

# Calendar for Kids Newsletter

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## JOIN OUR LIST

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## WHOLESOME KIDS COOK



Wholesome Kids Cook presents Let's Cook Kids:

Cooking Naturally with Mommy/Daddy - a new all-natural cooking class program now being offered at Gymboree of Howell beginning February 5th. These hands-on cooking classes for preschoolers and their parents are educational and entertaining! Learn the value of choosing nutritious foods and how preparing and eating them together can be fun.

Try our **FREE Sample Class on Friday, January 22nd at 1:00-1:30 p.m. or 2:00-2:30 p.m.**

Pre-Register Today!  
Call 609-937-5215 or  
e-mail

[info@wholesomekidscook.com](mailto:info@wholesomekidscook.com)  
[wholesomekidscook.com](http://wholesomekidscook.com)

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Dear Calendar for Kids Registered Users,

Welcome to this 17th edition of the Calendar for Kids Newsletter. There's lots of great information contained herein. We hope you find it useful for not only yourself but for entertaining your kids. As always, if you would like to collaborate with Calendar for Kids to help spread the word about your business or an event that you are involved with, please email us at [info@calendarforkids.com](mailto:info@calendarforkids.com).

Enjoy!

- *Calendar for Kids*

## I Resolve...Not to Make Any More New Year's Resolutions!

Resolutions sound good at the time but are impossible to keep - so why bother? Believe it or not, a well thought-out New Year's resolution can be a useful way to kick a bad habit or start a good one. All it takes is a little planning, strategy, and of course - some helpful hints.



First, realize that you have to be ready to make the change. There are 6 steps to making a change:

Precontemplation - This is the stage at which you are aware of your situation but are not yet ready to change. You may feel change is impossible or that your situation is hopeless.

Contemplation - You reach this stage when you begin to think about changing your behavior, weighing the pros and cons of changing. It is quite common to remain in this stage for years.

Preparation - Once the pros begin to weigh more heavily than the cons, you enter this stage. You commit to change and plan to take action, usually within about a month.

Action - Once you have taken the first steps to change, you are in the action stage. You begin to feel in control but will still need help and support from those around you.

Maintenance - This is the most difficult stage and can last a lifetime. You will need to learn to deal with daily challenges and small lapses in order to stabilize your behavior change and avoid relapse.

Termination - Once you feel absolutely no temptation to return to the problem behavior you reach this final stage. Depending on the person and the behavior, this may or may not even occur.

What action, if any, do you want your members to take? Add a "Find out more" link to additional information that you may have hosted on your website

### Exciting News from Barnstormers Gymnastics



Barnstormers Gymnastics in Rumson is pleased to announce that it's newly renovated Cafe will be open by Valentine's Day.

Enjoy coffee and treats while your kids participate in their gymnastics classes. Sit back, relax, and rest assured that your kids are still within your sight.

Visit our website for our class schedule  
[barnstormersgym.com](http://barnstormersgym.com)

Barnstormers Gymnastics  
102 Avenue of Two Rivers  
Rumson, NJ  
732-747-7463

### WESTMINSTER PRESCHOOL

#### OPEN HOUSE



During the month of January, Westminster Preschool will be holding open houses on Saturday January 23rd from 10 a.m. - 12 p.m., Wednesday January 27th from 11 a.m. - 12:30 p.m., and Thursday January

If your resolution is to maintain a healthy, active lifestyle, it may help to treat this goal as a priority on the same level as family and work. After all, without good health, the other two will surely suffer!

Be proactive - Maybe you don't think you can squeeze in regular activity now, but if you don't, you may be forced to find the time for an extended hospital stay or debilitating disease later on.

Focus on the positive aspects - Look for all the physical, psychological and social benefits of regular exercise. Feeling good, increased energy, lower stress, and seeing friends in class all count.

Make it a habit - Schedule your exercise as you would an important meeting or appointment and then stick to it. Exercise at a time of day that works best for you and plan your day around it.

Don't sweat the breaks - Plan for the possibility of life interfering with your program and act accordingly. Have alternative activities in mind and/or get back on track as soon as possible.

Be realistic - Goals need to be feasible. Looking like a supermodel by Spring is not realistic for anyone but a supermodel. Reducing body fat to a healthy level is realistic.

