

Mommy's Time Out

July 2015



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LETTER FROM OUR PRESIDENT

Hi Moms!

I am very excited (and a little nervous!) to be your next president! I have some VERY big shoes to fill. I know I haven't been in the group as long as some, but no one could argue that everything Victoria did for us in the past year was pretty amazing! Lucky for me, I have the help of some fantastic ladies this year, and I am going to do my very best to keep the proverbial ball rolling!

That being said, I would love to hear your thoughts and suggestions for the year to come. Some things I know we are already working on include: streamlining our welcoming process to make it easier and more efficient to reach out to new members, getting more involved (ourselves and with our children) with this year's chosen charity, and continuing to flood your calendars with awesome events for our kiddos, families, and sometimes just for us! If there is anything you think we should try, change or do again, please email me at

lwrmgpresident@yahoo.com.

I have met so many awesome women in this group. I can't wait to work with all of you and to meet all of our new members!]

Best,

Jill

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Dr. Ryan Fox
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.

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

BOARD MEMBERS

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Community Service: Julie R. & Victoria C., lwrmgcommunityservice@yahoo.com

Kids Outings: Melinda H.

Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.



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Community Service News

Poll results are in! **Mothers Helping Mothers** won our votes with 46% of the votes. Julie and Victoria have already started to put together our year's events to support this great local charity. You can look forward to supply drives, activities that allow your kids to participate in community service as well as some fun ways to raise funds.

First up: School Supply Drive.

See the Summer Party Flyer for more details!

Preschool Picasso Pottery & Popsicles

Come paint with our little buddies on July 2nd at Arts Ablaze. The project is a butterfly to hang on the wall!
\$8/per child



**Jump-A-Thon
Fundraiser
for McKinley
Moore**

Sunday, July 26th from 10-12PM

Cheer on our kids as they jump to raise funds to support McKinley's extensive treatment for Leukemia

More details on the [Facebook event](#)

Skyzone 6180 Edgelake Drive Sarasota, FL

Join us for a
Couple's Night Out
At

*The
Terrace
at Surf Shack*

on St. Armands
July 23rd at 7:00PM

July 2015



Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1	2	3	4
		<div data-bbox="462 682 966 850"> <p>Full Moon Yoga Lido Beach @ 7:30PM (7/2)</p> </div>		<p>Preschool Picasso @ Arts Ablaze 12PM</p>		<p>Happy July 4th</p>
5	6	7	8	9	10	11
		<p>Monthly Meeting @10AM</p>			<p>Kids Outing Publix Tour 9AM</p>	<p>Paddle- Boarding 10AM</p>
12	13	14	15	16	17	18
		<p>MNO Trivia Night @ McAllisters 7PM</p>				
19	20	21	22	23	24	25
<p>New Member Meet & Greet Central Park</p>				<p>Couple's Night Out @ The Surf Shack's Terrace 7PM</p>		
26	27	28	29	30	31	
<p>Jump-A -Thon @ SkyZone 10-12PM</p>						

STAYCATION DESTINATIONS

It's the middle of summer and we are so blessed to live in a state where so many people come for vacation. Why not take advantage of the fact that there are so many fantastic resorts within a short drive and take a little family getaway before school starts up again?

Members have suggested checking Groupon, Living Social, Hotwire, Priceline and asking the resort for Florida resident discounts as ways to save a little on the bill. Here are some resorts our moms have recommended!

EAST/SOUTH FLORIDA

Breakers Hotel

1 S. County Road, Palm Beach, FL 33480
(888) 273-2537 | www.thebreakers.com

Family Entertainment Center, kids camps, summer camps, fitness classes, spa, boat and bicycle rentals and tours, water sports, golf, tennis, playground, four pools, private beachfront

Daytona Ocean Walk Wyndam

300 N. Atlantic Avenue, Daytona Beach, FL 32118
(888) 387-5727 | www.daytonabeachococeanwalk.com

3 pools, lazy river, beach, miniature golf, game room, kids activities, live entertainment

Hawks Cay

61 Hawks Cay Blvd, Duck Key, FL 33050
(866) 347-2675 | www.hawkscay.com

Dolphin encounters, fishing, diving, fitness classes, kids camps and activities, dive-in movies, five pools, water sports, oceanfront

