

Mommy's Time Out

August 2015



Lakewood Ranch
MOMS
GROUP

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LETTER FROM OUR PRESIDENT

Well - it's that time of year again! It's time to hit Old Navy for the uniform sales, head to Target for a new backpack and Publix to stock up on lunchbox goodies. As a mom of a toddler and infant, back to school doesn't mean a whole lot for me, but I know that sooner rather than later, each first day of school will be a milestone for me and my sons. I know that many of our moms have kids heading off to kindergarten this year. Maybe it's because so many of my close friends fall into this category, but it is really hitting home to me. Childhood really is fleeting. As much as we all have days that we literally count the hours until bedtime (please tell me I'm not the only one who has those!), all of a sudden we wake up one day and our kids are getting on the school bus, totally independent and totally ready to take on this new adventure. And why do they have that extra bounce bounding up the school bus? Why am I only getting a wave before they go running off into class? It's because they're ready - because you have spent 5 years nurturing them into the confident, spunky, awesome kids they are. To me that's the point of this group - to allow moms to bond and form relationships with other moms who hold lifting up their child as being of utmost importance. Our group is here to allow moms and kids an outlet to be themselves, to have activities geared just for them, to make them feel understood and supported.

No matter whether your child is starting school for the first time or the tenth, enjoy these last few days of summer. The days may be long, but the years certainly are short!

Best,

Jill

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Dr. Ryan Fox
Dr. Michael Bonda

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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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Moms Night Out: Lisa O.

Preschool Picasso: Leslie T.



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Community Service News

Our first efforts to support Mothers Helping Mothers will be a school supply drive. We've made it super easy for you to help by simply making a monetary donation that will go towards purchasing school supply bundles. What makes this even sweeter is that our kids can help sort the supplies into "kits" for each student we are able to support. This will be an activity during the Summer Party. Now your kids can get in on the community service action!



Preschool Picasso Pottery & Popsicles

Come paint with our little buddies on August 6th at 12PM at Arts Ablaze. The project is a caterpillar this month!

\$8/per child



Paddleboarding Outing

Saturday, August 8th

At 10:00AM



Please prepay/reserve your spot by calling Julia at SUP

(941) 281-0285

Fun To Be Fit

This month, Fun To Be Fit will return, but not as normally scheduled.

We hope to see you on Thursday, August 27th


10:00AM to chat

10:30AM class starts

August 2015



Sun Mon Tue Wed Thu Fri Sat

						1 Full Moon Yoga @7:30PM
2	3	4	5	6 Preschool Picasso @ 12PM	7 Kids Outing @10:15&11:15 AM	8 Paddle- boarding@ 10AM
9	10	11	12 Shop, Drink & Be Merry @6:30PM	13 Book Club @7:00PM	14	15 Summer Party @ 10AM
16 Bowling @3PM	17	18	19 MNO Apollonia @ 6:30PM	20 Kids Outing Mote @10AM-12P	21	22 End of Summer PaintingParty @ 10AM
23 back to School 	24	25	26	27 Fun to be Fit @10AM & Monthly Meeting@6P	28	29 Splash Bash at the Y@10AM
30 Facials and Fashion @11AM	31					

GEOCACHING WITH KIDS

Good, cheap fun

Summer is coming to an end. We've got just about 20 days left to squeeze the last few bits of family time out of the season. An "off the beaten path" activity to try with your kids is Geocaching. It's like a treasure hunt, only with GPS devices instead of maps, and the treasure is usually a little box with a journal/log inside for you to sign or let your kids doodle on. Depending on the size of the box, you may even find treasures inside. The idea is that you can take a treasure and replace it with your own. Let the kids pick out a few cheap toys from the dollar store and head out hunting! To find out where geocaches are hidden, you'll need to create a free login at www.geocaching.com and then search for your zip code in the lists. If you take a look at the map, there are TONS in Myakka State Park and Lake Manatee State Park. You can go down the trails and search for several as you go! Here are a couple nearby that you can try out!

N 27° 25.539 W 082° 23.392

Greenbrook Park is a small park to relax and enjoy. You can bring your little ones, grab some shade and watch them play. This is a PAG accessible from the parking lot. This is a tiny park so a nano seemed appropriate. Bring your own pen (and tweezers would be helpful) Not the usual nano. Since the cache had been mugged twice I changed the location by a few feet. The container was changed to a more devious one so I raised the overall difficulty by a 1/2 point. Please use stealth since it is a heavy muggle area. This one is very tiny, so there is no need to bring treasures to exchange.

Additional Clue to decrypt: Erynkvat va n cnex vf abg pbafvqrerq n "Onq Unovg." Lbh znl svaq gur arj ybpngvba n ovq fubpxvat!

