



# Spring

# 2021



## Mom's The Word

### About Us

#### The Mothers' Center of

Central NJ is a non-profit

501(c)(3) organization

committed to building and

fostering a community of

support and empowerment for

all mothers. Established in

1978, we offer many

opportunities for local moms to

connect through daytime and

evening activities.

Our philosophy is built on a

foundation of peer support in

an inclusive, non-judgemental

environment.

### Contact Us

Mothers' Center of CNJ

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As we enter the spring season, I cannot help but reflect on the past year; the ups, downs, and everything in between! I joined the Mothers' Center in January of 2020 when my daughter Avery was only 4 months old. I remember walking into the Mothers' Center having zero expectations but a whole lot of hope.

While I was so blessed to become a mother, my transition to motherhood was not an easy one. Prior to becoming a mother, my life was very different. I was a Corporate Meeting Planner in the Pharmaceutical Industry and traveling was a constant. I have planned meetings all over the world (Africa, Asia, Australia, Europe, North & South America) and while I was very fortunate to be able to travel to all of these countries, it could be very lonely at times. I was rarely home and consequently friendships/relationships were strained. However, becoming a mother was a different type of loneliness for me. I went from always being on the go to sitting on the couch for what felt like hours on end nursing Avery. I remember asking myself, "How am I going to do this?" But that's the interesting and beautiful thing about motherhood. I found myself doing things I didn't think I could, I was stepping outside my comfort zone, and instead of trying to control every situation, I was learning to embrace the journey. There's this quote that sums it up perfectly..."There is no way to be a perfect mother, but a million ways to be a great one."

While meeting in person at the Mothers' Center was short lived because of Covid, it was my saving grace. Due to Covid, my industry (hospitality and tourism) was severely impacted and unfortunately I was left without work. The Mothers' Center gave me purpose and provided structure; it provided an opportunity for me to meet other moms who could relate and understand what I was going through. I felt like myself again. I looked forward to our weekly Zoom calls and playground/walking group meetups and just being around other moms. The Mothers' Center also provided a positive environment for my daughter, supporting her social and developmental skills (she's a little social butterfly!)

I very much look forward to what the coming months bring especially at the Mothers' Center. I can't wait to introduce Avery to new experiences, whether it be group classes, outdoor get-togethers, or channeling her artistic side. The opportunities are endless!

- Lauren S.





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# GROUPS

## MONDAY

**Music With Ms. Sheila** 

**When:** Mondays 4/26 - 6/21  
**Time:** 4 - 4:45 PM  
**Where:** HaVi's backyard  
**Facilitated By:** TBD  
**Cost:** \$150  
 Bond with your children as you explore music and movement and rhythm through fun games, singing and dancing. Get ready to have some fun!

**Mom Yoga** 

**When:** Mondays 4/26 - 6/21  
**Time:** 8:30 - 9 PM  
**Where:** Zoom  
**Facilitated By:** Lauren M.  
**Cost:** \$45  
 Participants will be led through a 30 minute Vinyasa Flow style class. Lisa will share modifications to allow students to choose from beginner to a more advanced practice according to their needs and experience.

## TUESDAY

**Morning Playground Meetup Group** 

**When:** Tuesdays 4/27 - 6/22  
**Time:** 10 AM  
**Where:** Local parks  
**Facilitated By:** Alli & Allison M.  
**Cost:** Free  
 Need to get out? Join us for a playground meet up with your little ones. We will be meeting at local Union County parks. Check Tinyhood for weekly reminders and location.

**Outdoor Explorers** 

**When:** Tuesdays 4/27 - 6/22  
**Time:** 4 PM  
**Where:** Unami Park  
**Facilitated By:** Mel D.  
**Cost:** \$90; \$45 per sibling  
 Let loose with your little explorers in nature. Come and enjoy exploring, problem solving and teamwork in an outdoor setting. Class is appropriate for steady walkers and up.

## THURSDAY

**Creative Kids Workshop** 

**When:** Thursdays 4/29 - 6/24  
**Time:** 10:30 - 11 AM: 18 mos.- 3 yrs.  
 3:30 - 4 PM: 3 yrs. - 5 yrs.  
**Where:** Zoom  
**Cost:** \$54 & \$9 per sibling  
 Join your toddler or preschooler for crafts, stories, & songs you can share together. Supplies will be provided for pick-up. Best for ages 18 mos.- 5 yrs.

## FRIDAY

**Walking Group** 

**When:** Fridays 4/30 - 6/25  
**Time:** 9:30 - 11:30 AM  
**Where:** Tamaques Park  
**Facilitated By:** TBD  
**Cost:** Free  
 Bring your children for some socially distant outdoor time and catch up with some other moms while getting a bit of exercise, too.