Loews on Miami Beach

1601 Collins Avenue, Miami Beach, FL 33139
(305) 604-1601 | www.loewshotels.com/miami-beach/

Children's activities, dive-in movies, spa, fitness classes, pool, beachfront, SoBe Kids Camp

Waterstone Resort and Marina Boca Raton

999 East Camino Real, Boca Raton, FL 33432
(561) 368-9500 | www.waterstoneboca.com

Children's activities, lakeside pool, bike and boat rentals

WEST COAST

Helmsley Sandcastle

1540 Benjamin Franklin Drive, Sarasota, FL 34236
(941) 388-2181 | www.sandcastlelidobeach.com

two pools & private beach, nearby golf and tennis

Hyatt Coconut Point & Hyatt Coconut Plantation

5001 Coconut Road, Bonita Springs, FL 34134
(239) 444-1234 | www.coconutpoint.hyatt.com

Kids activities, kids camp, golf, tennis, playground, dive in movies, spa, fitness classes, 5 pools, lazy river, boat takes you to their private beach

Lido Beach Resort

700 Ben Franklin Drive, Sarasota, FL 34236
(941) 388-2161 | www.lidobeachresort.com

Private beach, two heated pools, garden area, nearby golf and tennis

Palm Bay Club on Siesta

5960 Midnight Pass Road, Sarasota, FL 34242
(800) 725-6229 | www.palmbayclub.com

Two swimming pools, private beach, tennis, dock rentals

The Resort at Longboat Key Club

220 Sands Point Road, Longboat Key, FL 34228
(941) 383-8821 | www.longboatkeyclub.com

Golf, tennis, beachfront, pool, kids activities, kids club, summer camps, marina

South Seas Island Resort on Captiva

5400 Plantation Road, Captiva, FL 33924
(239) 472-5111 | www.southseas.com

Swim lessons, kids camp, spa, fitness classes, golf, tennis, bike and golf cart rentals, pools, beachfront, boat rentals, water sports

Tradewinds Resort St. Petersburg

5500 Gulf Blvd., St. Pete Beach, FL 33706
(727) 367-6461 | www.tradewindsresort.com

Beachfront, seven pools, kids activities, kids camp, daily crafts, mini-golf, dive-in movies, spa, yoga

ORLANDO AREA

CoCo Key Resort

7400 International Drive Orlando, FL 32819
(407) 351-2626 | www.cocokeyorlando.com
Pool, spa, access to on-site water park, arcade, shuttles to theme parks

Disney's Animal Kingdom Lodge

2901 Osceola Parkway Blvd. Orlando, FL 32821
(407) 938-3000 | | <https://disneyworld.disney.go.com/resorts> ([website for all Disney Resorts](#))
Pool, playground, arcade, children's activities, arcade, spa, animals on grounds, shuttle to Disney

Disney Art of Animation

1850 Animation Way Lake Buena Vista, FL 32830
(407) 938-7000
Three pools, playground, arcade, fishing, dive-in movies, shuttles to Disney

Disney Beach Club

1800 Epcot Resorts Blvd. Orlando, FL 32830
(407) 934-8000
Waterpark, lazy river, miniature golf, kids club, walking distance to Epcot, shuttle and boats to Disney

Disney's Polynesian

1600 Seven Seas Drive Lake Buena Vista, FL 32830
(407) 824-2000
Pool, playground, arcade, kids club, fishing, campfire activities, dive-in movies, on monorail line

Gaylord Palms

6000 West Osceola Parkway, Kissimmee, FL 34746
(407) 586-0000 | <http://www.marriott.com/hotels/hotel-photos/mcogp-gaylord-palms-resort-and-convention-center/>
Two pools, golf, kids activities, dive-in movies, spa, shuttle to theme parks

Hilton Bonnet Creek

14100 Bonnet Creek Resort Lane, Orlando, FL 32821
(407) 597-3600 | www.hilton.com/bonnet_creek
Pool, lazy river, family activities, bicycle rentals, golf, video arcade, spa, shuttle to theme parks

Hyatt Regency Grand Cypress

1 Grand Cypress Blvd. Orlando, FL 32836
(407) 239-1234 | www.grandcypress.hyatt.com
Pool, tennis, golf, family activities, kids camps, family activities, spa, shuttle to theme parks

Marriott World Center

8701 World Center Drive Orlando, FL 32821
(407) 239-4200 | <http://www.marriott.com/hotels/travel/mcowc-orlando-world-center-marriott/>
Pool, lazy river, water slides, spa, golf, kids activity center, kids camps, shuttles to theme parks

