

MOMMY'S TIME OUT

Lakewood Ranch Mom's Group, Inc.

*The official newsletter of the Lakewood Ranch Moms Group, written by, for,
and about moms living in the Lakewood Ranch community.*



November 2013

Things to do in Lakewood Ranch and Around Town

- **Chili Cook-off** - Sat, November 16, 4:00pm – 7:00pm Lakewood Ranch Main Street
- **Suncoast Food and Wine Festival** - Saturday, November 9th from 1pm to 4pm at Sarasota Polo Club. Tickets must be purchased in advance. Please visit: www.suncoastwinefestival.com for more information.
- **Pot Luck Dinner Club** - Details on our Facebook page.
- **Cookie and Cake Decorating Club** - More details coming soon to our Facebook page.
- **LWRMG Running Buddies** - Please check the Facebook page for events.
- **Chanukah Celebration** - Wednesday, November 27th from 6pm to 10:30pm, Lakewood Ranch Main Street.

Sunshine News

Christina Holland and her husband Reed, along with their daughter Mairead, welcomed their new baby boy Reed Carter Holland II. He was born on September 19th. Sunshine meals were delivered by Crystal Rothhaar, Colleen Heim and Chanda Obrien.

2013-2014 Executive Board

President	Julie Ruffing
Administrative Vice President	Victoria Cobb
Membership Vice President	Rebecca Gurski
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Join the Fun!

Looking to be part of a fantastic group of Moms in Lakewood Ranch? Visit our website at www.lwrmomsgroup.com and start making friends and having fun!



"The greatest thing you'll ever learn is just to love and be loved in return."

A Message from our President

Hello Moms,

I hope everyone had a happy and safe Halloween filled with lots of fun and candy! October is always a busy month filled with lots of Halloween and fall activities.

I would like to start by thanking Victoria Cobb on an amazing Halloween Extravaganza. I heard that everyone really enjoyed all the different things for the kids to do and see. I really appreciate all the help and volunteers that make this group run so smoothly with all the different activities and charities that we are involved with.

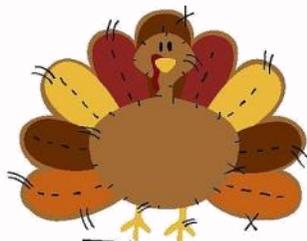
There are a lot of activities happening for the kids and families of the moms group coming up over the next two months, so make sure you are checking our facebook page and yahoo group page for postings on all the different things that will be going on.

I hope everyone has a wonderful Thanksgiving !

Cheers!
Julie Ruffing

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude."

~Winnie the Pooh~



Happy Thanksgiving



Fun Turkey Facts

- The average weight of a turkey purchased at Thanksgiving is 15 pounds.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- The five most popular ways to serve leftover turkey is as a sandwich, in stew, chili or soup, casseroles and as a burger.
- Turkey has more protein than chicken or beef.
- Turkeys will have 3,500 feathers at maturity.
- Male turkeys gobble. Hens do not. They make a clucking noise.
- Commercially raised turkeys cannot fly.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.
- A large group of turkeys is called a flock.
- Turkeys have poor night vision.
- It takes 75-80 pounds of feed to raise a 30 pound tom turkey.
- A 16-week-old turkey is called a fryer. A five to seven month old turkey is called a young roaster.

Sport Your Support

**Order Your LWR
Moms Group Car Decals**



Size: 3x2

Cost: \$8.00

**To order contact Julie at:
Grasshopper7707@yahoo.com**



Preschool Picassos



Monday, November 18th
@ 10am
At Michaels on University
RSVP to Sarah Zabel at:
s.zabel@hotmail.com

Happy Birthday Scorpio

Scorpio
October 24 to November 22

Quiet, deep, emotionally complex and intensely private, you are not a person who is easy to get to know and understand. You are extremely sensitive but disinclined to show it, and you allow only a special few into your inner world. Like a wary animal, you are cautious and mistrustful of those you do not know until you "sniff them out". You usually have a strong, immediate gut reaction to people, even though you may be unable to clearly articulate why you feel as you do. Your feelings and perceptions go deeper than words.



2013 NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Free Orange Theory class 6:45—9:45	8	9
10	11	12 Mom's Night Out! 6:30 - 9:30	13 PlayAway 5:00-6:30pm	14	15 Mom's Group Meeting 9:30am Baptist Church	16
17	18 Preschool Picassos 10am @ Michaels on University	19	20	21	22 Kid's Outing Mixon Fruit Farms 11am - 2pm	23
24	25	26	27	28	29	30

For more information on events, please visit our Facebook page.