## WEDNESDAY

**Mom and Baby** 

**When:** Wednesdays 4/28 - 6/23  
**Time:** 9:30 - 11 AM  
**Where:** Zoom  
**Cost:** Free  
 Whether you're a new mom or an "experienced" mom who would like support and to connect with other moms, then this is the group for you. This is a casual discussion group, so join when you can, and leave when you need. Find some "me time" while baby naps!

**Afternoon Playground Meetup Group** 

**When:** Fridays 4/30, 5/21, 6/25  
**Time:** 4 PM  
**Where:** Local parks  
**Facilitated By:** Allison M.  
**Cost:** Free  
 Need to get out? Join us for a playground meet up with your little ones. We will be meeting at local Union County parks. Check Tinyhood for monthly reminders and location.



Any in person group will be weather dependent. Any cancellations or location changes will be posted to Tinyhood!

All in person groups will follow NJ state and CDC guidelines in regards to social distancing and mask wearing.

Please remember that you must stay home if you or your child are feeling sick, or if you or anyone in your household is experiencing symptoms of COVID-19.



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## EVENTS

**RSVP on Tinyhood for all events - available to all members now!**

### Just for Moms



#### Moms' Night Out

**When:** Thursday 4/22  
**Time:** 8 - 10 PM  
**Where:** HaVi's house  
**Facilitated by:** HaVi & Mel D.  
**Cost:** Pay for your own  
Join us for a socially distanced moms' night out in HaVi's backyard. Please bring your own snack/beverage.

#### Fireside Chat



**When:** Tuesdays 4/27, 5/11, 5/25, 6/8, 6/22  
**Time:** 8:30 PM  
**Where:** Zoom  
**Facilitated by:** HaVi J., Erin H. & Allison P.  
This series seeks to celebrate resilience and facilitate and inspire conversations among members. Through these Fireside Chats, we will highlight the experiences of past and current members, focusing on how they have overcome challenges in their lives.

#### Mothers' Day Wine Tasting

**When:** Thursday 5/6  
**Time:** 8:30 PM  
**Where:** Zoom  
**Facilitated by:** Sharon  
**Cost:** \$35 - \$40  
Join us for a virtual wine tasting with Rosie's Wine Bar! A staff member from Rosie's will guide us through a tasting of wines from the comfort of home. (No designated drivers needed!) There will also be a quiz with a chance to win prizes. Keep an eye on Tinyhood for further details including which wines we will taste as well as how to order.



#### Moms' Night Out

**When:** Thursday 5/19  
**Time:** 8 - 10 PM  
**Where:** River and Rail  
**Facilitated by:** Mel D.  
**Cost:** Pay for your own  
Tired of being stuck at home? In need of some in-person connection? If so, then join us on the outside patio at River and Rail for some drinks.



#### Stitch & B\*\*ch

**When:** Thursday 5/20  
**Time:** 8:30 - 10 PM  
**Where:** Zoom  
**Facilitated By:** YanYan  
Have a project you're working on, but also need some (virtual) social time? Skip the podcast and come hang out with us. Bring your laundry to fold, work on your latest craft, prep tomorrow's dinner, or join us with whatever fills your hands but not quite your mind.



#### Steering Meetings

**When:** 5/5, 6/2  
**Time:** 8:30 - 10 PM  
**Where:** Zoom  
Want to get more involved? Help us make decisions that shape the direction of our center. We welcome all comments and suggestions for making the center better.

tinyhood



#### Are You Connected?

Make sure you're linked in with our group site, Tinyhood! You can use either the website or the app to keep up to date with member news, baby stuff trading, and pop-up events and meetups! Use this code to get right to the site or go to [www.tinyhood.com/MCCNJ](http://www.tinyhood.com/MCCNJ)

#### Year-End Celebration

**When:** Thursday 6/17  
**Time:** 8:30 - 10 PM  
**Where:** Zoom  
**Facilitated by:** Lauren M. & Melissa B.  
Join us to celebrate and close out another successful year for the Mothers' Center! This is also where we present our Essence Award to a member who embodies the spirit of the Mothers' Center. Details to follow on Tinyhood!



#### Open Houses

**When:** Monday 4/12 @1 - 2 PM  
**Where:** Unami Park  
**When:** Tuesday 4/13 @8:30 - 10 PM  
**Where:** Zoom  
<https://us02web.zoom.us/j/81280561384?pwd=eTJwUmZUY3RnR1QS1M3aUdTSi9BQT09>  
Come meet current and prospective members at our morning or evening Open House where you can find out more about our offerings and sign up for groups and other activities. Everyone is welcome!