Marriott's Harbour Lake

7102 Grand Horizons Blvd. Orlando, FL 32821
(407) 465-6100 | <http://www.marriott.com/hotels/travel/mcoho-marriotts-harbour-lake/>
Two pools, miniature golf, family and children's activities, volleyball, spa

Marriott Lakeshore Reserve

11248 Lakeshore Reserve Drive Orlando, FL 32837
(407) 393-6400 | <http://www.marriottvacationclub.com/vacation-resorts/marriott-lakeshore-reserve/>
Pools, waterslides, spa, golf, access to amenities at neighboring Ritz Carlton and JW Marriott, shuttles to theme parks

Omni Champions Gate

1500 Masters Boulevard, Championsgate, FL 33896
(407) 390-6664 | www.omnihotels.com/hotels/orlando-championsgate
Two pools, lazy river, 36 holes of golf, spa, family activities, shuttle to theme parks

Orange Lake

8505 W. Irlo Bronson Memorial Kissimmee, FL 34747
(407) 239-0000 | <http://orangelake.com/>
7 pools, 12-acre water park, lazy river, golf, tennis, arcade room, playground, children's club, spa

Westgate River Ranch

3200 River Ranch Blvd, River Ranch, FL 33867
(863) 692-1321 | www.westgateresorts.com/river-ranch/
Authentic dude ranch with horseback riding, airboat and swamp buggy rides, basketball, fishing, target practice, pool, boat rentals, petting zoo, adventure park, rodeos, live music, kids activities

Wyndham Bonnet Creek

14651 Chelonia Parkway, Orlando, FL 32821
(407) 390-2300 | www.wyndhamgrandorlando.com & www.wyndhambonnetcreek.com
5 pools, 2 splash pads, 2 lazy rivers, golf, miniature golf, kids activities, craft activities, movie nights, game nights, spa, shuttle to Disney (fee)

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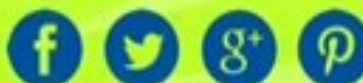
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RECIPE BOX

Watermelon has its place in summertime for sure. What mom here doesn't remember being a kid and sitting on the street curb with juice running down your chin as you bet with your siblings and friends that you could spit the seed the farthest. I don't think you'd catch us doing that now, nor do I imagine many of us would even be able to *find* a watermelon with seeds these days to teach our kids seed spitting techniques. Since we seem to be into making things more polite, more dressed up & more fancy, here are some ways to gussy-up that giant watermelon you might've picked up from the grocery store over the weekend.

Watermelon Blueberry Mojito

Ingredients

- 1 cup ice
- 1½ cup watermelon juice (see notes)
- 2oz / 4 tablespoon white rum
- 1 sprig mint (10-12 leaves)
- 1 tablespoon lime juice, fresh squeezed
- ½ cup blueberries
- Sparkling Water

Directions

1. Add ice, watermelon juice, rum, half of the mint and lime juice to a cocktail shaker (or canning

jar with lid) and shake well.

2. Transfer to a tall glass and top off with sparkling water.

Garnish with remaining mint, add blueberries and enjoy! Notes

To make watermelon juice, separate flesh from rind, discard rind.

Slice and cube watermelon and add to a blender.

Process until smooth, then pour through a sieve, cheesecloth or nut bag. Straining is optional but recommended! Author: Rose | The Clean Dish

Serves 1

Watermelon with Lime, Chile and Salt

Combine 1T salt, 1.5t ground chile pepper, and zest from 1 lime and mix with a fork. Arrange watermelon wedges on a platter and drizzle with the lime juice from one lime. Sprinkle chile mixture over top. Garnish with lime wedges and mint leaves, if desired. Serve immediately or refrigerate until ready to serve.

www.thekitchn.com

Easy Melon Granita

Ingredients

- 3 cups melon, cubed - watermelon, honeydew or cantaloupe
- 2 tablespoons fresh lime or lemon juice
- ½ cup sugar, or less to taste

Instructions

1. Place the cubed melon into a blender. Add the juice, sugar and salt.
2. Pulse up the melon until you have a thick pulp. Do not puree. Some small chunks are just fine.

