

# MOM'S THE WORD

SPRING 2023



## Winter Session Highlights



Clockwise from top:  
Book club members meet with author Debra Green for a discussion of her novel The Convention of Wives.

A special charcuterie board making class at Tavola was a fun twist on Moms Night Out.

A Coffee Klatsch mixed donuts and coffee at Krispy Kreme.

Families enjoyed the Happy Hearts Hop event for Valentine's Day fun!



### 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-judgmental environment.

Contact us anytime at [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com)



Spring Session 2023 runs through the second quarter of the year, from April through June.

As of 2021, MCCNJ has partnered with Temple Beth-El Mekor Chayim (TBEMC). Many of our programs meet at TBEMC, which is located at 338 Walnut Ave in Cranford.

# Weekly Family Events

**4/19-5/24**  
**9:30-10:15 AM**  
**@ TBEMC**  
Facilitator:  
Janelle S.

## Creative Expressions

Wednesdays

Join Ms. Julie to enjoy music, movement, art and more, along with a fun story each week.  
Target age 18mo - 3.5 years. Max 10 children  
Cost: \$60; \$30 per additional sibling

**4/19-6/21**  
**11:00 AM**  
**@ TBD**  
Facilitator:  
Andrea H.

## Mom & Baby

Wednesdays

This casual discussion group is for moms and their babies (typically <1 year old) to find support and connection. Join when you can, leave when you need, and find some "me time" with other moms! Check Tinyhood for locations.  
Cost: Pay your own

**4/19-6/7**  
**3:30 PM**  
**@ Andrea Q's**  
**(Scotch Plains)**  
Facilitator:  
Andrea Q.

## Music Round Class

Wednesdays

Join MCCNJ for singing and dancing with Ms. Sheila! Registration and payment is completed directly with Ms. Sheila. All ages welcome. Please email [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com) to get the registration link.  
Cost: \$170; siblings under 1 are free

**4/20-6/8**  
**9:30 AM**  
**@ TBEMC**  
Facilitator:  
Alli S.

## Indoor Playgroup

Thursdays

Need to get out? Join us for a meet up with your little ones and enjoy socializing while your child plays too.  
All ages welcome.

**4/21-6/23**  
**4:30 PM**  
**@ local**  
**playgrounds**  
Facilitator:  
Mindy

## Family Playground Meetup

Fridays

Join us at the playground with the whole family!

4/21 @ Brookside (Scotch Plains)	5/26 MEMORIAL DAY WEEKEND [no meetup]
4/28 @ Mohawk (Cranford)	6/2 @ Unami (Cranford)
5/5 @ Kaitlyn Nelson (Clark)	6/9 @ Piction (Clark)
5/12 @ Hartman (Garwood)	6/16 @ Sycamore (Westfield)
5/19 @ LaGrande (Fanwood)	6/23 @ Esposito Park (Clark)

# Recurring Gatherings for Moms

4/19-5/24  
8:00 PM  
@ Zoom  
Facilitator:  
Sara G.

## Working Moms

Third Tuesdays; Monthly

Working full-time, part-time or returning to the workforce after maternity leave? Join us virtually the third Tuesday of every month for an open discussion about balancing a career and motherhood. RSVP on Tinyhood to get the Zoom link!

Cost: Free

4/1;  
5/3; 6/7  
8:00-9:30 PM  
@ TBEMC

## Steering Committee

First Wednesdays; Monthly

If you want to learn more about the Mothers' Center, help plan events, maybe become a facilitator and create new events, please join us! New members are always welcome!

Cost: Free

4/26;  
5/24; 6/21  
7:30 PM  
@ TBEMC  
Facilitator:  
Andrea Q.

## Parenting Discussion

Fourth Wednesdays; Monthly

Join us to discuss the 12 strategies in Daniel Siegel's book The Whole-Brain Child, focused on fostering healthy brain development, leading to calmer, happier children. Join for any of or all three sessions, and whether or not you're able to read the book!