We're caring for kids ... right here at home.

Our new Pediatric Unit is Now Open! Plus an ER pediatrician is on-duty 24/7!

When your child is sick or injured, it's comforting to know that medical care is available close to home. **We're pleased to announce that our new Pediatric Unit is now open.** The new six-suite unit will reassure parents in our community that care is available when their children need overnight observation or extended treatment.

What's more, Lakewood Ranch is the only hospital on the Suncoast with round-the-clock pediatric emergency coverage. The Emergency Department's designated pediatric area has a pediatrician on duty 24/7.

For more information about the new Pediatric Unit at Lakewood Ranch, please call 941.782.2100. 



Lakewood Ranch Medical Center

8330 Lakewood Ranch Boulevard
Bradenton, FL 34202
941.782.2100

www.lakewoodranchmedicalcenter.com

Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.
130120

Sunday With Santa



Location: Lakewood Ranch Golf and Country Club

**Come and enjoy crafts, cookie decorating, photos with Santa,
hot and cold hor d'oeuvres, and a cash bar.**

Cost:

Adults: \$8.00

Children (ages 3-15): \$4.00

2 and under: free

Attire: Jeans are not allowed on adults or children in the Clubhouse

**RSVP by submitting the form and payment by:
Saturday, November 23, 2013**

**Gifts need to be received by December 6th and can
be dropped off at 6411 Indigo Bunting Place or
12041 Winding Woods Way
(\$15 maximum on gifts, please)**

**Please mark each gift clearly with your
child's first and last names so Santa knows who to give the gift to.**

Please make checks payable to Lakewood Ranch Mom's Group

Member Name: _____

Number of Adults: _____

Number of Children: _____

Drop off locations:

6411 Indigo Bunting Place

or

12041 Winding Woods Way

**Please mark each gift clearly with your child's
first and last names so Santa knows who to give
the gift to.**

mom's night out

Publix Apron's Cooking School

When: Tuesday, November 12th at 6:30pm.

Where: Publix at University Walk
2875 University Parkway
Sarasota, Florida 34243

California Wine Country Dinner

- Pan seared sea scallops with crispy leeks and white chocolate-parsnip puree/ Dry Riesling
- Iceberg wedge salad with apple wood bacon, avocado, tomatoes and smoky buttermilk ranch/ Chardonnay
- Spice rubbed pork tenderloin with cherry-port reduction and caramelized butternut risotto/ Cabernet Sauvignon
- Roasted stone fruits with almond cakes and vanilla-merlot syrup/ Merlot

Resister by calling them at: [941-358-7781](tel:941-358-7781)



October Kids Outing at Hunsader Farms



Now Registering for Fall

For Children Birth to Kindergarten, and the Grownups Who Love Them!

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Moricz & Varone
ORTHODONTICS

The American Association of Orthodontists recommends children be seen for orthodontic exams by age 7.

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Dr. Michael Bonda

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Bradenton, FL
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www.riverlandingsanimalclinic.com



OFFICE HOURS

Monday - Friday
7 a.m. - 6 p.m.

Saturday
8 a.m. - noon

We pride ourselves in quality care, a clean and inviting facility and a warm and friendly staff. So that we may provide your pet with the very best in care, our office works by appointment.

**Small Animal,
Avian & Exotic
Medicine**

**Dentistry
Surgery
Radiology
Ultrasound
Endoscopy
Laboratory Service**

**Bathing
Boarding
Drop Off Service**



~ The Fox Family is a LWR Moms Group Family ~

~ We understand your pets are your family, that is why we treat them as if they were our own. ~

Little Ranchers Learning Center

Sarasota Baptist Church,
Lakewood Ranch



Monday - Friday
9am to noon

Trunk or Treat
Thanksgiving Lunch
Christmas Program
Music Class
Weekly Chapel
And much more!!

NOW ENROLLING FOR FALL AND SPRING!

Call today to set up a tour!
552-1304 or 400-1006

Mom's Group Meeting

Who: All Mom's Group Members
Where: Lakewood Ranch Baptist Church
When: Friday, November 15th
at 9:30am

Kid's Outing

Who: Kids of all Ages

Where: Mixon Fruit Farms

2525 27th Street East, Bradenton 34208

When: Friday, November 22nd at 11am

We will begin with an hour long tram tour around the property where we'll meet some animals from their wildlife rescue. Lunch and playtime to follow in the kiddie area with sandbox, slide, and bounce house.