3. Pour the mixture into metal freezer trays. Freeze for one hour.

4. At one hour, take a fork and break up the frozen chunks. Take care to scrape the edges. Every half hour afterwards repeat by breaking up the chunks with a fork. This will keep the mixture from freezing solid. After all the liquid has frozen you can go through again with a fork to break up any large chunks right before serving.

Author: Andrea Kruse

(www.5minutesformom.com)

Watermelon and Feta Salad

Ingredients

- 6 cups cubed watermelon
 - 1 cup crumbled feta cheese
 - ¼ cup thinly sliced red onion
 - ¼ cup chopped fresh mint
 - ¼ cup fresh lime juice
- 1 tbsp extra-virgin olive oil

Directions

1. Combine watermelon, feta cheese, red onion, and mint in a large bowl.
2. Pour the lime juice and olive oil over the watermelon mixture and toss gently to coat.

Serve immediately.

www.pbs.org



SHE'S CRAFTY

Confetti Launchers

Materials you'll need:

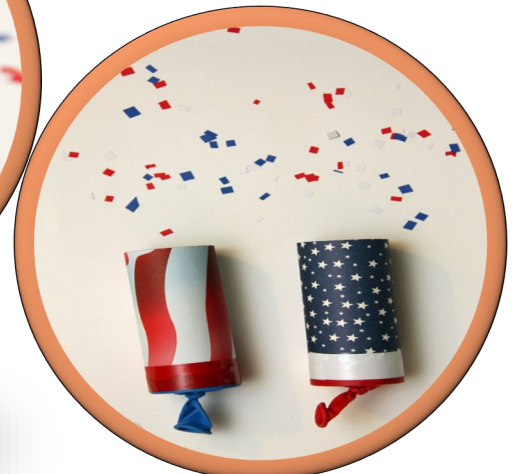
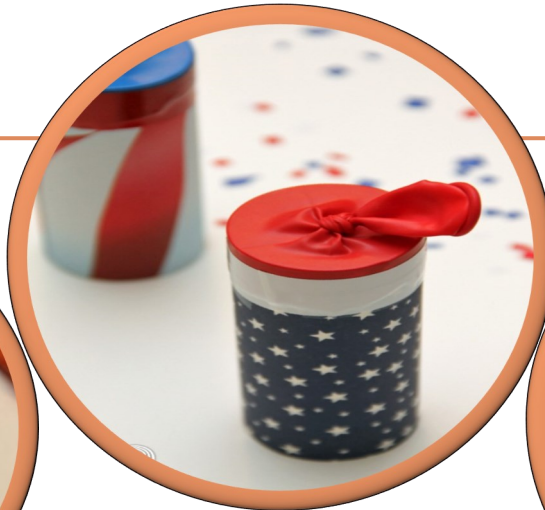
- Toilet paper tubes
- Decorative paper or markers
- 12" balloons
- Tape
- Paper
- Scissors



Steps:

1. Cut some paper into confetti sized squares. Set aside.
2. Next, decorate your tubes anyway you like. Here I just taped some patriotic themed paper to each tube.
3. Then, cut a balloon in half and tie the end. Wrap the larger end of the balloon over one end of a tube and secure with tape. Try your best to keep the balloon taut but don't bend the tube. And that's it.

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The Orthopaedic Spine and Joint Center at Lakewood Ranch Medical Center

8330 Lakewood Ranch Blvd.
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www.lakewoodranchmedicalcenter.com

For more information, call 941.782.2663.

Connect with us! 

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.150015

Then, before you know it ...
you'll be on your way home.
Our goal is getting you there!



WHAT TO DO FOR THE FOURTH

Happy Birthday, America!

With so many ways to celebrate the Fourth of July, how do you pick just one?!

On Friday, start the weekend off with an evening baseball game watching the **Marauders** play ball at McKechnie Field. Gates open at 5:30 p.m and fireworks end the evening! Tickets: \$6 - \$8. 1611 9th Street West, Bradenton.

If sports aren't your thing and you'd rather stuff your face with food and shake your booty on Main Street, **Lakewood Ranch's Music On Main** will be a great spot for you begin the celebration. Grab a cupcake, get your kid's faces painted and feel charitable while you down a few beers from the Budweiser taps.

Saturday begins bright and early for runners with a Firecracker 5K in North Port at 7:30AM. Start burning those calories early!