Cost: Free

4/26: Chapters 1-3; 5/24: Chapters 4-5; 6/21: Chapter 6 & Conclusion

5/6  
11:00 AM  
@ Cafe Paris  
(Cranford)  
Facilitator:  
Sara G.

## Book Club

Bimonthly on Saturdays

The Chanel Sisters by Judithe Little is our spring selection - a historical fiction novel about the sisters who changed fashion forever. Join us for lunch as we share our thoughts on this novel.

Cost: Pay your own meal

4/9-6/25  
Mornings-TBD  
@ Tamaques  
Park (Westfield)  
Facilitator:  
Allison P.

## Running Club

Sundays

Join us for one or more laps around the park, running and/or walking. We are non-competitive and strollers are welcome. Check the WhatsApp Running Group for details each week.

Cost: Free

# Spring Session Special Events

Friday

4/14

8:00-10:00 PM  
@ Allison J's

## Vision Board Craft Night

Join us for a crafty evening creating a collage of words and images that represent your intentions for the year ahead. There is no wrong way to build a vision board! Costs cover supplies and snacks. Feel free to BYOB to spark your creativity.

Facilitator: Allison Jones | Cost: \$10 | Location: Cranford

Sunday

4/23

10:00 AM  
@ VFW

## Headshot Photoshoot

Spring clean your image and update your professional headshot with 3 edited photos from local photographer Jessica Reiss ([www.jessicareissphotography.com](http://www.jessicareissphotography.com)). Registration for timeslots will be available on Tinyhood.

Facilitator: Karen R. | Cost: \$90 | Location: Cranford

Wednesday

5/10

6:00-8:00 PM  
@Moms  
Helping Moms

## Moms Helping Moms: Volunteer Night

Let's enjoy a night of giving back! Moms Helping Moms Foundation provides diapers and other essential items to families in need across New Jersey. This volunteer night is to help in their warehouse sorting clothes, packaging diapers and more. Check the Tinyhood event for special signup link!

Facilitator: Erica S. | Cost: Free; max 10 people | Location: Warren

Friday

5/12

6:30-8:00 PM  
@ Fire Me Up

## Moms Night Out: Pottery

Calling all newbies to the pottery wheels! Ever wonder what it'd be like to try out the pottery wheel and throw your very own pieces? Session includes an hour and ½ lesson, instruction, 1st firing, glazing of your piece, and 2nd firing!

Facilitator: Jade K. | Cost: \$69; max 8 people | Location: Cranford

Thursday

5/18

8:00 PM  
@River & Rail

## Moms Night Out: Mix & Mingle

Join us to mix and mingle over food and drinks at River & Rail in Cranford!

Facilitators: Cathryn O. & Jade K.

Cost: Pay your own | Location: Cranford

Thursday

6/8

7:30 PM  
@Terrace  
Plant Shop

## Terrarium Therapy Workshop

Let's create beautiful terrariums together at Terrace Plant Shop! In this workshop, we will cover the tools and materials needed to build a terrarium, the process of planting and designing, and how to care for it once it is built.

Facilitator: Erica S. | Cost: \$35; max 16 people | Location: Metuchen

Sunday

6/4

2:00-5:00 PM  
@Olga's House

## Bridgerton Tea Party

You are cordially invited to a Bridgerton-themed tea party! Don your finest garden party attire and join us for an afternoon of delicious tea, scrumptious treats, and delightful company. Bring your favorite "tea" themed treat (scone, tea sandwich, etc).

Facilitator: Olga M. | Cost: BYO; max 12 people | Location: Maplewood



# Special Spring Session Events



## Easter Eggstravaganza

Friday, 3/31

4:00 PM @ H. Jacobs's yard\*



Calling all MCCNJ families! Bring your Easter baskets and get ready for an egg-citing egg hunt, eggs-traordinary games, and some egg-cellent crafts! Refreshments and snacks will be served.

Facilitators: Jenna S. & Sutapa B.