Take small steps - Set small, easily attainable goals that you can quickly reach to feel successful and stay motivated. Attending class 4 times/week for one month, for example.

Don't forget to have fun - You need to replace unhealthy behaviors with healthy behaviors that you enjoy. Choosing activities you do not enjoy will make the change seem more like a punishment.

Educate yourself - Learning more about the negative aspects of your behavior and the positive effects of change can help move you from the Precontemplation stage into Contemplation.

Make the moment - Don't wait for it. Nothing is ever guaranteed, and your circumstances will never be perfect. Education, awareness and support can help here, too.

Remember: If at first you don't succeed.....

You are twice as likely to succeed if you have tried and failed in the past than if you have never tried.

If one of your resolutions for this year is to become healthier and more fit, I sincerely hope you will consider the **Jazzercise Fitness Center of Wall** when choosing your exercise program. Below is a coupon that will help you get started! We hope to see you soon!

Kellyann Skorupski, Owner  
The Jazzercise Fitness Center of Wall  
1985 Highway 34  
Wall, NJ 07719  
732-919-3773 / [www.jazznj.com](http://www.jazznj.com)

### When Cabin Fever Sets In...Let the Fun Begin!!!

Calendar for Kids knows how hard it is to keep your kids busy when the weather is too cold to venture out. And since there are only so many hours of tv one can watch, Calendar for Kids has come up with some ideas of fun things to do when you are stuck indoors because of the cold weather.



For the girlie, girls - have a spa day. Treat your kids to manicures, pedicures, facials, and a bubble bath. Or better yet, have them treat you!

For the animal lovers - take them to the zoo...without leaving the house. Get all your kid's stuffed or plastic animals and set it up like a zoo. Go around and visit each animal. Get together some facts about

28th from 9:30 a.m. -  
11:30 a.m.

### Tiny Prints

**tiny\*prints**

Customize Yours Today!

**Get hooked**  
on Monday, February 14th  
11:00 am  
our house  
2718 evergreen drive  
chicago, illinois  
brought for  
romantic and benzene  
press for delivery to  
917-537-9472

happy VALENTINE day!

write inside to see why I like you...

**SHOP NOW**

each animal, or if they are old enough, have them tell you the facts. Find out what each of the animals in your zoo eats and make or have the kids make them some of what they like by drawing pictures or doing cut-outs. You can even pet these zoo animals!

For the gourmets - have a taste testing. You can do this a couple different ways - a) have different kinds of one thing and have them tell you which they like best (a typical taste test), b) have a bunch of different things, blind fold them, have them taste it and tell you what they think it is, or c) have a variety of the same type of food (for example nuts - peanuts, walnuts, pecans, etc.) have them taste them and put them in the order they like them in.

For the artsy - make puppets and put on a show! Make or have the kids make puppets, by using either socks or paper bags. Make a couple puppets with the same theme, such as a medieval theme with a king, queen, knight and horse. Or a hospital theme with a doctor, nurse and patients. Take turns putting on shows for each other.

We hope you enjoy these activities with your kids. But if you really need to get out of the house, many places still have things to do with your kids. So always remember to check out what is going on by looking at the calendar on our website. Just click [here](#) to get there. Also, don't forget that you can resort to letting them play on the computer. For kid friendly sites from Calendar for Kids, click [here](#)

That's all for this edition of the Calendar for Kids Newsletter. We hope you have found the information contained within to be useful. Our website is continuing to grow with the support of our registered users as well as the suggestions of our registered users. If you have any suggestions for how to improve the usability of our website or information you would like to learn more about through our newsletters please contact us at [info@calendarforkids.com](mailto:info@calendarforkids.com).

Sincerely,

*-Calendar for Kids*

### Jazzercise Fitness Center of Wall

#### Buddy Up 2-for-1

Did you know you are more likely to stick with your workout when you bring a friend? Working out with a friend is more fun and effective. Jazzercise is the perfect girl's day out. Bring a friend and get two-for-one pricing on your first month and registration fee.

Click here for details: <http://rs6.net/tn.jsp?>

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Cheryl Burke  
Two-time Champion  
Dancing with the Stars

[calendarforkids.com](http://calendarforkids.com)