

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.



January 2014

Things to do in Lakewood Ranch and Around Town

- **Suncoast Half Marathon: January 26, 2013 @ 7:00 AM starting on Main Street.** For more information please visit: http://activesuncoast.org/Suncoast_Half_Marathon.html
- **The 45th Annual Devereaux-Kaiser Collector Car Meet:** Sunday, January 26, 8am -3pm. For more information please visit: <http://www.sunshineregionaaaca.org>
- **Story time at Fruitville Library:** - Every Thursday at 10:30am. Ages infants to five years.
- **Sarasota Native American Indian Festival:** The Seventh Annual Sarasota Indian Festival takes place January 24,25,26th at the Sarasota Fairgrounds, 3000 Ringling Blvd, from 9-5 Friday, 10-6, Saturday and 10-5 on Sunday. Tickets at the gate, \$7 adult, \$3 6-12, 5 and under are free. For more info: (941) 924 2784, snaif@mail.com.
- **Our Mom's Group have several clubs that you may join.** Please visit our facebook page for information about: Book Club and Running Buddies.
- **Open Gym at Lakewood Ranch Gymnastics:** every Wednesday and Thursday from 11am to 12pm. \$5 per child.
- **Manatee County Fair:** January 16th -26th. For more information and pricing please call: 941-722-8951 or visit their website at: <http://www.manateecountyfair.com/>

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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 ◉

Happy 2014 Everyone!

I hope everyone had an exciting, healthy, and safe Holiday and New Year's celebration! Our family traveled up north so we rang in the New Year with family and TONS of snow! I will admit, as much as I love the snow, I really loved coming home to warmer weather.



I would like to start off 2014 by thanking each and every one of our committee members. It is absolutely amazing how much time and effort each one of you puts into this group to make it so fun and successful. I truly thank you from the bottom of my heart!

There are so many things already planned for January that I am really excited about! The polo matches, mom's lunch out, White Buffalo Saloon MNO, and the play dates are just to name a few. As always, if you ever have any questions or concerns about anything please feel free to call me at (941) 807-4359 or email me at grasshopper7707@yahoo.com.

I would like to finish by sincerely thanking every member of the Moms Group. We have such a wonderful, fun, and energetic group of moms who make all the planning and events so much fun. I am looking forward to spending 2014 with everyone!

Cheers!

Julie Ruffing

"Sometimes the smallest things
take up the most room in your heart."

~Winnie the Pooh~

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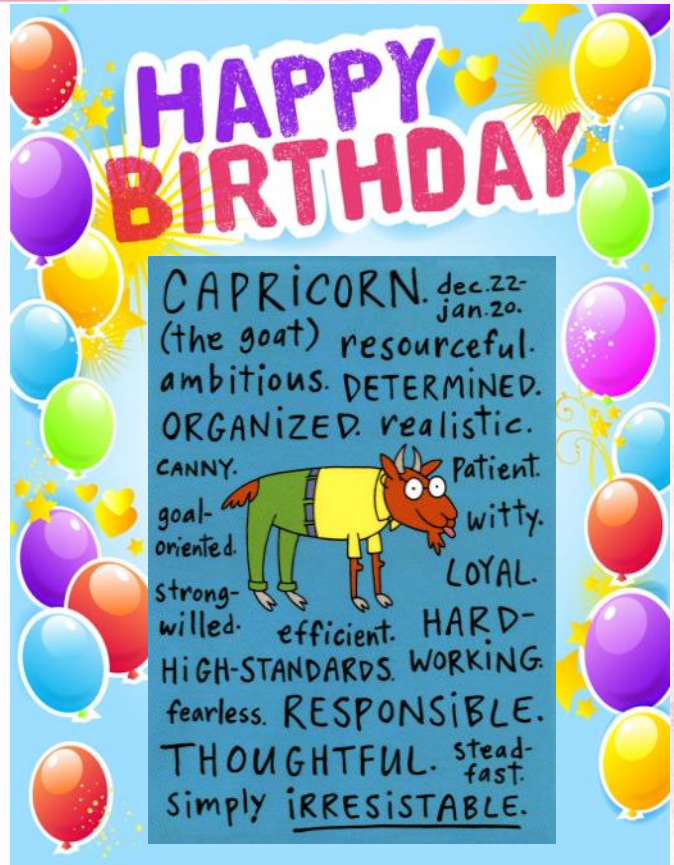
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January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Polo Tailgating 10am to 1pm; Sarasota Polo Club	6	7	Mom's Lunch Out! 11:45 to 2:45; Pinchers Crab Shack	9	10	11
12 Polo Tailgating 10am to 1pm; Sarasota Polo Club	13	14	15 Open Play at Summerfield Park; 5-8pm	16	17	18
19 Polo Tailgating 10am to 1pm; Sarasota Polo Club	20	21	22	23	24	25
26 Polo Tailgating 10am to 1pm; Sarasota Polo Club	27	28	29	30 Mom's Night Out! White Buffalo Saloon; 6:30pm to 9:30pm	31	

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

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The Emergency Department at Lakewood Ranch Medical Center offers prompt, comprehensive emergency treatment, 24 hours a day, 7 days a week. Our emergency medical team, including skilled ED physicians and nurses, is highly experienced in managing health emergencies in adults, children and older adults.