Cost: Free

\*In the event of rain, the party will be held on Saturday, April 1 at 4:00 PM in Jenna S.'s yard.



## Year-End Celebration

Thursday, 6/15

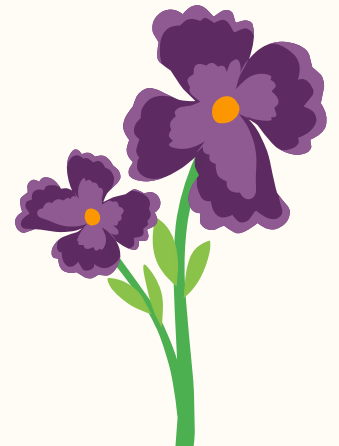
8:00 PM @ Venue 104



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!

Facilitators: Cathryn O. & Allison P.

*Just for moms!*



## Welcoming babies born during the winter session:

**Theo Jacoby Silva** was born 2/21 and welcomed by parents Elisha and Kevin and older sibling Micah (18 mo).

**Abigail Rose Larish** was born 3/1 to parents Chrisine and Bryan Larish. She joins big brother Andrew (3).

**Warren Alister Kamine** was born 3/2 and welcomed by parents Jade and Matt Kamine. He joins big sister Waverly (3).

**Tessa** was born 3/4 to parents Josie and Traver Adams. She joins big brother Tucker (2).



## Child Health Guidelines

Please do not bring your child to a Mothers' Center activity if he or she has:

- Temperature of 99.2 or more
- Sincere complaints of discomfort
- Swollen glands
- Shortness of breath
- Sore throat
- Excessive nasal discharge
- A cold (during first 3 days)
- Persistent cough or sneezing
- Nausea, vomiting, or diarrhea
- Rash or inflammation of the eyelids
- Extreme lethargy
- COVID-19
- Rash
- Other contagious disease

## Registration and how to join:

- **HOW CAN I JOIN?**
  - To join or renew membership, register online using the form available at: <https://motherscentercnj.org/members/>
- **HOW MUCH IS MEMBERSHIP?**
  - Annual membership: \$65; Alumni Supporter: \$25
    - Prorated through the year - membership is \$25 if joining for Spring Session
  - If you already paid for 2022-2023 dues in the fall, you do not need to pay again.
  - If the costs associated with group fees or dues prevent you from taking a group, please contact [motherscentercnj@gmail.com](mailto:motherscentercnj@gmail.com).
- **HOW DO I PAY?**
  - After registering, you will receive an invoice to pay online
  - If you prefer to pay by check, make checks payable to: The Mothers' Center of Central New Jersey.
    - Mail to: Mothers' Center of CNJ, PO Box 294, Cranford NJ 07016.
- **HOW LONG IS MY MEMBERSHIP GOOD FOR?**
  - Membership runs from September 2022 to September 2023.
  - Membership is renewed annually in September.
  - If you cannot join us now, you may join later at any time.
- **HOW DO I REGISTER FOR GROUPS?**
  - As a member you will have the ability to register for any groups.
  - Register for groups using the same online form.
  - Some groups are limited, first come, first served, so sign up early! Some groups may be filled or may not run if we don't have enough registrants.
  - You will receive confirmation of your group via email from the facilitator prior to the beginning of the group.
- **WHERE DO I RSVP FOR GROUPS AND EVENTS?**
  - Please RSVP on Tinyhood under the Events tab.
- **HOW DO I ACCESS TINYHOOD?**
  - After joining the Mothers' Center, you will receive access to Tinyhood, our online membership community. Tinyhood allows you to:
    - RSVP for any events including moms' nights out & pop up events for moms, kids and families.
    - Access a member only discussion board.
    - Sell or find items on a member only marketplace.

SCAN TO JOIN MCCNJ



SCAN TO JOIN US ON TINYHOOD



Or go to:

[www.tinyhood.com/MCCNJ](http://www.tinyhood.com/MCCNJ)