNJ, PO Box 294, Cranford NJ 07016, or bring completed registration form to our open house on January 14th.

Important Note: You will receive confirmation of your group via telephone from the facilitator prior to the beginning of the group. Groups begin promptly at 9:30 AM and end at 11:00 AM unless otherwise noted. Your promptness is essential to the group to run smoothly. Your attendance is expected each session. If for any reason you cannot attend a session, please call your facilitator as soon as possible.

-----detach and return-----

Registration Deadline: January 14, 2010

Registration for groups will only be accepted if both babysitting and membership fees have been paid.

Name _____ Phone _____ Date _____
 Address _____ email _____
 Name of Husband/Partner _____

Children	Birthday (mo/yr)	Any allergies?	Need Babysitting?
_____	____/____	_____	yes/no
_____	____/____	_____	yes/no
_____	____/____	_____	yes/no

Do you wish to be listed in the Member Directory available only to current members? _____

Which committee(s) do you want to join? _____

Which group do you want to attend?	Will you need babysitting?	For how many children?
_____	yes/no	_____
_____	yes/no	_____
_____	yes/no	_____

Annual Dues (1/10-8/10) \$35.00, Alumni Members \$15

Payment:

Membership Dues	\$ _____
Group Fees (if any)	\$ _____
Babysitting Fees	\$ _____
Adjustments	\$ _____
Donation to MCCNJ (optional and tax deductible)	\$ _____
Total Enclosed	\$ _____