



MOM'S THE WORD

Summer 2023

Summer Session is Here!

Coffee Chats

Tuesdays, 7/18 & 8/15
Location: TBD

Enjoy coffee and discussion on targeted topics we can all learn from and enjoy in rotating local cafes.



Cost: Pay your own

New!

Ms. Erin's Magic of Make Believe

Wednesdays, 7/19-8/23, 10-10:40AM @ TBEMC

Children have amazing imaginations! Let's nourish their potential with theater games, music, movement, and creative play. This class will foster confidence, teamwork, creativity, connection, active listening, and more for your little explorers, aged 3-6. Plus, they are going to have so. Much. FUN!



Cost: \$90 per child; \$60 per additional sibling

Mom & Baby

Wednesdays, 7/19-8/23
11AM @ TBEMC



This casual discussion group is for moms and their babies (typically <1 year old) to find support and connection.

Cost: Free

Join us on Friday afternoons at 4:30 pm for some family fun!

7/21 @ Brookside (Scotch Plains)
7/28 @ Mohawk (Cranford)
8/4 @ Caitlin Nelson (Clark)
8/11 @ Hartman (Garwood)
8/18 @ Mindowaskin (Westfield)
8/25 @ Snyder Ave (Berkeley Heights)

Playground Meet Ups



Come cool down with your MCCNJ friends!
Check pool rules for diaper policies, permitted toys, and cost of a guest pass.

Wednesday, 6/28, 3:30-5PM - Westfield Memorial Pool
Monday, 7/10, 12-1:30PM - Orange Avenue Pool (Cranford)
Tuesday, 7/25, 10AM-12PM - Westfield Memorial Pool
Thursday, 8/10, 3-4:30PM - Centennial Avenue Pool (Cranford)

Pool Meet Ups



Gatherings Just for Moms

Book Club

Saturday, 7/8, 11AM
@ Echo Tap & Grill, Mountainside

Every Summer After by Carley Fortune, a nostalgic love story of summers by the lake, is our summer selection. Join us for lunch as we share our thoughts!

Cost: Pay your own



Disney World Planning & Discussion Brunch

Sunday, 7/16, 11:30 AM
@ Vine & Oak, Cranford

Planning a trip to Disney? Gone down the rabbit hole of tricks to get the most magic packed into your trip? Have you visited the most magical place on earth and want to share tips? Join us to discuss planning a family trip to Disney World!

Cost: Pay your own

Mom's Brunch

Saturday, 7/29, 11 AM @ TBD

Take some time for yourself to enjoy a morning out with other fabulous MCCNJ moms!

Cost: Pay your own

Paint & Sip

Wednesday, 7/19, 7PM @ Cranford

Join us for a relaxing evening as we learn to paint watercolor masterpieces with a local Cranford mom/artist in her backyard. BYOB. Max 14 people.

Cost: \$45

Kindergarten Brunch

Sunday, 8/6, 11AM @ Addams Tavern, Westfield

Is your child entering kindergarten this fall? Join us to discuss and support one another as we begin this new chapter with our children.

Cost: Pay your own

Play and Social Skill Workshop

Tuesday, 7/11, 7-8:30PM @ Creative Kids, Scotch Plains

Instructors from "Play and Talk With Us" will host a workshop on the differences in play and social skills. Members will learn about developmental milestones, stages of play, and different categories of social skills.

Cost: Free

Yoga (Mixed level)

Friday, 8/4, 7:30-8:30 PM
@ Alluem Yoga, Cranford

Come breathe with us! This class is only for MCCNJ moms, so it'll be a great evening for exercising, bonding, and letting go!

Cost: \$25



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

Want to get more involved? Join our Steering Committee meetings on the first Wednesday of every month (7/2 & 8/2) from 8:00-9:30 PM at TBEMC!



Summer Session 2023 runs from July 17 through August 25.

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

To join us this summer, register through our website or the QR code below. The summer membership fee for new members is \$10.