Decryption Key

A|B|C|D|E|F|G|H|I|J|K|L|M

N|O|P|Q|R|S|T|U|V|W|X|Y|Z

(letter above equals below, and vice versa)



N 27° 23.113 W 082° 27.858

A quick PnG with lots of goodies. The first one we've placed. Hope you enjoy. CB Tri is placing our first cache. Figured we'd set up close to our base of operations. Should be a quick PnG, with lots of goodies.

This is an office building but there shouldn't be too many muggles around as they usually park in the front or back of the building. On Friday's you might have a bit more of a challenge as the mobile car wash unit will set on the same side of the building as the cache. We got permission from the head honcho to place this here so you shouldn't have any problems.

Once you find it, feel free to say hi if you're so inclined. We'll give a wave if you give a ring and we're around.

Additional Clue (uses same decryption key as above) Fubhyq or na rnfl svaq. Bapr lbh svaq vg, lbh'yy cebonoyl snprcnysz sbe zvffvat vg.

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RECIPE BOX

It's lunchbox season. Time to whip up some tasty meals to keep our kids fueled for their school days! Here are some simple ideas that can be prepared ahead of time to always have something on hand besides your standard pb&j. Many of these recipes can even be frozen, allowing you to heat up what they need and save the rest for another time. A great way to keep their thermos warm is to fill it with boiling water first. Let it sit for a few minutes, dump the water and then fill with the hot lunch. It's a good idea to not use any ice blocks on these days, so make sure to pack the rest of the lunch with items that can stay at room temperature—juice box, apple sauce, pretzels, etc.

Turkey Apple Mini Meatballs

2 tsp olive oil
1 medium onion, finely chopped or minced
1/2 small apple (Mac, Granny Smith), finely chopped
1 clove garlic, minced
1lb (1 package) lean ground turkey (or chicken, both work great!)
1/2 cup breadcrumbs (or 2 slices of bread, dried and crumbled to make fresh breadcrumbs)
3 tsp dried parsley
2-3 tbsp Parmesan cheese
~1 tbsp tomato sauce, optional
1 egg, beaten

Preheat the oven to 350 degrees F. Spray a 9×13 baking dish with non-stick cooking spray and set aside. Heat the oil in a saucepan and sauté the onion and apple for 3 minutes, stirring until softened. Add the garlic sauté for 30 seconds. Set aside to cool. Mix together the ground turkey, breadcrumbs, parsley, Parmesan and tomato sauce. Stir in the sautéed onion, apple, and garlic, and add the beaten egg to bind. Form the mixture into mini meatballs, about 3/4-1 inch in diameter and line up in rows in prepared baking dish. Bake for 15-20 minutes or until slightly golden and internal temperature reads 165 degrees F. Allow to cool and enjoy!

Sweet Potato & Apple Morning Glory Muffins

2 cups all-purpose flour (or half all-purpose, half whole wheat)
1/2 cup sugar
1/2 cup brown sugar
1 tsp. cinnamon
1/4 tsp. salt
3 large eggs
1/2 cup canola or other mild vegetable oil
1/2 cup applesauce or plain yogurt
1 tsp. vanilla
1 1/2 cups coarsely grated raw sweet potato or carrot
1 apple, coarsely grated (don't bother peeling it)
1/2 cup raisins
1/2 cup chopped walnuts

Preheat the oven to 350F & line 24 mini or 12 regular muffin cups with paper liners. In a large bowl, stir together the flour, sugars, cinnamon and salt. In a smaller bowl, whisk together the eggs, oil, applesauce and vanilla. Add to the dry ingredients along with the sweet potato, apple, raisins and walnuts and stir just until everything is combined. Spoon into lined muffin cups, filling them 3/4 full. Bake for 15-20 minutes (for mini muffins) or 20-25 minutes (full-sized muffins), until the muffins are golden and springy to the touch. Tip the muffins in the pan to help steam to escape.

Ham and Cheese biscuits

1 can Grands rolls
3/4 cup shredded monterey jack cheese,
divided
8oz deli ham, chopped
bacon ranch dressing (for dipping, use
regular ranch if you can't find bacon
ranch)

Separate biscuits and cut into 6 equal
pieces. Toss them in a bowl along with 1/2
cup shredded cheese and chopped deli
ham. Mix with your hands to make sure
everything is incorporated. Spray muffin
tin with nonstick spray and divide biscuit
mixture evenly among cups. Sprinkle
remaining 1/4 cup cheese over each
biscuit. Bake at 350 for 15-20 minutes.