Prices:

- Tram tour only: Adult= \$8 + tax; Children 2 years + = \$4.50 + tax; under 2 = free
- Tram tour plus lunch deal (hot dog, corn dog, or PB&J, chips, drink, and ice cream)
- Adult= \$12.50+ tax; Children 2 years + = \$7.50 + tax
- A la carte lunch menu is available at their cafe.

Please RSVP by November 14th by commenting on our FB post or e-mail

Rebecca Murphy at rakgator@hotmail.com

Thanksgiving Craft



Children can make a beautiful tree of handprint leaves that displays what they are thankful for while you are busy in the kitchen. At Thanksgiving dinner, have them share their tree with the family.

Supplies Needed:

- Construction paper (orange, red, yellow, brown, and other earth tones)
- Crayons or markers
- Scissors
- Glue or a glue stick

Comic Sense Mom

This year I am thankful for the health of my friends and family and Starbucks Pumpkin Spice Lattes.



Advertise with Us!



Our moms are always looking for new service providers in our area. If you are interested in advertising with us in our newsletter, or on our website, please contact Julie Ruffing at:

Grasshopper7707@yahoo.com.

All of our advertisers receive full color ads at no additional charge.

A Tip from Professional Mom...

Staging Tip for Selling Your Home at the Holidays: Complement your palette - Make sure your holiday collection matches your current decor. If your living room is painted a soothing ocean-blue hue, skip the clashing red garland and opt for white snowflakes or a silver glass-ball wreath. If you've got an earthy color scheme, accent with rich tones like cranberries, forest greens and gold.



Jennifer Patterson is a Lakewood Ranch Mom, an interior designer and Realtor. For more tips email her at:
Jennifer@pcmfla.com.

Florida early steps

If you have any concerns about your infant or toddler's development, Florida Early Steps provides free screenings for children ages birth through 36 months to see if they are eligible for Early Intervention Services. For more information, visit:

www.cms-kids.com/families/early_steps

or call 1(800) 654-4440. Manatee County is serviced by the Gulf Central office, (941) 487-5400.

Fitness and Nutrition Mom

Fitness Tip:

Three Tried and True Health and Fitness Tips to keep you on track this Thanksgiving as you Head into the Holiday Season!

1). **GET MOVING!!!!** Sign up for a Turkey Trot! A Turkey Trot is a unique running event, held Thanksgiving morning, which is typically a 5K (3.1 miles). These events are held all over the country. Many of these events also offer a 10K (6.2 miles) for those who really feel like getting in a little bit of a longer run. Many even offer the option of 1 mile fun runs for the kids (or those adults who just want to have a little bit of fun with their children) so that the whole family can participate!



Not in the mood to run, but still feel like getting in a great workout before the big feast? Many gyms offer special small-group fitness programs that are not offered regularly. They are often combo-classes that are a bit more challenging, more unique, and more "custom" than the regularly scheduled fitness classes. They tend to run longer than a typical fitness class lasting around 1 1/2 hours, and are generally fee based.

2). **Eat A Protein Packed Breakfast!** Many people skip breakfast, and other meals on days they know they are going to be celebrating, in an attempt to cut down on calorie intake. This is a big mistake. Doing this leads to consuming more calories during the day and especially during the celebration, not less! In order to keep your food intake in check for Thanksgiving, eating a healthy, high protein, high fiber breakfast, with healthy fats is an absolute must! Think about eating things such as eggs/ omelette with spinach, tomatoes, avocado, turkey bacon or Canadian bacon, breakfast quinoa or homemade potato casserole, etc. Eating a healthy breakfast with lots of protein, fiber and good fats will keep you full and satisfied, so you don't feel deprived and famished by the time the turkey is served!

3). Offer plenty of healthy side options with the main course! While many people love the traditional comfort foods that are served on Thanksgiving, these foods can often wreck your day in a matter of seconds! Moderation is the key. In addition, to these yummy treats, serve some healthy alternatives that remind

Lisa Albano is a mom and a certified fitness instructor who teaches spinning, piloxing, ballet barre and body sculpt.



your guests of their favorites. Some options: instead of candied yams, serve grilled sweet potatoes; instead of mashed potatoes, serve mashed cauliflower seasoned/ flavored the same way you would your mashed potatoes (or make a mixture 1/2 mashed potatoes and 1/2 mashed cauliflower)! Desserts, try individual serving cups; servings of pumpkin pie or cheese cake go over well this way, and you can find recipes to cook them individually where you can also avoid using a crust in the recipe (which packs a lot of calories).