If you prefer to sleep in a little and could go for a good old American parade, try the **Annual Freedom Fest Parade on Longboat Key**. It begins at 9 a.m. at Town Hall, 501 Bay Isles Road. Commissioners, police and fire rescue personnel and even your kids and pets can be in the parade! Put on your best red, white and blue and decorate your bikes, strollers or wagons and join in the fun. Parade lineup begins at 8:30 a.m. on Bay Isles Rd. If you'd rather just take it all in, activities, food and drinks, children's games will be in Bicentennial Park, next to Town Hall, after the parade. 9 a.m. - 11 a.m.

Then, of course, there is the best part of the day – the fireworks! There are so many choices: city events, bay events, beach and garden. Here's the breakdown for you!

—FREE EVENTS—

Palmetto

5th annual award winning "Fourth Festival" has great music, delicious food, kids' rides and fireworks over the Manatee River along with national recording country music artists Craig Campbell and

Rodney Atkins. Head to Historic Sutton Park on Old Main Street in Downtown Palmetto (corner of 7th Street and 10th Avenue) as early as 4PM. Craig Campbell will perform around 5 p.m. and Rodney Atkins will go on around 7 p.m. Everyone can stay in their seats or walk down to the Manatee River for the **fireworks extravaganza starting around 9 p.m.**

Anna Maria Island

29th Annual Sandbar Restaurant Fireworks Spectacular

is at the Sandbar Restaurant on the north end of the island next to Pine Avenue.

Fireworks after dark, weather permitting.

Bradenton

Manatee River's fireworks display is handled by the City of Palmetto and people usually hand out along both sides of the Manatee River Riverwalk waterfront in downtown **Bradenton and Palmetto**.

Fireworks will start after dark around 9 p.m.

Sarasota

Fireworks Spectacular over Sarasota Bay can be seen from anywhere downtown including Bayfront Park and Island Park or even docked in a boat! The Sarasota show starts at dusk or around 9:00 p.m.

Siesta Key

25th Annual 4th of July Fireworks Display and Party

Fireworks over Siesta Key are blasted off just north of the volleyball courts, so viewing is good from anywhere south and along Crescent Beach (south of Siesta Public Beach), out on the Gulf, or from the Intracoastal waterway. Good weather brings estimates of 20,000 to 30,000 people to the fireworks on Siesta Key, so this one gets super crowded! Don't go if you are not a fan of crowds...and waiting to leave the island!!

Helpful tip: Find out what traffic is like by calling 511 toll free, visiting FL511.com, or checking the free Florida 511 mobile app. You also can get traffic updates on Twitter by following [@FL511_SOUTHWEST](https://twitter.com/FL511_SOUTHWEST).

—PARTIES AND VIP EVENTS—

Anna Maria Island

The 29th Annual Sandbar Restaurant Fireworks

Spectacular also has a **VIP section**. \$125 for adults (including Specialty Cocktails) and \$50 for children. Party favors and t-shirts are included. For more information or to purchase a VIP table, contact Patti McKee, Special Events Director at (941) 778-8709 or pmckee@chilesgroup.com.

Sarasota

First United Methodist Church in Sarasota is hosting a choral concert, "An American Tapestry" General admission: \$35, students \$15 at the door day of the concert. 4:30 p.m. First United Methodist Church, 104 S. Pineapple Ave., Sarasota. Afterwards, you can easily walk down to the bay to view the fireworks!

All American Barbecue and Independence Day Celebration at Selby Gardens Barbecue pit masters, live music and family activities are all part of the celebration plus enjoy the **fireworks over Sarasota Bay** from Selby Garden's bayfront location.

6 p.m. - 10 p.m. \$30 members, \$35 non-members, 11 and under are free. \$150 VIP Ticket available (includes valet parking, open bar and catering by Michaels on East, and an indoor VIP Area. Read: air conditioning and no mosquitos with a prime view of Sarasota Bay! Selby Gardens, 900 S. Palm Ave., Sarasota.

Siesta Key

25th Annual 4th of July Fireworks Display and Party **VIP Ticket** allows you to access VIP reserved on-site parking at the Siesta Key Public Beach. Catered dinner for two with beer, wine, and soft drinks. Live musical entertainment, preferred viewing area for the fireworks and a kid's zone. VIP party begins at 5PM. Package is \$150 (includes dinner for two) Kids 11-15 years, \$15; under 10 are free. Call (941) 349-3800 for tickets or more information.