Healthier No-Bake Cookie (also called "energy balls" these days)

1/2 cup agave nectar, honey or sugar
1/3 cup Dutch-process cocoa powder
1/4 cup unsweetened almond milk or other milk/milk
substitute
1/4 cup coconut oil
1/4 cup almond butter or other nut/nut-free butter
2 cups gluten-free oats
1/3 cup shredded coconut (optional)
1/2 teaspoon vanilla extract
1/8 teaspoon salt

1. In a medium saucepan, mix together agave and
cocoa powder. Heat over medium heat until combined.
Stir in almond milk and coconut oil and bring to a boil.
Continue stirring and boil for one minute.
2. Remove pan from heat and stir in almond butter,
oats, coconut, vanilla extract, and salt.
3. Using a spoon or cookie scoop, drop cookies onto
wax paper. Let the cookies set up for about 20 minutes
in the refrigerator before serving. Store the cookies in
an air-tight container in refrigerator for up to one week.



SCHOOL HAPPENINGS

Manatee County Public Schools

August 24—First Day of School

Braden River Elementary:

August 7—Uniform Sale 9:00 a.m.- 4:00 p.m.
August 8—Uniform Sale 9:00 a.m.-2:00 p.m.
August 20—Back to School Night 5:00 p.m.-7:00 p.m.
August 24—Boohoo Breakfast 8:00 a.m.-9:00 a.m.

Freedom Elementary:

August 3—Office Reopens for Registration
August 20—Open House 4:00 p.m.-6:00 p.m.

Gullett Elementary:

No additional information available

Gene Witt Elementary:

August 20—New Family Orientation 4:00 p.m.
August 20—Open House 4:30 p.m. -6:30 p.m.

McNeal Elementary:

August 3—Office Reopens for Registration (closes at noon on 8/20)
August 20—Back to School Night 3:30 p.m.- 5:30 p.m.
Rowlett Academy:
August 22—Parent University

Wakeland Elementary:

August 20—Open House 4:00 p.m. – 6:00 p.m.
August 21—Volunteer Badge Photos 8:30 a.m.-10:30 a.m.
August 24—Boohoo/Yahoo Breakfast 8:30 a.m.-9:00 a.m.

Willis Elementary:

August 7—Uniform Sale 9:00 a.m.- 3:00 p.m.
August 8—Uniform Sale 11:00 a.m.-2:00 p.m.
August 20—Back to School Night 3:30 p.m.-5:30 p.m.
August 21—Kindergarten Playdate 10:00 a.m.-11:00 a.m.
August 24—Welcome Coffee for Parents 8:30 a.m.- 9:30 a.m.
August 27—Parents Yahoo Night Out at MacAllister's 7:00 p.m.
September 4—PTO Meeting 2:00 p.m.

Mini Mustangs (VPK Program at LWR High School):

No additional information available

Private Schools

Out of Door Academy:

August 11—6th Grade Get Together 1:00 p.m.-2:00 p.m.
August 11—Middle School iPad Out of Box Event 7:00 p.m.
August 16—New Parent Reception 6:30 p.m.-8:00 p.m.
August 17—Kindergarten Ambassador Party 12:00 p.m.-2:00 p.m.
August 17/18—Open House, Conference Day, Orientation (see website for add'l info)
August 19—Classes Begin
August 19—Ribbon Cutting for Vitale Student Center & Dart STEM Center 8:30 a.m.
August 21—Middle School Movie Night 6:30 p.m.- 8:00 p.m.
August 25—Soccer Intramural Begin
August 26/27/28—Theatre Auditions (grade 6-12)
August 27/28—8th Grade Leadership Camp
August 29—Orchestra Concert 2:30 p.m.

St. Joseph's Catholic School:

August 17—Supply Drop Off/Back to School Day/New Parent Orientation
August 18—First Day of School

St. Martha's Catholic School:

No additional information available

St. Stephen's:

August 17—Opening Day
August 18—Classes Begin

Tabernacle Christian School:

August 20—Parent Only Orientation 6:30 p.m.
August 21—All Students Open House 9:00 a.m.-12:00 p.m.
August 23—Staff Appreciation at Tabernacle Church 10:15 a.m.
August 24—First Day of School
August 24—Boohoo Breakfast 8:15 a.m.

The Classical Academy:

August 14—Back to School Night 6:00 p.m. – 8:00 p.m.

SCHOOL HAPPENINGS

Local Preschools

All God's Children:

August 10-13—Kindergarten Camp

August 27—Meet Your Teacher

September 1—First Day of School

Goddard School:

No additional information available

Kiddie Academy:

August 15—Parent Date Night

August 19—VPK Open House/Meet Your Teacher

August 24—First Day of VPK

August 29—Storytime (open to public)

Kids R Kids:

No additional information available

Little Ranchers:

August 19—Open House 5:30 p.m.

