

Calendar for Kids Newsletter

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[Recycled Art Projects from Calendar for Kids](#)



In this ever growing "Green" conscious society, we are all becoming more and more aware of the waste we produce. Here are some fun ways to use what would otherwise be trash for art projects with your kids.

When a package arrives with bubble wrapped contents, don't throw that bubble wrap away! Instead, let your kids paint the bubble wrap. Then, while the paint is still wet, have them take paper and stamp it onto the bubble wrap to make interesting prints.

When your kids' markers dry up, don't throw them away. Use them as paintbrushes. Have the kids dip the dried up marker tips into paint to create

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Dear Calendar for Kids Registered Users:

Happy Valentine's Day! We hope that you are enjoying a wonderful holiday with your loved ones. I couldn't believe it, but when I was at the grocery store today I saw Easter candy already on display! For those of you who don't know, this website was born when my daughter missed an Easter Egg Hunt last year that was going on in the park on our very own street! We can't believe that almost a year has passed since our website was born. We continue to be amazed by the positive feedback and support we receive from our community. As always, if you have any suggestions to improve the usability of the website, please contact us at info@calendarforkids.com.

- *Calendar for Kids*

Secrets of Fit People

Physically fit people...they can seem intimidating, they appear to have it all together, and the last thing you want to do is approach one of them to ask about their fitness tips and tricks. Well, guess what? Physically fit people are, in fact, just people. They generally know a little bit more about how to get the most out of their workouts and that's why they look so good!

Yet, the secrets of physically fit people aren't so hidden after all. By following a few general guidelines, anyone can attain the health and aesthetic benefits of physical fitness. Try to incorporate a few of these exercise habits commonly used by fit people.



Stay Hydrated - If your body lacks water, then your workout will feel harder and you'll fatigue faster. Drink plenty of water 1-2 hours before beginning your workout, and then keep sipping throughout and after your exercise session.

Listen to Music - If you typically read a book or magazine while trekking on the treadmill, try listening to music instead. New research from Brunel University in London indicates that runners who listen to motivational pop and rock music exercise up to 15 percent longer than their non-music listening counterparts.

Plan Ahead - Write a to-do list before beginning your strength-training workout. Decide what muscles you want to work, and what exercises you will do to accomplish your goals. That way, you won't waste time wandering around the gym.

Switch Off - Most of us have one side that is stronger than the other.

beautiful pictures.

When you are done with the round plastic lid to a container (think margarine container or Pringles container) have your kids paint the lid.

Then, cut out a favorite picture and glue it into the lid. Punch a hole the top and tie a string through it. Then hang your new picture frame with photo wherever you like.

On-Going Offers from our Advertisers



Did you know that the Calendar for Kids Newsletter is not the only place to find special offers from vendors in our community? The calendarforkids.com website also boasts a section of on-going offers. [Click here](#) to see what special offers are in place now for Calendar for Kids Registered Users.

Please remember to tell our advertisers that you saw them calendarforkids.com.

Special Education Seminar Friday, May 14, 2010

Sussan & Greenwald, a law firm that represents parents of students with disabilities with regard to free, appropriate, public education for their children, is pleased to announce that it will be holding a FREE seminar on

For example, your right arm or leg may dominate when doing exercises. Jazzercise Founder and CEO Judi Sheppard Missett suggests single-arm and single-leg moves, such as French curls or lunges, so that each limb gets stronger independently, and one side can't take over.

Think Positively - Researchers from Miriam Hospital in Providence found that people starting a fitness program are most likely to be working out one year later if they believe in their ability to succeed. Adopt a can-do attitude, and you'll be more successful.

Work Until Fatigue - Instead of doing a certain number of reps, continue an exercise until you have completely exhausted the muscle. If you always do 20 bicep curls, then your body will get into a rut. Keep going with an exercise until you have fatigued the muscle group, then switch to another exercise.

Buddy Up - If you find yourself skipping workouts, promising to no avail that you'll get back on track tomorrow, then find a workout buddy. The accountability will get you to your session, even if you're tired or busy. And when someone else comes along with a better offer - like tapas and drinks after work - you'll already have an appointment with your fitness pal on the schedule, so you'll be more likely to keep your fitness commitment.

Do What You Love - If you hate to run, then stay off the treadmill. Research from the University of Nebraska-Omaha documents that women who enjoy their exercise activity are more likely to stick with it. So, pick a cardiovascular and strength-training routine that you enjoy.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility.

The Jazzercise Fitness Center of Wall was recently voted the "Best Health Club" by the Asbury Park Press Reader's Poll. Come see for yourself how you can have fun while getting fit and why Jazzercise is better than ever! The coupon below will help get you started.

To help keep your children active during the winter months and set them up for success when it comes to health and fitness, get all the details on our Jr. Jazzercise Hip Hop classes here: [Jr. Jazzercise/Hip Hop classes](#)

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

60 minutes. Real results. Pure fun.

Celebrate the Olympics as a Family

What better way to get into the Olympic spirit than to hold a Family Olympics?

You can come up with fun activities in which to compete. For example, clear your furniture off a rug and then put each foot on a piece of wax paper. Skate around the rug. As one family member "skates" the other family members can serve as judges. Have the judges hold up their scores at the end of each person's turn.

Or, split your family into two teams. Bundle up and head outside each holding a broom. Using a tennis ball in place of a traditional hockey puck and the brooms instead of hockey sticks, play a hockey game.

You can also make medals to hand out. Using an old cereal box, cut

Friday, May 14, 2010.

The Seminar will include speakers who are professionals in various aspects of special education including psychologists, speech/language pathologists, occupational therapists, and educational placement consultants.

For more information on the seminar and to register for this FREE event, please visit special-ed-law.com where you will find a link on the home page.

out circles. Punch a hole in the top of each circle and string a ribbon through it. Tie the ribbon at the top. Use glue, yellow tissue paper, and glitter to decorate your medals. At the end of a competition, hand out the medals.

That's all for this 19th Edition of the Calendar for Kids Newsletter.

Please remember to tell our advertisers that you saw them at www.calendarforkids.com. It is only with the support of our advertisers that we are able to bring this website to our community free of charge.

If you are involved with an event that you would like featured on our calendar, please email us at info@calendarforkids.com. We strive to provide the most comprehensive calendar that we can and we appreciate the support of our registered users in making sure that all events are included.

Sincerely,

- Calendar for Kids



First 20 customers

\$25/month for 6 months plus registration fee*.

*Regular monthly rate of \$45/month applies after 6th month. Offer expires 2/28/10 and is for new customers or those not registered 6 months or more. Offers cannot be combined. Other restrictions may apply.

Click here for more information: www.jazznj.com

Offer Expires: February 28, 2010