



MOM'S THE WORD

SPRING 2024

Photo recap: Winter 23-24 Session!



Natalya G. started an evening indoor play group at TBEMC!



Member celebrated Galentine's Day at Publick House in Mountainside, organized by Rebecca K.



Winter's Commit To Yourself crew attending a Restorative Yoga class at Alluem in Cranford.



Tiny Adventurers Took On: Crayola Factory this January, hosted by Erica S. !



Saturdays are for the Moms with a brunch at Hatch 44 in Metuchen, hosted by Erica S.



A Friday morning coffee chat meet up brought moms and their children together over donuts at Krispy Kreme in Springfield hosted by Alli S.



March's book club (organized by Sara G.) met at &grain in Garwood to discuss *Hello Beautiful* by Ann Napolitano over lunch.

ABOUT US

The Mothers' Center of Central NJ (MCCNJ) 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 Planning Committee meetings on the first Wednesday of every month from 8-9:30 PM at TBEMC or Zoom!



Spring Session 2024 runs from April through June. Many of our programs meet at Temple Beth-El Mezor Chayim (TBEMC), located at 338 Walnut Ave in Cranford. Please note that TBEMC is closed April 23-30 and June 12-13.

To join us, register through our website or the QR code below. Our annual registration takes place in September and the cost is prorated throughout the year. Join today for \$25!



MOM & CHILD ACTIVITIES

MOM & BABY

Join our casual discussion group for moms and their babies (typically <1 year) to find support and connection.

Location: TBEMC** | Host: Cate L.

WEDNESDAYS [AT] 10AM

EVENING INDOOR PLAYGROUP

We're rolling out additional evening programming. Come to the temple on select

Wednesdays for toddlers to preschool aged children.

Location: TBEMC** | Host: Natalya G.

WEDNESDAYS [AT] 6:30PM

MUSIC ROUND

Special discount of \$20 off for MCCNJ

members Ms. Sheila's Spring Music Round

class Wednesdays at 4:00 PM! Registration will be completed directly at kidsmusicround.com. Location: American Legion, Westfield

WEDNESDAYS [AT] 4:00PM

MORNING INDOOR PLAYGROUP

Need to get out of the house? Join us at Hanson Park (TBEMC during

inclement weather) with your little ones and enjoy socializing while your child plays. All ages welcome.

Location: Hanson Park, Cranford | Host: Lauren S.

THURSDAYS [AT] 9:45AM



FAMILY PLAYGROUND MEET UPS

- 4/12 - Brookside (Scotch Plains) - Host: Mindy R.
- 4/19 - Nomahegan (Cranford) - Host: Sara G.
- 4/26 - Caitlin Nelson (Clark) - Host: Sutapa B.
- 5/3 - Hartman (Garwood) - Host: Mindy R.
- 5/10 - SPRING FLING! @ Brookside Park (Scotch Plains)
- 5/17 - Greenside (Scotch Plains) - Host: Sutapa B.
- 5/24 - No meet up for Memorial Day Weekend
- 5/31 - Piction (Clark) - Host: Mindy R.
- 6/7 - Sycamore (Westfield) - Host: Sara G.
- 6/14 - Unami (Cranford) - Host: Sutapa B.

FRIDAYS [AT] 4:30PM

JOIN US AT THE PLAYGROUND WITH THE WHOLE FAMILY!

** NOTE: TBEMC IS CLOSED/PLAYGROUPS ARE CANCELED APRIL 23-30 AND JUNE 12-13!

TINY ADVENTURER SERIES!

FIRST MONDAYS

We're venturing out of our usual local settings with our "Tiny Adventurers Take On..." series. Mark your calendars for the first Monday of each month for a journey of fun for parents and littles!
Host: Erica S.

