

NEWS



Mums & Tots of Warsaw

welcome
editors note

Dear Mums and Tots Members

We hope you all had a good, sunny and warm summer wherever you were. Here it was a warm beginning and then August was cool and rainy, as it is many times in this part of the world.

Now is the time to enjoy nice, warm days and cool but not too cold evenings and of course, how can we forget the mosquitoes. We had a bit of a break but are ready to start the different mums and tots activities again at full speed and hope you are all going to take part and enjoy them.

Welcome to all the newcomers, hope our group is going to meet your needs.

We also have some new coordinators, newsletter members and activities which you can find all about in the newsletter or on the web site.

Enjoy this newsletter and remember that we are more than happy to get any of your stories, pictures and recommendations. This is YOUR newsletter!

Cheers NL team

monday

Toddler Play Group meets on Mondays at 10h00 until 12h00 at different mums' houses. If you're interested and would like to host please contact **Clare Schneck**, our new coordinator.

tuesday

Since the weather is still good the **Tuesday playgroup** still meet at the **Odynca Playground** in Mokotow. Meeting place is the Mood Cafe Entrance (from Al. Niepodleglosci) at 10.00 o'clock (as usual). Should it be raining then we will meet at "Magic World" instead.

For more information contact **Oonagh Yeo**.

Starting October ! the ball Fitness Class for mums at Erin's Studio is at 10:30, the price is 25 zl for M&T and an additional 10zl for the kids at "Magic World" in Stare Papiernia, Konstancin.

wednesday

Mum and baby swim takes place every Wednesday from 10h00 till 11h30 at the SGGW (College of Agriculture) - ul. CISZEWSKIEGO 10, URSYNOW. It has very good facilities including a small baby pool plus a toddler pool where the little ones can stand up. Cost per mother and child is 21 PLN per hour. Please bring normal swim gear i.e. swim suit, towels, swimmers, swimming caps and appropriate footwear. For more information please contact Oonagh Yeo.

A new coordinator, **Agnieszka Strak** for the **new preschool age toddler group** will meet Wednesdays afternoon. This group is a new group and will take place in the afternoon 3.30-5.30.

It will be held in different mums' houses and it is for those mums who are busy in the mornings or their children are at school and would like to meet other kids in the afternoons. The kids don't have to speak English. They might still be at the age where they have problems with language. It is also for those of us who up until now haven't had the need to speak another language but would like to start, this group can be a great help.

Hosting this group is the same as for others. For more information contact **Agnieszka Strak**

thursday

Mini Music - GROUP 1 (18 months and YOUNGER) GROUP 2 (OLDER than 18 months) Takes place in different mums' houses between 10h00 and 12h00 **ONE COMBINED GROUP**. for more information contact coordinatore **Anja Fels**.

friday

Group for Bumps and Mums with Babies (under 18 months old). The group meets on Fridays at various mum's houses between 10h30 and 12h30. For more information and if you're interested in hosting please contact **Katia Roman-Trzaska**

Now on Friday!!!SPECIAL OFFER for all M&T members -**Fitness Class Pilates** at Erin's Studio at 10:30 the price is 25 zl for M&T and aditonal 10 zl for the kids at "Magic World" in Stare Papiernia, Konstancin .

THE BOARD DISCUSSED...

MONDAY PLAYGROUP

Clare Schneck new coordinator,

TUESDAY PLAYGROUP

when will the group move back indoors & where?

Date of indoor playgroup is yet to be decided but will coincide with the weather, most likely mid-October. Also the location is yet to be determined but will most likely be Hula Kula. Alternatively mums can also meet independently at Magic World.

WEDNESDAY ACTIVITIES

A new group is being formed by Agnieszka Strak for preschool aged children (ideally ages 2-5 years) at 3:30 pm on Wednesdays. The group will rotate to different mums homes. Agnieszka will host the first two meetings on Sept 27th & Oct 4th.

THURSDAY MUSIC GROUP

Anji Fels coordinator, groups are combined due to lack of host volunteers.

FRIDAY ACTIVITIES

Katia Roman-Trzaska new coordinator.

UPCOMING PARTIES FOR THE CHILDREN:

- A Halloween Party will be held on Oct. 31st & a Christmas/Holiday party will be held on Dec. 5th. Details such as time, place, etc. are yet to be announced.

- Erin's Fitness Studio & Magic World drop off is now on Friday and Wednesday!!

- NEWSLETTER:

Halle Vigsoe Poulsen & Katia Roman-Trzaska will begin writing for the newsletter along with the current editor Eti Levy-Gedacht.

- WEBSITE:

Website forum will now have a small restriction; anyone wishing to post a classified advertisement or chat comment must first register with the forum. Visitors will still be able to view posts but will not be allowed to comment.

- Barbara Reseneder to take back Postmaster position shortly.

- Aga Rasche will again coordinate the Christmas gift donations to the orphanage. More details as this event come about.

- Next Committee meeting to be held on November 29th at Barbara Reseneder's Home.

Answers given by 2nd grade school children to the following questions !!!

Why did God make mothers?