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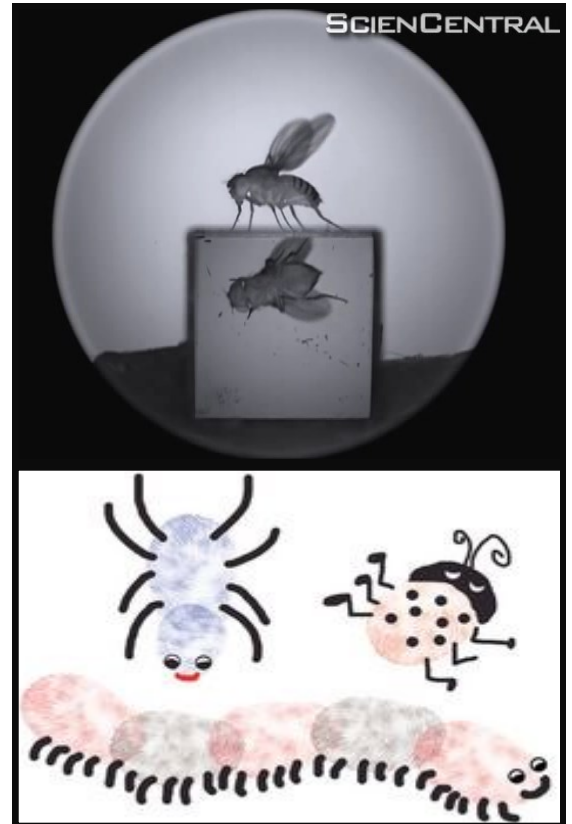
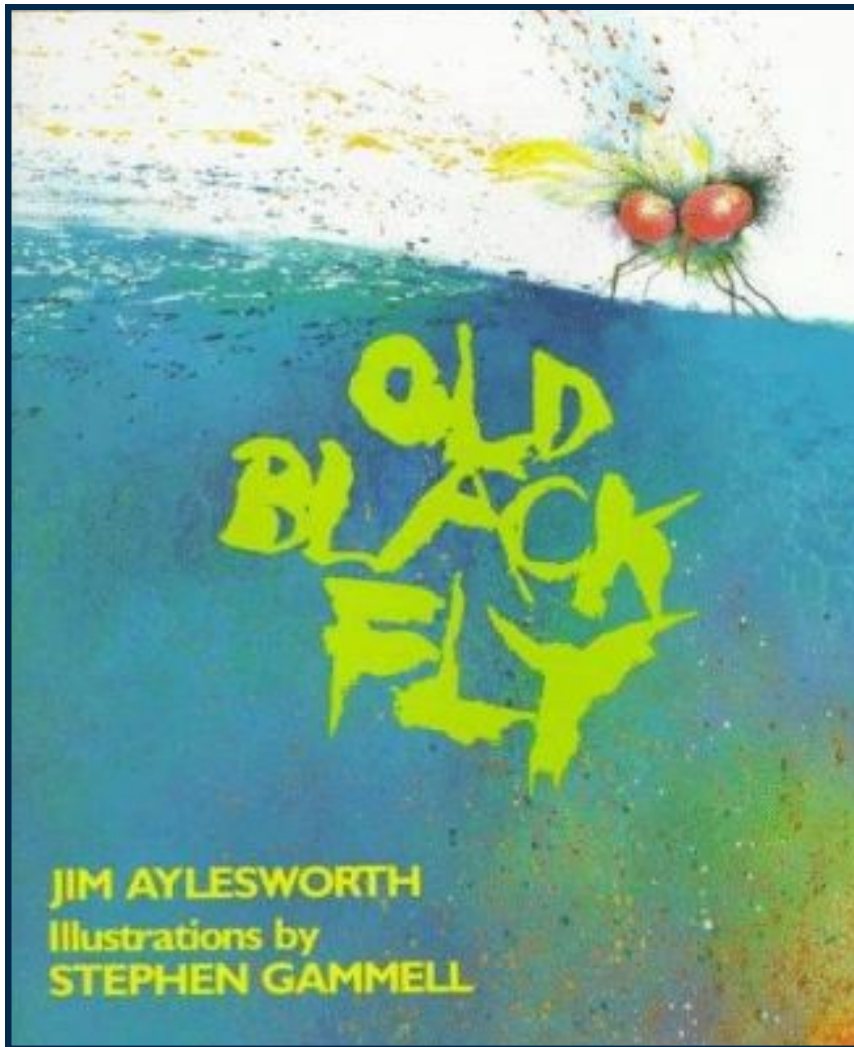
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KIDS' BOOK CLUB