APR 08

LIBERTY SCIENCE CENTER

LSC is a huge learning center with interactive exhibits, giant aquariums, the biggest planetarium in the Western Hemisphere, and more! Stay later on after the meet up to take advantage of the solar eclipse programming! Meet us at 10AM; purchase tickets online to save time! Destination: Jersey City, NJ

MAY 06

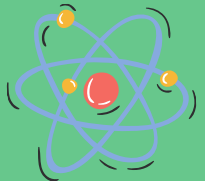
CLARK PUBLIC LIBRARY

Explore the extensive children's section of books and toys for our little ones to explore. Tales for Tots program runs from 9:45-10:15AM. Please register online with the library! Destination: Clark, NJ

JUNE 03

FAIRY TRAIL IN MILLBURN

Meet us at 9:30AM at the South Mountain Fairy Trail for a half-mile walk full of delicate fairy houses! Bring buy spray and sunscreen; wear comfortable clothing and shoes. After walking the trail, we can enjoy local lunch or shopping or stop at the Taylor Park playground. Destination: Millburn, NJ



Spring Session: Special Events

Spring Fling

Friday, May 10 4:30-6:00 PM
@ Brookside Park, Scotch Plains

Join us for a delightful spring celebration of spring with the whole family! Enjoy an afternoon of games, crafts, and a chance to connect with other MCCNJ families. We'll have refreshments and snacks to keep your energy up for all the activities we have in store! Don't miss out on the fun!



Host: Andrea Q.
Cost: Free

MCCNJ YEAR END PARTY

Thursday, June 13
7:00 - 9:00 PM

@ Venue 104, Cranford

Come and celebrate another successful year for the Mothers' Center! We'll enjoy of buffet dinner, soft drinks & wine, mingling, and presenting our Essence Award. Additional details on Mighty app or mccnj.mn.co!

Hosted by Steering Committee
Cost: \$25

Recurring Gatherings for Moms

Apr 3
May 1
June 5

Planning Committee

Have a fun idea for an event or meet up? Want to learn more about the group? We would LOVE to have you! Join us on Zoom or at TBEMC at 8PM on the first Wednesday of the month!



Apr 10
May 8



Prenatal Meetup

Join other expectant moms for conversation and camaraderie! The group meets the second Wednesday of the month at 8PM at TBEMC.
Host: Maria M.

Weekly
Sunday
Morning

Sunday Run Day

Lace up your shoes and join us on Sunday mornings (around 8AM) at Tamaques Park in Westfield. All paces are welcome. Keep an eye on the WhatsApp for meet up details!
Host: Allison P.



Recurring MCCNJ Gatherings

Mornings Unfiltered: Coffee Chats



Whatever season of motherhood you're currently come jumpstart your day with MCCNJ friends! Children are welcome to attend. Host: Alli S.

Monday 4/8

9 AM

Alonso's Cafe, Garwood

Wednesday 5/8

9 AM

Kirshenbaum's, Westfield

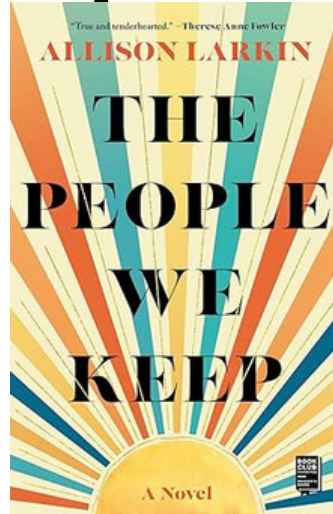
Friday, 6/7

9 AM

Track 5, Cranford

MCCNJ Book Club

Sara G. hosts our book club on the 1st Saturday of every other month. Please RSVP on Mighty!
Cost: Pay your own



The People We Keep

Saturday, 5/4,

12:00 PM

@ &grain, Garwood

The People We Keep by Allison Larkin

is our spring selection - the story "of a young songwriter longing to find a home in the world." Join us for lunch as we share our thoughts on this novel!

FUN-FILLED FAMILY OUTINGS



Keep an eye on Mighty and the WhatsApp chat for fun meet ups. What's better than meeting friends while finding a new local spot? We're excited to meet you out and about this spring!