Primrose:

No additional information available

Sprouts:

August 18—VPK Open House 6:00 p.m.

August 24—VPK First Day of School

August 24—Tu/Th Students Open House 6:00 p.m.

August 25—Tu/Th Students First Day of School

August 25—M/W/F Students Open House 6:00 p.m.

August 26—M/W/F Students First day of School

If you have questions regarding any schools listed or would like to see more schools included, please contact Susan Meyers at

lwrngschoolambassador@yahoo.com.

A Warm Welcome To Our Newest Members



Lindsey Nyberg

Christine Merucci

Kelly mcdonald

Angie Crutchfield

Lisa Henderson

Jennifer Lough

Chatwood McDonald

Jennifer Schefft

Kristy Zubke

Jennifer Mackey

Asya Stolz

Wendy Goff

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SHE'S CRAFTY

Hot Air Balloons

Ben Abruzzo, Maxie Anderson, and Larry Newman piloted the first balloon, The Double Eagle II, across the Atlantic ocean in August 1978. They started their journey on August 11th in Maine and landed in Paris on August 17th. You can learn more about their flight at www.history.com, watch a short [newsy video](#) or watch the [1978 NASA highlights reel](#), starting at minute 8:15. You can celebrate this historical event by creating your own hot air balloon crafts.



Tissue Paper Hot Air Balloon

Stack 5-6 sheets of tissue paper and fold in half lengthwise. Draw half of a tear drop shape. Cut along the line and each sheet will be a panel for the hot air balloon. Take a glue stick to seal the edges together to create the balloon shape. Allow to dry. Glue a strip of paper at the opening to keep the cylinder shape and allow for the hair dryer to help inflate. Insert the hairdryer (make sure there is room around the opening for some air to escape) and turn it on low. Once the balloon is filled with hot air, it should rise a little and then come back down to the ground. You can find more detailed instructions [online](#). If you do the craft, send pictures to lwrmgnewsletter@yahoo.com



Re-create a craft like this with a free helium balloon from Publix. Take a small paper cup and hole-punch four holes in it. Tie string to two of the holes and go up and over your balloon to tie each string on the opposite side. Allow your child to fill the cup with a lightweight passenger doll and send it flying around your room!

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FEATURED ARTICLE

The Purchasing Pathway

The Purchasing Pathway



A step-by-step game plan for what to expect from initial consultation all the way through to the closing of your home.

1 Initial Appointment

The purpose of the initial appointment is to understand your "needs and wants" as a buyer. This may be the most critical meeting of the home buying process. During this appointment, the entire purchasing pathway will be discussed.

2 Determine the Purchasing Parameters

There are three criteria every buyer uses to find their home: location, price and style/condition. These criteria, along with your "needs and wants," will determine the properties we search for and the homes we initially view.

3 Acquire a Pre-Approval

Viewing homes without a pre-approval usually leads to disappointment. Buyers who are wise discuss their financial situation with a reputable lender and acquire a pre-approval. A pre-approval creates an opportunity for you to not just understand what you qualify for, but ultimately to decide what you can afford. Having a pre-approval greatly enhances your negotiating position – especially in a competitive market.