Old Black Fly by Jim Aylesworth



EXTEND THE LEARNING

- Practice clapping and keeping rhythm while you read the story. Encourage the kids to look at the pictures and guess the rhymes.
- Sing songs like [Shoo Fly](#) or [Never Swat A Fly](#)
- Grab an ink pad, paper, markers and tiny googly eyes and help your child create some thumb print bugs
- Take a trip to the Dollar store to grab a fly swatter. Dunk it in some paint and let your kids smack the paper to create fly swatter art!
- Dig a mason jar out of the cabinet and let your child go bug hunting in the yard. While you're out there, remind them that insects have six legs, three body parts (head, thorax and abdomen) and usually wings. Take a magnifying glass and practice your counting skills to identify insects.

TO YOUR HEALTH

Is Caffeine-Free The Same As Decaf?

Have you ever stood in front of our tea wall at The Spice and Tea Exchange on St. Armands and wondered about the difference between caffeine-free, decaf and herbal teas? Read on and wonder no more!

The quick answer to our title question (*Is Caffeine-Free The Same As Decaf?*) is, “No.” Decaf and caffeine-free are two very different things.

However, before we go on to explain let’s get one thing straight: **caffeine-free teas** *technically* don’t exist because all actual tea comes from leaves of the Camellia sinensis plant which naturally contains caffeine. Assuming you don’t want caffeinated tea, let’s start by narrowing the choices down to two: *decaf* or *herbal*.

Herbal teas are really tisanes, or botanical blends that don’t contain any part of the Camellia sinensis plant, and they are naturally free of caffeine. If you’re looking for a *true* caffeine-free option, [herbal teas](#) (tisanes) are the way to go. **Decaf teas** still contain a small amount of caffeine.

So wait a minute. *Are you telling me that the cup of Decaf Earl Grey I drink before bed every night has caffeine in it?*

Well, yes, a little bit. It’s impossible to remove all traces of caffeine from the tea leaves and as a result, **decaf tea contains about 5-10 mg of caffeine per cup**. To give you some perspective, regular tea contains approximately 50 mg of caffeine per cup while coffee contains about 150 mg of caffeine per cup.



So, how are decaf teas are made? In both of our decaf teas, [TSTE® Decaf Earl Grey](#) and [TSTE® Decaf Mango](#), a carbon dioxide (CO₂) extraction process is used. Without turning this into a science lesson (because believe us, we’re not science teachers), we’ll give you the basics.



When CO₂ is pressurized and reaches high temperatures it liquefies and becomes a solvent that attracts the small caffeine molecules. This solvent is then applied to the tea leaves and after the specified amount of time, the liquid containing the caffeine molecules is poured off leaving the flavorful tea leaves. This completely natural process leaves the tea flavorful and delicious, *just less caffeinated!*

So, to summarize:

- **Caffeine-Free “teas”** don’t exist. All tea leaves contain caffeine.
- **Herbal Teas** are really botanicals (tisanes), not tea. These are naturally caffeine free.
- **Decaf Tea** is created through a completely natural CO₂ pressurization process, and still contains small amounts of caffeine.

If you are looking for a tea that is completely caffeine-free then we suggest you try [one of our delicious herbal teas](#). If you are looking for a tea with a *reduced* amount of caffeine try either our [TSTE® Decaf Earl Grey](#) or our [TSTE® Decaf Mango](#), both are delightful.

The Spice and Tea Exchange on St. Armands Circle

Find us on Facebook at <https://www.facebook.com/TSTESarasota>



WHAT'S BEEN GOING ON

Sun N' Fun, Mom's Night Out, McKinley's Corner

Mom's Night Out - Seasons 52



Great Day at Sun N' Fun!



Sunshine News!

In June, we set up sunshine meals for Karen Moore and her family. We created a MealTrain calendar to deliver meals for Monday, Wednesday and Fridays for the months of June, July and August while precious McKinley undergoes her initial chemo treatments. With so many wonderful volunteers, the slots filled quickly (thank you all). We then extended the calendar to the end of September, and we still have a few slots available. If you are interested in volunteering, you can view the special instructions and sign up on our private Facebook Page. We are thinking of you, Moore Family, and send many hugs and prayers to you.