The Emergency Department at Lakewood Ranch is here for your kids, with a pediatrician on duty 24/7.

Our Pediatric Unit is here to reassure parents in our community that care is available when their children need overnight observation or extended treatment.

 **For more information, call 941.782.2200.**


The Emergency Department at



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Follow us 

8330 Lakewood Ranch Boulevard
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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.



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2014 School Happenings

Note: All public schools are closed on January 6th for students only for a teacher in-service. School resumes on January 7th. All schools are closed on January 20th for MLK Jr. Day. All public schools are closed for students only on January 21st for a Record day, since the first semester ends on January 17th. Report cards / progress reports should be expected to be sent home on or about January 22, 2014. Lastly, there is no early release Wednesday this month for Public schools.

Pre-school Happenings:

1. Little Ranchers-Lakewood Ranch Baptist Church
1/6- no school
1/7- school resumes for all students.

2. Jump Dance Preschool of the Arts:
* no VPK on 1/6- all other preschool classes are open.
1/20- school closed for all students.
1/7- Dance classes resume.

3. Kiddie Academy:
*school age camp (k-5) for 1/6, 1/20 & 1/21.
1/14- VPK info mtg for currently enrolled families.
1/18- Parent's Night Out-6-10pm
1/20- Parent/Teacher Conferences.

4. The Primrose School:
*no kindergarten in session 1/6, 1/20 and 1/21- but explorer program in session. All other classes are in session on those days.
1/22-balanced assessments go home for early pre-school through kindergarten. (With kindergarten getting progress reports.)
1/23- Private Kindergarten Preview Night- 5:30-6:30pm
1/24- Kindergarten field trip- Crowley Museum
1/30- Primrose Parent Appreciation Day

5. Sprouts Preschool:
1/13- no lunch extension
1/13 & 1/14- Pajama Day
1/15-Parent Volunteer Morning
1/20 & 1/21- no school
* Fire truck Day- TBA

Elementary School Happenings:

1. Gullet Elementary:
*no school 1/6, 1/20 & 1/21
1/18- Spirit Night- Earthfruits & Yogurt
* "Save the date" Kids Walk a thon- 3/14 & the 1st Ever Chompy Stomp Walk a thon & 5 K -3/15
*Spirit Days- January 10, 17, 24 & 31
* Runners Club- every Thursday and Tuesday 7:45-8:15am

2. McNeal Elementary:
* no school 1/6, 1/20, 1/21
1/16- SAC mtg- 5:45pm; PTO mtg- 6:30pm
1/13-1/24- Snowball box top competition
1/17- Keva Juice Day
1/25- Winter Carnival 10am-2pm
*save the date- 3/7- walk a thon

3. Rowlett Elementary:
1/6- no school
1/10- year book cover art due
1/7- RFA and SAC mtg 6:30pm
1/7- call to schedule "Choice" tours
1/15-1/16- pre-k art festival
1/17- end of 1st semester
1/20 & 1/21- school closed

4. St. Martha's Elementary School:
1/6- school resumes
1/8- Parent's Coffee 7:30am
1/10- end of semester
1/17- 5th grade field trip- Busch Gardens
1/17- spirit day
1/20- No school
1/23- Kindergarten Field Trip- Van Wezel
1/31- noon dismissal

5. Wakeland Elementary:
*No school 1/6, 1/20 & 1/21
1/23- PTO mtg

6. Willis Elementary:
* No school 1/6, 1/20, & 1/21
1/8- Dress Down Day- \$2.00 to participate.
1/13- Spirit Night at Chili's
1/14- All Pro Dad Breakfast- 7:30am
1/17- end of 1st semester
1/28- SAC mtg 6pm
* Runners Club- Jan 8, 15, 22, 29 @ 7:30am.
* Save the Date- Gecko Gala- "Spring into Action - 3/8

School Happenings Continued...

Middle School/ K-8 Happenings:

1. Imagine School of LWR:

* No school 1/6, 1/20 & 1/21

1/7- SAC & PI mtg- 5:30pm

1/8- Governance Mtg- 6pm

1/14-16-middle school mid-terms

1/17- end of 1st semester

2. Nolan Middle School:

*No school 1/6, 1/20 & 1/21

1/17- end of 1st semester

1/27- SAC mtg / PTO mtg- 4:00-5:30pm

*save the date- Walk a thon- 2/6

3. The Tabernacle School:

1/6- school resumes

1/8- Spelling Bee- 3rd-8th grade 12:30pm

1/10- end of second quarter

1/11- Knights 5k run

1/13- In-Service day- no school; GAFS auditions

1/20- no school

1/24- " Winter Wonderland"

High School and K-12 Happenings:

1. Cardinal Mooney HS:

1/6- school resumes

1/8- spring sports parent mtg 7pm

1/13- sports club 7pm

1/20- no school

1/25- All Children's Charity Walk

2. Lakewood Ranch HS:

*No school 1/6, 1/20 & 1/21

*Semester exams 1/14-1/17

*Semester exams enrolled in EOC classes start exams during the week of 1/7- 1/10; and continue with the. regular semester exam schedule the following week.