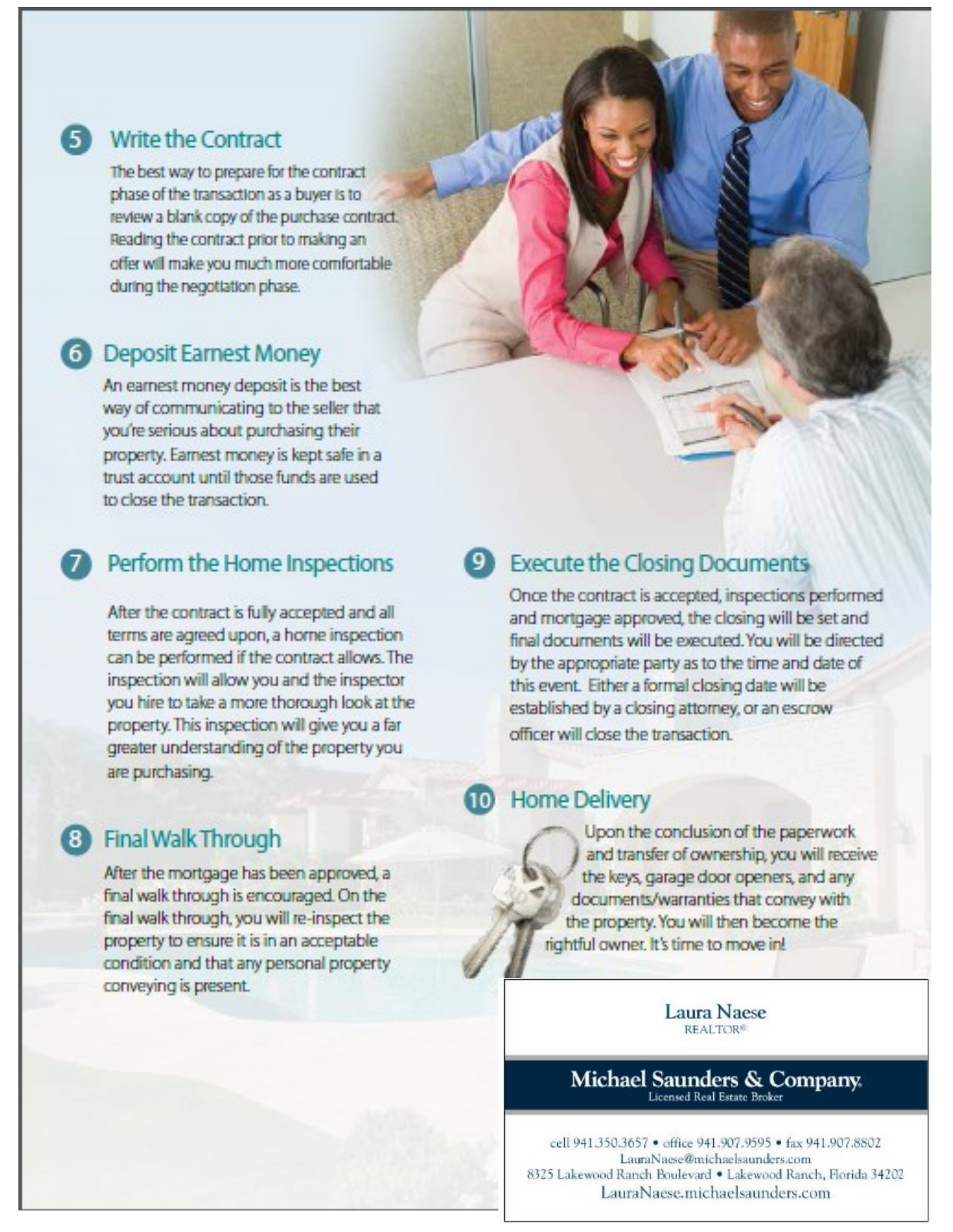
There are three criteria every buyer uses to find their home: location, price and style/condition.

4 View Homes

The process of viewing homes provides you with information in order to make the best decision possible. Helping you find a home is a process of elimination; not a process of selection. Viewing homes you don't like is not a waste of time; it helps build a frame of reference to help you find what you do like.



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5 Write the Contract

The best way to prepare for the contract phase of the transaction as a buyer is to review a blank copy of the purchase contract. Reading the contract prior to making an offer will make you much more comfortable during the negotiation phase.

6 Deposit Earnest Money

An earnest money deposit is the best way of communicating to the seller that you're serious about purchasing their property. Earnest money is kept safe in a trust account until those funds are used to close the transaction.

7 Perform the Home Inspections

After the contract is fully accepted and all terms are agreed upon, a home inspection can be performed if the contract allows. The inspection will allow you and the inspector you hire to take a more thorough look at the property. This inspection will give you a far greater understanding of the property you are purchasing.

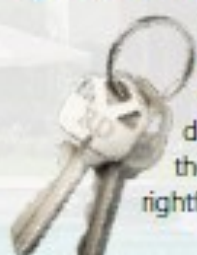
8 Final Walk Through

After the mortgage has been approved, a final walk through is encouraged. On the final walk through, you will re-inspect the property to ensure it is in an acceptable condition and that any personal property conveying is present.

9 Execute the Closing Documents

Once the contract is accepted, inspections performed and mortgage approved, the closing will be set and final documents will be executed. You will be directed by the appropriate party as to the time and date of this event. Either a formal closing date will be established by a closing attorney, or an escrow officer will close the transaction.

10 Home Delivery



Upon the conclusion of the paperwork and transfer of ownership, you will receive the keys, garage door openers, and any documents/warranties that convey with the property. You will then become the rightful owner. It's time to move in!

Laura Naese
REALTOR®

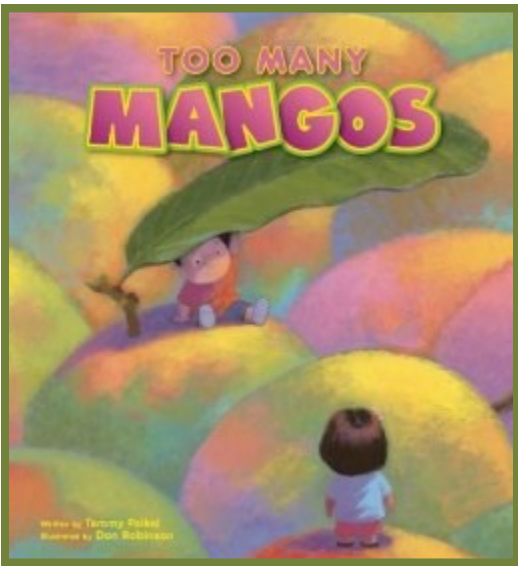
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KIDS' BOOK CLUB

Hawaii

Hawaii officially became a state on August 21, 1959. Celebrate this with a whole host of great Hawaiian books , activities and crafts!