1. She's the only one who knows where the sticky tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my Mum just the same like he made me. He Just used bigger parts.

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string, I think.

Why did God give you Your mother & not some other mum?

1. We're related.
2. God knew she likes me a lot more than other people's mums like me.

What kind of little girl was your mum?

1. My mum has always been my mum and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

What did mum need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did your mum marry your dad?

1. My dad makes the best spaghetti in the world. And my Mum eats a lot.
2. He got too old to do anything else with him.
3. My grandma says that Mum didn't have her thinking cap on.

Travel

Who's the boss at your house?

1. Mum doesn't want to be boss, but she has to because dad's such a goof ball.
2. Mum. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mum is, but only because she has a lot more to do than dad.

What's the difference between mums & dads?

1. Mums work at work and work at home & dads just go to work at work.
2. Mums know how to talk to teachers without scaring them.
3. Dads are taller & stronger, but mums have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
4. Mums have magic, they make you feel better without medicine.

What does your mum do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

What would it take to make your mum perfect?

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

Pilates

If you are planning a trip to Italy but do not know where to go, one of our members has an idea for you. "My family has a duplex apartment within a 12th century converted farm in the heart of Chianti (Tuscany). The property is set within two acres of private grounds and benefits from breathtaking views of the Chianti hills, Vineyards and olive groves and is just a short walk from the thriving village of Panzano that has local shops, restaurants, wine bars, cafes and a bank. Panzano has its own market with local produce that takes place every Sunday morning. Also, great places such as Siena, Florence, San Gimignano and many more are about 40 minutes away! We go there nearly every year and we are still very much in love with this magical place, therefore I would like to recommend it to everyone who is planning any future visits to Italy. www.paristusany.com for more information".

Fashion

The truth is that Pilates can really change your body! Within weeks of starting you will notice that your stomach is flatter. Your muscles will feel more toned and your joints will be looser and more supple. If you would like to see how Pilates works, you are invited to come, visit our Studio and sign up for Pilates session. You will have a possibility to see the Studio, feel its atmosphere and choose the workout which will be the most effective for you! We offer private sessions as well as group classes on the mat, allegro and with small apparatus (Flex Ring, Foam Roller, Thera-Band, Ball). **Moreover we offer Pilates sessions for pregnant and postpartum women.** Sessions and classes can be led in English and in German. PILATES STUDIO DIAMOND (location near Sadyba Best Mall) More information you will find on our website: www.diamondstudio.pl or call us: 022 3314495, 509936743. Pilates Studio DIAMONDul. Powsinska 106 (entry from ul. Golkowska) 02-903 Warszawa

Eating out

A new boutique is on ul. Mokotowska. They sell design fashion for about 3000 PLN, which is far too much, but it is more a way of living they represent. The name is "Comme des Garcon" open from 13.00 to 20.00 mon-fri. It is very not-polish and represents (from my point of view) the coming future of art and live style... After all it is worth a little visit.

Pod Gigantem on Aleje Ujazdowskie has amazing Polish food, with a good wine list. It is definitely on the expensive side, but worth it for a special occasion. The inside is very nice in a classical way and service impeccable.

al. Ujazdowskie 24,
tel. 022 629-2312

Kuchnia Artystyczna in the Center for contemporary art. They have a new menu which sounded much more appealing and the food was also very good. It is also interesting to check regularly their exhibitions with interesting young polish artists.

ujazdowski palace
al Ujazdowski 6
TEL 022 625 76 27

monday

Toddler Playgroup - 10h00 till 12h00
Organiser - **Clare Schneck**

- 2 .10 Celia Pozzecco. *new address in Sadyba* please check contact list
- 9 .10 Hilary Davies, *new address in Stary Mokotow* please check contact list
- 16 .10 Aniko Nemes, Wilanow
- 23 .10 Oonagh, Sadyba
- 30. 10 HOST NEEDED (half term week for some)

tuesday

Tuesday playgroup at **Odynca Playground** in Mokotow.
10.00 o'clock Should it be raining then we will meet at "Magic World" instead
for more information contact **Oonagh Yeo**.

wednesday

The **new afternoon preschool group**
organizer- Agnieszka Strak

- 04.10- Agnieszka Strak
- 11.10- Eti Levy-Gedacht
- 18.10- host needed
- 27.10 host needed

thursday

Mini Music - 10h00 till 12h00
Organiser - **Anja Fels**
There is one group (for tots of ALL ages)
until further notice.
05.10. Aniko
12.10. Eeva
19.10. Sabine Kloss
26.10. Marion Bowman

friday

Bumps & Babies Group - 10h30 till 12h30
Organiser - **Katia Roman-Trzaska**

- 6 .10 Ingrid
- 13.10 - Ruta
- 20.10 - Helen
- 27.10 - Amelie

Please check contact list for all addresses

Thank you to everyone and the various co-ordinators who contributed to this month's Newsletter.
Please forward us anything that you think might be of interest to other mums, especially if you are a
newcomer or perhaps something from your experience of Warsaw. Your input is welcome and necessary.

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