### Family Time



### Family Playdate

**When:** Saturday 4/17, 5/15, 6/12  
**Time:** 10 AM  
**Where:** Unami Park & Hartman Park  
**Facilitated By:** Mel D. & Lauren S.  
**Cost:** Free  
Bring the whole family to a couple of our favorite parks for a family playdate!

### Virtual STEAM Classes



Look out for our virtual STEAM lesson series with Kacie! Lessons will be pre-recorded so you can do them at any time with your budding engineer. The cost of \$60 will include 6 lessons along with your own pre-packaged supply kit. This class will allow 6 participants.



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## UPDATES



### New Babies



*Let's extend a little extra love to these families who welcomed their newest additions this winter!*

**Nate Joseph Nusblat** was born on 12/17/20 weighing 7 lbs. 2 oz. and measuring 19 in. to first-time parents Dina and Oren Nusblat. Congratulations!

**Kennedy Genevieve Markovich** was welcomed by Christine, Matthew, and fur brother Niko a whole week late on 2/6/21 weighing 10 lbs. 8 oz. and 21 in. long. Everyone is happy and healthy!

**Daniela Marie Rizk** was welcomed by Slavka, Ramy, and big sister Viki on 2/19/21 weighing 7 lbs. 13 oz. and measuring 19 in. Sending love to our newest little members!

### Child Health Guidelines

For the good health of your child and all the children of the Mothers' Center, please do not bring your child to the Mothers' Center if he/she



- Temperature of 99.2 or higher
- Sincere complaints of discomfort
- Swollen glands
- Sore throat
- Excessive discharge from the nose
- Is in the first 3 days of a cold
- Persistent cough or sneezing
- Nausea, vomiting or diarrhea
- Rash or inflammation of the eyelids
- Extreme lethargy
- Chicken pox
- Rash
- Other contagious disease

Children who have been vomiting and/or had a fever should be kept home for one full day after symptoms have disappeared.

Thank you to all of our past sponsors of the Miles with Moms 5K! Your generosity and support has allowed the Mothers' Center of Central NJ to continue to provide classes and programming to mothers and their families. Safety is our number one concern, so with a heavy heart, we have decided not to run the 5k this year. We look forward to hosting this event in 2022!



Allied Fence	Family Chiropractic of Clark and NY	Ross & Calandrillo, LLC
AP Mazzilli Landscaping	Happy Hour Fitness	Trinity Episcopal Day School
Cradles to Crayons Learning Center Inc.	Kessler	Two River Bank
FallGuys LLC	Kika Stretch	Watchung Pediatrics

### Fundraising

#### Take Out Nights

Don't feel like cooking another dinner? Support MCCNJ and a local restaurant with our take out night fundraiser. More details coming soon on TinyHood.



Have an idea or want to lead a group? Email us at [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com)! MCCNJ is a volunteer based organization and our programs adjust to members' needs. All ideas are welcome!



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## REGISTRATION

### Mothers' Center of Central New Jersey Membership & Groups Registration

- To **join** or **renew** membership, register online using the form available at:  
<https://motherscentercnj.org/members/>
  - Annual membership dues: \$25 (prorated price) and Alumni Supporter dues: \$25.
  - If the costs associated with group fees or dues prevents you from taking a group, please contact [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com).
- Membership runs from September 2020 to September 2021
  - Membership is renewed annually.
  - If you cannot join us this session, you may join at a later session. We will run registration again in the summer session.
- As a member you will have the ability to register for any groups
  - Register for groups using the same online form.
  - Determine which group(s) you would like to take. Some groups are limited, first come, first served so sign up early! Some groups may be filled or may not run.
  - You will receive confirmation of your group via email from the facilitator prior to the beginning of the group.
- Dues and group payments can be paid online after registering.
  - If paying by check, make checks payable to: The Mothers' Center of Central New Jersey. Mail and send to: Mothers' Center of CNJ, PO Box 294, Cranford NJ 07016.
- After joining you will receive access to TinyHood, our online membership community. TinyHood allows you to:
  - RSVP for any events including moms night out & pop up events for moms, kids and families.
  - Access a member only discussion board
  - Sell or find items on a member only marketplace

Register during our in-person Open House at Unami Park on April 12th @ 1 - 2 PM,

During our virtual Open House via Zoom on April 13th @ 8:30 - 10 PM

<https://us02web.zoom.us/j/81280561384?pwd=eTJwUmZUY3RnR1IQS1M3aUdTSi9BQT09>

or online starting 4/14 at <https://forms.gle/7zxpvcXgtq8ChyzT6>

Follow our QR  
code to register  
now!



Have an idea or want to lead a group? Email us at [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com) or come to the next Steering Meeting. MCCNJ is a volunteer-based organization and our programs adjust to members' needs. All ideas are welcome!