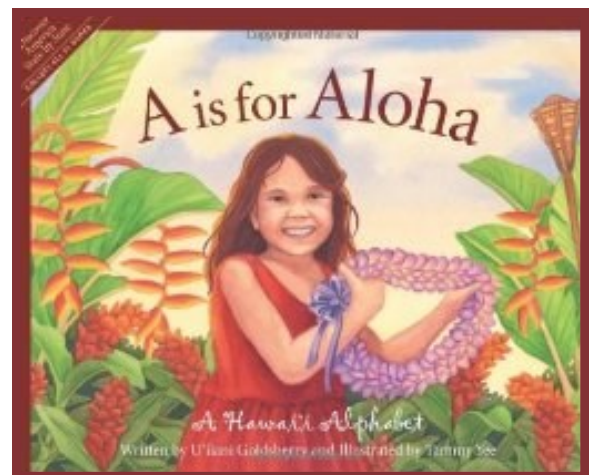
Too Many Mangos ,by Tammy Paikai, is a great book about sharing. While reading the story, remind your children that Aloha has many different meanings (hello, goodbye, love, peace, compassion, etc) and that Mahalo means thank you.

- Make a fruit salad and let the kids practice cutting (little ones can use a plastic spoon or knife on a banana to participate) and use terms like “cut in half, thirds, etc.” to introduce fractions and division. Practice counting. Let each child share a different fruit to add to the salad.
- Bake a big batch of cookies and share these with your neighbors
- Take time to discuss what sharing is and ask your child to give an example of how they share

A is for Aloha by U'ilani Goldsberry

This is a great book for learning about Hawaii and the Hawaiian culture.

- Create leis by cutting up paper into flowers and stringing them onto a string.
- Practice telling a story through a hula dance like Nina in this [Imagination Movers song](#) or like these kids doing a hula to “Pearly Shells”
- Grab a couple empty paper towel rolls, some scissors, markers and stickers to [create your own puili sticks](#)



Goodnight Hawaiian Moon by Dr. Carolan

The illustrations highlight the beautiful scenery of Hawaii while the story is carried along in simple rhymes. The book comes with a CD so the story can be read to the kids. It includes a lullaby as well, so this can be a great way to end a book club day with a sweet bedtime story.

TO YOUR HEALTH

Booty Boot Camp

7-Minute Workout: Booty Boot Camp

Whether you've JUST had a new baby or your baby is 16, I bet you want your booty to get back in shape! Sculpt your butt with these five exercises designed to target your glutes for the ultimate quick toning workout. We want you to get the best booty possible! If you're serious about toning your tush, try this five-minute glute-focused workout developed by Lauren Brenner, creator of Pure Power Boot Camp in New York City. Her routine works every muscle in your butt until it's got no choice but to shape up.

Two-Part Squat



Minutes 0:00-1:00

Targets: Gluteus Maximus and Medius, Quadriceps, Hip Abductors

Stand with feet wider than hip-width apart, toes turned out. Squat down until thighs are parallel to floor.

Hold for 3 counts.

Bend knees to lower 4 more inches.

Come up to the point where your thighs are parallel and hold for 3 counts. Repeat.

Arabesque

Minutes 1:00-2:30

Targets: Gluteus Maximus, Hip Abductors

Stand with feet hip-width apart, right arm reaching toward ceiling.

Extend right leg back and lift 5 to 7 inches, knee facing floor and toes pointed.

Lower and repeat 15 times.

Do 15 reps with your knee facing out to the right.

Repeat on left.



Butt Kicker

Minutes 2:30-3:30

Targets: Gluteus Maximus and Medius, Hamstrings

Get down on all fours and lift right leg to hip height with foot flexed, knee bent 90 degrees.

Extend leg as if you were stamping an imprint of your sole on the ceiling. Return leg to hip height and repeat for 30 reps.



Butt Lift



Minutes 3:30-4:30

Targets: Gluteus Medius, Hip Adductors

Lie faceup with knees bent, feet hip-width apart.

Lift butt and bring knees together.

Hold for 2 counts, release knees, and lower butt to just 1/2 inch above floor. Repeat 30 times. Without coming down, do one more round of 30 with knees apart.