1/17- end of 1st semester.

3. ODA:

1/6- school resumes

1/9- lower school special assembly

1/15- Geography Bee- 1-3 pm

1/16- Marine Biology Field Trip 10:30am- 1:10pm

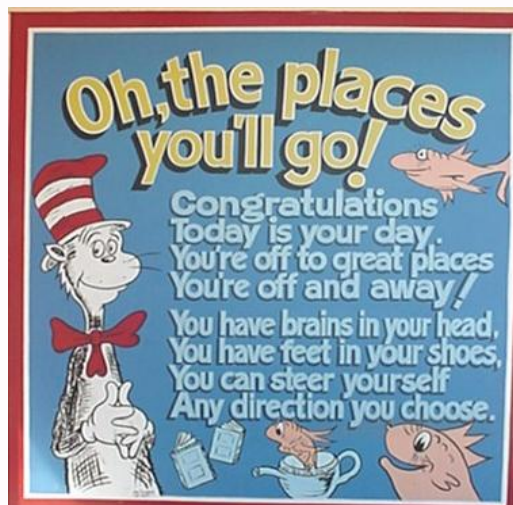
1/16, 1/17 & 1/18- middle school musical production- 7pm

1/20- school closed

1/21-5th grade transition night 7-9pm

1/22- Junior College Info Night- 7-8:30pm

1/31- Re-enrollment contracts due



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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.

Fitness and Nutrition Mom

Getting Back on Track With Your Health and Fitness Regimen After the Holiday Season

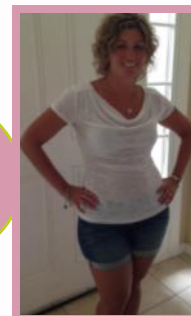
The holiday season is over and it is time to get back to reality, and back to your pre-holiday health and fitness regimen. Here are six (6) tips that can help you get back in the gym, and back to healthy clean eating.

1. Ditch the guilt! Feeling guilty about the past indulgences is not going to erase all of the empty calories that you consumed, nor will it change all of the exercise that you didn't get. Your guilt over what you did or didn't do will only interfere with your current and future progress. Only look forward, not backwards!
2. Drink a lot of water. I mean, a lot of water. Your body needs to recover from the indulgence over the holiday season. Foods or drinks high in sodium, caffeine, sugar and alcohol are dehydrating and damaging to the body, causing you to bloat no feel tired. Water is vital in assisting the body in its healing process. So- drink- a-lot- of - water!
3. Do not keep unhealthy food in the house. The holiday season is over. It's time to get rid of all of those tasty holiday treats as well! Get rid of them ASAP!
4. Cook your favorite healthy meal. Now that you have gotten rid of all of those holiday treats, it is time to recharge by eating something healthy that you love. This will help you remember why you decided to eat healthy in the first place. In order to change the way your body looks and/or lose weight, you must change what you eat. Just eating smaller portions of unhealthy foods is not enough, and eating unhealthy foods but working out is not enough either. "You tone up and gain strength in the gym, but you lose weight in the kitchen." Simple but true.
5. Participate in your favorite workouts. If you let your fitness routine slide during the holiday season, that's ok. You can get back to where you were pre-holiday, but you have to get yourself back into it first. The quickest way to re-energize and motivate yourself to be fit is to participate in workouts that you love and that feel like fun. So forget about structured fitness routines, temporarily, and instead, focus on workouts that you love to do. Then, do them as frequently as you can. The more you love to do them and have fun while you workout, the more energized and motivated you will feel.

6. Get back to a structured health and fitness plan. Now that you are motivated and re-energized from engaging in all of your fun workouts, and you are eating your favorite healthy meals, you are drinking water, and you are not feeling guilty about your holiday indulgences, it is time to create a structured health and fitness plan. If you had a health and fitness plan prior to the holiday season, now is the time to evaluate whether that plan is still realistic and effective for you. If not make changes to it now.

Eating clean and healthy and becoming fit do not happen overnight. There is no "quick fix." It's something you have to work on and "live" daily. However, we all have had setbacks at one time or another. Hopefully these tips will help you get back on track quickly, and both stress-free and guilt-free! So here's to a happy, healthy, and fit New Year!

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



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!

Save The Date

Growing Up Sale

**February 22nd
from 8am to 10:30am
at
Lakewood Ranch Baptist Church**

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 Raniere at lwrnewsletter@yahoo.com.

January 2014

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



WWW.LWRMOMSGROUP.COM

Lakewood Ranch
Mom's Group Inc.
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Lakewood Ranch, FL 34202