4/6

**Saturday
3:00PM**

Kids Empire, Watchung

The magic of childhood comes alive at this indoor playground! Socks are mandatory. Cost: \$19.9 per child | Host: Danielle G.

4/15

**Monday
9:30AM**

The Playroom, Clark

Come play at one of the newest local indoor play locations! Cost: \$22 | Hosts: Cate L. & Karen R.



Scoops, Scotch Plains

Let's meet for some sweet treats! After ice cream, Friday playgroup is meeting at nearby Greenside Park! Cost: Pay your own | Host: Erica s.

5/17

**Friday
4:00PM**

Spring Session Featured Mom Events

Friday
4/26

Paint & Sip Night @ Fire Me Up

Get in touch with your creative side at a fun pottery painting Mom's Night Out!
Host: Erica S. | Cost: \$35 minimum; \$10 to reserve spot
Location: Fire Me Up in Cranford | Time: 6:30 - 8:30 PM

Thursday
5/2

Spring Happy Hour Meet Up

Let's get together for some drinks to celebrate the warmer weather coming our way! RSVP on Mighty app!
Host: Rebecca K. | Cost: Pay your own
Location: Paragon Tap & Table, Clark | Time: 4:30 - 6:30 PM

Friday
5/10

Margs for Moms!

Join us to check out this new hotspot in downtown Metuchen and enjoy a margarita with mom friends!
Host: Erica S. | Cost: Pay your own
Location: Meximodo, Metuchen | Time: 7:00 - 9:00 PM

Sunday
5/19

Mom's Morning Out: Brunch

Come celebrate yourself and each other with a Mother's Day Brunch.
Host: Amy W. | Cost: Pay your own
Location: TBD | Time: 11:00 AM - 1:00 PM

Thursday
6/13

MCCNJ Year End Celebration

We'll enjoy a festive evening celebrating 46 years of the Mothers' Center! Mingle with MCCNJ friends while enjoying a buffet dinner.
Host: Steering Committee | Cost: \$25
Location: Venue 104 | Time: 8:00 - 10:00 PM

Tuesday
6/25

Bowling and Banter: Mom's Night Out

Join us for a night of bowling! They are running a special for unlimited bowling with shoe rental for \$22.99 per person.
Host: Rebecca K. | Cost: Pay your own
Location: Bowlero, Green Brook | Time: 8:00 - 10:00 PM

Mom Events in the Making: Planning in Process!

Stay active on Mighty and WhatsApp for the details on these upcoming events:

Cricut How-To

Michelle R. will share tips and tricks to elevate your Cricut skills!

Postpartum Body Workshop

HaVi J. will facilitate a discussion on harnessing your postpartum power!

Financial Wellness for Women

Alana M., local CPA, hosts a workshop to empower our financial goals.

YOUR CHOICE

Have an idea for an event or skill you'd like to share? Let's make it happen!

Urban Sewciety Class

Spring into creativity with a 101 sewing class with MCCNJ friends!

Potluck Meetup


We're reviving our potluck series! Volunteer to host a fun food-forward exchange!

Not a MCCNJ member? Join today; spread the word!

Mothers' Center of Central New Jersey (MCCNJ) is a community for local moms to share experiences, seek advice, and attend events to meet other moms in the greater Cranford, NJ area. Whatever stage of the motherhood journey you're in, we welcome you!

- Membership renews each September 1 and is prorated through the year.
- Join today for \$25 until the next renewal period!
- Register at www.motherscentercnj.org or email motherscentercnj@gmail.com!

SPRING INTO ACTION: MCCNJ SERVICE PROJECT PROFESSIONAL ATTIRE COLLECTION



We're teaming up with Union County College to collect gently used, clean professional attire collection for Owl's Career Closet.