Leg Lift

Minutes 4:30-5:30

Targets: Gluteus Maximus and Medius, Quadriceps, Hamstrings

Lie faceup with knees bent, feet hip-width apart.

Extend right leg 4 inches off floor.

Lift hips 6 inches, then lower to 1/2 inch above floor.

Repeat 20 times; switch legs.



We asked our members what their favorite summer songs were and here are the results—a playlist for you to listen to complete with all of our entries! Listen to it via Spotify's app on your phone : [Summer Songs](#)



WHAT'S BEEN GOING ON

Paddleboarding, Sunshine News, McKinley's Corner

Several moms participated in our first paddleboarding session



Kids Outing participants LOVED the Publix Tour!



Sunshine News!

We welcomed two new babies to the group in July. Congratulations to Corinne Drohan and Margaret Hitchcock and their families on the births of their babies. Corinne gave birth to Hadley Kathryn Drohan on July 13th, and Baby Hitchcock arrived on July 22nd. Sunshine meals for Corinne were provided by Jillian Bennett, Anna-Lena Gustafson and Stacey Burge. Sunshine meals continue to go out to the Moore family while McKinley is undergoing her initial chemo treatments. Thank you all for helping deliver sunshine meals!

Appliance Repair of Lakewood Ranch

(941) 747-7007

We repair refrigerators, dishwashers, washers & dryers, ovens, stoves, microwaves and garbage disposals. Our tech has over 30 years of experience

McKinley's Corner



The Lakewood Ranch Moms Group, which has been SUCH A HUGE SUPPORT SYSTEM for me since moving here but especially these past few months, held a Jump-A-Thon for McKinley at a local trampoline gym.

A TON of kids showed up, and it was a blast. McKinley LOVES this place. It's actually where I took her and Brady on her second birthday (just this past April 9th) so I did have a cry right when we got there because it was hard to not have her enjoying this fun as she's not allowed at indoor play areas due to germs, etc. They had a separate portion of the jump area just for the LWR kids to jump so that was really nice. The kids really got involved with the donating and loved "jumping for McKinley". Two sisters recently had gone to Disney and had 3 different princesses send McKinley get well wishes via video. Ummm...hello! Elsa & Anna said McKinley's name!!!! I'm still not sure who was more excited...Brady or McKinley, but it was so cute! The event was great although I admit I was a bit of a mess. When one sweet 5 year old little girl ran up, hugged me and told me "I hope your daughter gets better soon", I officially lost it. I gracefully left. Ok, who am I kidding, I pretty much bolted. The President of the LWR Moms Group set up this fundraiser and I think it was an amazing idea and great way to get the kids involved. It is so hard for young kids to really understand what's going on and I'm not sure they still "get it", especially because these past two weeks she "looks" & acts fine on most days and we run into friends, etc throughout the week. Unfortunately, it won't stay that way. Her hair is really thinning out, and I've heard the chemo that is hardest on the hair is yet to come. But, I do believe that teaching them about all of this might prepare them a little better for what is to come with their friend's health. I know I keep going back to the support this group has provided us with, but it really, really has. If there is one thing we all have in common in a Mom's Group, it is that we are all moms, and I think it's pretty safe to say that THIS is every mom's worst nightmare. So, thank you. Thank You for opening your kitchens and providing us much needed meals (I can't tell you how much that has been a blessing). Thank you for opening your hearts and praying, texting me, FB messaging me, writing me cards, drawing McKinley pictures and cards, giving gifts to the kids, etc. Thank you for offering to help with Brady (which I will need...summer has been good because my mom

isn't working at her school and my amazing babysitter isn't in school, but come fall I'm going to need it during treatments). Thank you for your patience with playdates, plans, etc. We have to fly by the seat of our pants with plans and how she's feeling and her "levels", so I appreciate you always allowing me to be a "maybe" or being a last minute "I'm in". Thank you for coming out and "jumping for McKinley" and supporting my sweet girl, but MOST importantly THANK YOU for ALL of your friendships. They say it is times like these where true friends shine and BOY are you gals shiny :) I am so grateful for you all and your support - it means the world to me. Please continue to pray for her as she starts 2 new chemo meds on Aug 3rd and the side effects always are the most stressful part. These meds not only are tough on her physically (walking, etc), but they affect the kidneys, liver, heart function, etc. so extra prayers and thoughts are appreciated.

Xo

Karen



Learning Center of Lakewood Ranch Baptist Church

Little Ranchers Learning Center is a part-time christian preschool focused on loving children and their families. We provide a warm nurturing environment for children ages 18 months to 5 years. Our program is developmentally appropriate to meet the needs of every child.