Trying these three health and fitness tips can keep you on track this Thanksgiving as you head into the holiday season! Happy Thanksgiving!

Welcome

A warm welcome to our newest members!

If you are interested in joining the Lakewood Ranch Mom's group, visit our website at: **lwrmomsgroup.com** and complete the *Become a Member* form. New members are always welcome!

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Looking for a Playgroup?

We are always happy to start new playgroups or help place you and your child in an existing group.

For more information please contact
Jenn Otterness at jenn.otterness@gmail.com



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Lakewood Ranch Corporate Park

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Jumpin Fun
Birthday!



Thanksgiving

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help." There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were.

The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote: "Today is a beautiful day, but I cannot see it."

Both signs told people that the boy was blind, but the first sign simply said the boy was blind. The second sign told people that they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

Moral of the Story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively. When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear.

It's Holiday time
at Johnson Photolmaging.

November 22nd and 23rd

\$99

Includes a 30-
minute session & (25)
4x8 greeting cards



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www.jpi.photobiz.com



Additional sets available!

f [Facebook.com/jpifamilytree](https://www.facebook.com/jpifamilytree)

ADVERTISE WITH THE LAKEWOOD RANCH MOMS GROUP

Below you will find a list of available ad sizes, along with the price and dimension of each ad They are:

- **Business card ad (full color) \$30.00/month 3.5" x 2.5"**
- **Quarter page ad (full color) \$50.00/month 3.75" x 4.875"**
- **Half page ad (full color) \$75.00/month 7.75" x 4.875"**
- **Full page ad (full color) \$100.00/month 7.75" x 9.75"**

(There is a 10% discount if you choose to pay for 1 year of advertising.)

All of our advertisers receive full color ads at no additional charge.

Event Sponsorship:

The following Moms Group events are available for sponsorship: The Spring Fling, The Luau, The Halloween Extravaganza, or The Sunday with Santa. There are different levels of sponsorship available and the details of each level are listed below. They are:

1. Platinum Sponsorship (\$600 minimum)

- Half page advertisement for 6 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 6 months after the event date). [\$450.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Platinum Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure! Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

2. Gold Sponsorship (\$350 minimum)

- Quarter page advertisement for 3 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 3 months after the event date). [\$150.00 value]
- If the sponsor wishes to do so, they may write an article for the LWR Moms Group newsletter. The article must be family friendly. The LWR Moms Group reserves the right to not use any article which is deemed not so.
- Recognition as a Gold Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).
- Sponsor may provide a table and/or a banner at the event for increased exposure. Sponsor is also provided the opportunity to raffle a door prize. All materials and door prizes must be suitable for viewing by children whom attend all of our events.

3. Silver Sponsorship (\$150 minimum)

- Quarter page advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$100.00 value]
- Recognition as a Silver Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

4. Bronze Sponsorship (\$75 minimum)

- Business Card advertisement for 2 months in the monthly Lakewood Ranch Moms Group, Inc. newsletter (ad will print for 2 months after the event date). [\$60.00 value]
- Recognition as a Bronze Sponsor on all promotional pieces and registration materials for the event (both on website and our monthly newsletter).

Payment arrangements and newsletter ad artwork should be submitted in .jpeg or .pdf file format to Julie Ruffing at grasshopper7707@yahoo.com. Please make sure to specify the size of the ad when you email payment and the ad artwork. Ad submissions are due by the 10th of the month prior to publication. For example, materials for an ad placed in the August newsletter must be received by July 10th.

We look forward to working with you! If you have any questions, or need any further information, please feel free to contact Julie Ruffing at (941) 807-4359 or grasshopper7707@yahoo.com or the Newsletter Editor, Kristen Ranieri at lwrnewsletter@yahoo.com.

EXCLUSIVE

November 2013

PlayAway Event

Wednesday, November 13th at 5pm
\$2.00 per child includes playtime and goodie bag.
Limited to 20 kids up to 6yrs of age. Please prepay your \$2.00 to Victoria Cobb by
November 8th to reserve your spot.
Additional information will be available on our Facebook page.

Age Appropriate Art - Music - Gymnastics & Sports
Call to schedule your free trial class today!
We offer classes for kids as young as 3 months up to 6 years old

www.PlayAwayKids.com
10% off any class or party with this ad.
Can't be combined with any other offer



Lakewood Ranch 11538 Palmbrush Trail - 755-1070



WWW.LWRMOMSGROUP.COM

Lakewood Ranch
Mom's Group Inc.
8374 Market Street # 435
Lakewood Ranch, FL 34202