Accepted items:

- Shoes [HIGH NEED]
- Ties & belts [HIGH NEED]
- Dress socks
- Handbags
- Jewelry
- Professional work attire

Check Mighty for porch drop off locations in Scotch Plains, South Plainfield & Westfield.



OPEN POSITIONS

Mothers' Center of Central New Jersey

TERM: JULY 1, 2024 - JUNE 30, 2025

TREASURER
Maintains bank account, making payments/reimbursements timely and reconciling QuickBooks. Filing quarterly and annual federal and NJ reporting. Maintaining insurance and licenses. Maintaining P.O. Box.

FUNDRAISING
Spearheads and facilitates/delegates fundraising efforts. Recently, the fundraisers have been: Fall Mums Sale; Winter Poinsettia Sale; Variety Card Boxes.

TEMPLE LIAISON
Acts as bridge between MCCNJ and Temple Beth-El Mekeor Chayim (TBEMC), our current headquarters. Provides TBEMC with session calendars and space needs. Manages 3 swipe badges provided for access.

SPECIAL FAMILY PARTY LEADS
Plans and coordinates our seasonal special family events with budgeted funds. Coordinates volunteers and execution. Current parties have been: Halloween; Winter; Valentine's Day/St. Patrick's; Spring Fling

PARENT/CHILD GROUPS
Coordinating and overseeing recurring parent/child group activities. Collaborates with and supports needs of facilitators while promoting member engagement.

EVENT HOSTS
Schedules one-time or recurring events or activities on calendar, supporting member engagement. Choose your level of commitment to fit your schedule!

COMMUNITY CONNECTIONS: MEET UPS, OUT&ABOUT

While these events aren't organized by our group, they are a great opportunity for us to connect locally with each other and other members of our community in a fun setting! Keep an eye on chats in WhatsApp and Mighty communities for other pop up meet ups (like Open Gymnastics or an impromptu park meet up!) Here's a few local activities we know members have their eye on this spring!

<p>APR 17 KNITNAMES + MAX & LUNA HOST A MOM'S NIGHT OUT SIP & EMBROIDER EVENT. LOCATION: MAX & LUNA STORE IN CRANFORD COST: \$85</p>	<p>APR 28 CRANFORD STREET FAIR & CRAFT SHOW IN DOWNTOWN CRANFORD FROM 11AM - 5PM</p>	<p>FANWOOD VENOR SPRING FESTIVAL ON SOUTH AVE, FANWOOD FROM 10AM- 4PM</p>	
<p>MAY 4 OPENING DAY SCOTCH PLAINS FARMERS' MARKET PLACE! STARTING 5/4, THE MARKET WILL BE OPEN EVERY SATURDAY FROM 8AM-1PM.</p>	<p>THE MONMOUTH MOMS' 2024 SPRING FESTIVAL AT BELLWORKS IN HOLMDEL FEATURES TOUCH-A-TRUCK AND TONS OF KIDS ACTIVITIES FROM 11AM-3PM.</p>	<p>MAY 5 WESTFIELD SPRING FLING - DOWNTOWN WESTFIELD 10AM-5PM</p>	<p>APR 7 JOIN BRASSY BUDDHA YOGA STUDIO FOR AN YOGA FLOW CLASS WITH PUPPIES THAT ARE UP FOR ADOPTION! LOCATION: BRASSY BUDDHA, WESTFIELD COST: \$35</p>
<p>MAY 25 MCCNJ MEMBER HEATHER L. PRESENTS BREASTFEEDING BASICS: A PRENATAL CLASS. EMAIL HEATHERLEWISCBS1221@GMAIL.COM FOR DETAILS. LOCATION: FCC OF WESTFIELD AT 2PM COST: \$75</p>	<p>JUN 2 GARWOOD ROCKS 2024 ON CENTER STREET, GARWOOD FROM 11AM-5PM</p>	<p>JUN 23 ROCK THE BLOCK STREET FAIR IN CLARK WESTFIELD AVENUE, CLARK</p>	