THE SWIM SCHOOL

Enjoy the convenience of having private, semi-private or small group swim lessons right at your home or community pool!!

The Swim School provides quality swim instruction for all ages and abilities throughout Manatee and Sarasota counties.

Flexible scheduling is available for children 12 months of age and older, including parent/toddler, preschool learn to swim, and youth and teen stroke development classes.

Whether you are a beginner, intermediate or advanced swimmer, The Swim School has a certified instructor ready to help you obtain your swimming goals!

For more information and/or to register, contact:

Hilary Koppenhaver

941-773-1424

superiorswimlessons@gmail.com

[Like Us on Facebook](#)

McKinley's Corner

McKinley Jean Moore was diagnosed with ALL leukemia on May 28th. Karen Moore, a member of our group, received a phone call that day which is every parent's worst nightmare. She took McKinley to her pediatrician because "McKinley was just a little off."

After bloodwork and an ultrasound, they were instructed to head to All Children's Hospital ASAP to begin treatment. In a nutshell, the Moores learned their life has been forever changed. The next two and a half to three years are going to consist of weekly chemo treatments, multiple surgeries, inpatient stays, and lots (lots) of emotional roller coasters all within a moments notice.

Within 24 hours of diagnosis, McKinley had a surgery to get her port placed to receive her chemo treatments, had a lumbar puncture to check for leukemia in the spine and brain, as well as a bone marrow aspiration. This healthy, happy, smiley, super cute little girl, which many of us just saw the day prior at Sprouts when she was dropping off her brother Brady, is fighting a fight no two year old should ever have to endure. Please follow McKinley's journey at <https://www.caringbridge.org/> The Moores are asking to please pray for her. There have been a few hiccups in these first critical 28 days (she has a clot that formed in her subclavian vein), but we know she is a fighter and will win this battle.



Lakewood Ranch Baptist Summer Camp 2015



Summer Camp Lineup for Ages 2 to Completed 2nd Grade	
July 6-9	Wild West
July 13-16	Safari Adventure
July 20-23	Pirates and Princesses
July 27-30	Music, Arts & Drama

Summer Camps are held
Monday-Thursday 9AM-1PM
\$85 per week for all age groups
\$30 registration fee

Contact Connie for more information
or to register at connie@lwrbaptist.com
(941)552-1304

One week M.A.D. (Music, Arts and
Drama) for Grades completed 3rd to
completed 5th:

July 27-31 from 9AM-1PM
\$100 (-\$15 for siblings)
Only 50 spots available

For more information on MAD camp,
contact Jessica Stack at
Jessica@lwrbaptist.com
Or call the church at (941) 257-4431

WHAT IS COMING UP NEXT

Preschool Picasso Alerts, Fun To Be Fit Returns, Summer Party

SUMMER BACK YARD BBQ PARTY

Sarasota Polo Club Clubhouse

Saturday, August 15th from 10am-12pm



Bounce house, yard games, food truck providing lunch, cash bar (Mimosas, Bloody Mary's, Beer)

\$6 for adults, \$3 for children ages 3 and up, free for 2 and under

See members side of the website for payment link (admission cost includes lunch)

MOTHERS HELPING MOTHERS FONDRAISER

School supplies (notebooks, binders, backpacks, pencils, scissors, glue, etc.)

Will be collected during party or can be dropped off prior to party at Town Hall

Fun To Be Fit Returns Next Month

Due to summer camps at Lakewood Ranch Baptist Church, they are not able to host our Fun to Be Fit class this month. Don't worry! Ms. Adrienne will be back next month! Second Tuesday of the month at 10:00AM.

A Warm Welcome To Our Newest Members



Kelly Van Vliet
Jenifer Thiemann
Jessica McIntyre
Heather O'Neill
Ashley Schroeder
Stefanie Guido
Cheryl Colon

Kelly Laning
Lindsay Markun

Preschool Picasso Alerts

Next Month: August 6th at 12:00PM Arts Ablaze, \$8/child

Special Edition: End of Summer Painting Party

Saturday August 22nd from 10 am to noon (For kids 4 years+) at Let's Create Art on LWR Main Street. Cost is \$18/child. You can pay at the door when you arrive. Please RSVP to Leslie Toscano by August 15th., however, as spots are limited.