Please call or email Connie for more information or to schedule a tour:
940.552.1304 // connie@lwrbaptist.com



Our Jumping Beans jumped and bounced their hearts out at the Jumpathon for McKinley

MOMS NIGHT OUT



APOLLONIA
Mediterranean Grill

WEDNESDAY, AUGUST
19TH
6:00PM



We've got
another poll!

Just one question—
**where is the best place
to get your hair done?**

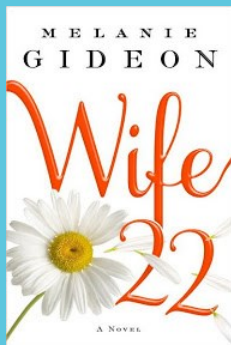
Share your thoughts
[here](#) and we'll post the
results next month.

Book Club is Back!

August 13th

7:00PM

"Wife 22" by Melanie Gideon



Monthly Meeting

Thai Spice

Thursday, August
27th

6:00PM



Preschool Picasso and Popsicles in July



Next Month's class
will be on
September 10th
10AM
at Lakewood Ranch
Baptist Church



SUMMER BACK YARD BBQ PARTY

Sarasota Polo Club Clubhouse

8201 Polo Club Lane Sarasota, FL 34240

Saturday, August 15th from 10am-12pm

Bounce house, yard games, water fun for the kids,
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 supply drive—donate a bundle before August 8th

From 10-11, your kids will get a chance to
meet with Neirda Lafontant
of Funducation as she guides them in creat-
ing their own mint cars. The kids will get
race their creations and even learn some
physics in the process!

Handprint Art by Amanda Forst will also be
there to help your little ones
create some handprint art!



Playing with Purpose Engineering Style! Kids get to play and learn about the Engineering process while they design, build, and race wind powered vehicles made from simple materials.

Believe in The Power of Play!

WHAT IS COMING UP NEXT

Preschool Picasso Alerts, Fun To Be Fit Returns

We are working on a partnership with Funducation for once a month classes. Stay tuned for the date and time!

FUNDucation
PLAYING WITH PURPOSE



Engaging kids to learn
through games,
toys, and events.

LIKE us on
f Like

Believe in The
Power of Play!!

www.funducation.org

Matilda Jane Gives Back

Join us for a trunk show hosted by Valerie at her new home!

Thursday, September 10th

6:00PM-8:00PM

Matilda Jane will donate a percentage of the night's sales to Mothers Helping Mothers and Valerie will also be making a donation. Come shop and enjoy a night out! What? You don't have any daughters or nieces to buy for? That's ok! Matilda Jane has clothes for us moms too!!



September Kids Outing

Lil' divas and **DUDES**
salon & day spa

Makeover Night

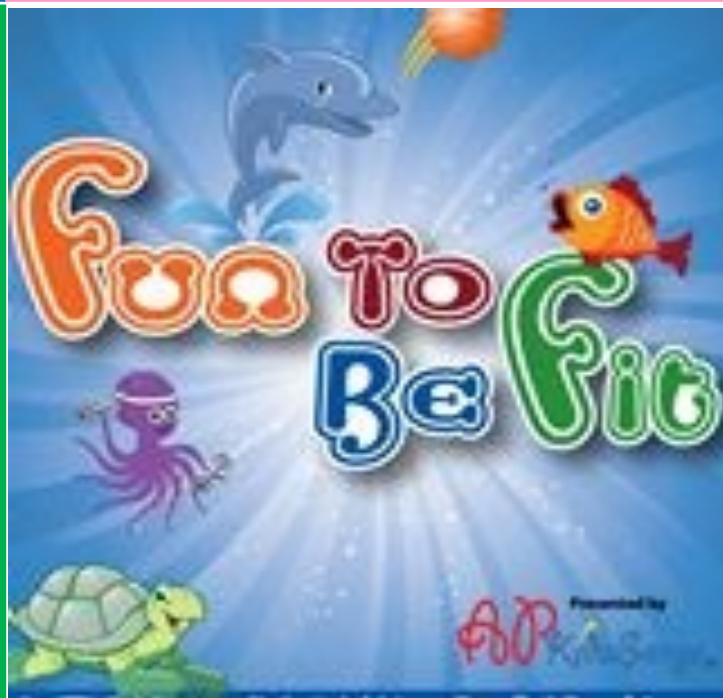
September 14th

from 4:00PM-7:00PM

Enjoy discounted services, drinks and pastries.

Reservations required.

See additional event details on our private Facebook page



Fun to be fit returns to the normal schedule:
Second Tuesday of each month at 10:00AM.

Learn more about advertising or sponsoring opportunities with the Lakewood Ranch Moms Group on our website:

www.lwrmomsgroup.com