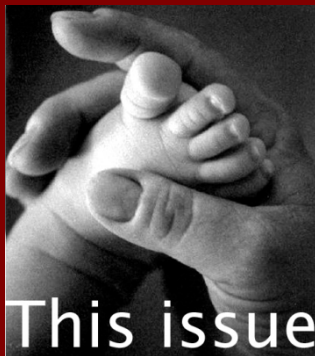




# Mums & Tots of Warsaw



## The season starts again

After a long summer it is time to meet again. We have lots of activities – some good old ones and some new ones. Read more under: New ideas at the committee meeting.

Gill has offered to take over as an editor from next month. This issue both Gill and I worked on together. Gill suggested a new category: This month recommendations. It can be about anything as long as it can be recommended by a mum(s). I will start with telling my favourites here in Warszawa.

Helle (editor)

## Activities Monday

**The Toddler Play Group** meets on Mondays from 10:00am-12:00am at different mums' houses. (see Schedule )  
Coordinator: Katia Roman-Trzaska

**Monday afternoon music and playgroup - "Happy Music"** at Happy Montessori House in Wilanow – 14 Rumiana.  
Time: 2.30 – 5 p.m. (they close at 5). Fee of 20 PLN. (Reed more below!).

## Tuesday

**The Tuesday Play Group** meet at:  
ODYNCA PARK (in Mokotów).  
At 10.00 – 12.00  
Mail will be sent out regarding when we move indoors!  
**NEW coordinator: Ingrid Cobb.**

## Wednesday

**Preschool Play Group:** Afternoon playgroup for children between 3 and 5 years of age. Venue: ODYNCA PARK!  
From 3.30 pm – 5.30 pm. Organizer: none

**Baby Swim:** at SGGW (College of Agriculture) - ul. Ciszewskiegou 10, Ursynow. Time: 10:00am - 11:30am. The price for mother & child is 21 PLN per hour. Organizer: Marie Fahrenholz

## Thursday

**Mini music:** Informal musical playgroup in which mums take part.  
Age: newborn to 3 years.  
At 10 am – noon in different Mums Homes in Warsaw (see Schedule )  
Organizer: Cornelia Preidelt

## Friday

**Bumps and babies.** Age: Yet to be born to 18 months. In different Mums Homes in Warsaw (see Schedule ). At 10:30 am - 12:30 pm  
**NEW Organizer: Mariselle Fettke**

**Playgroup at Happy Montessori house.** From 10-12. Small feed. Call first.

**Event** **Mums night out - Thursday 13 September**

Dear ladies,  
The moment you've all been waiting for has arrived; the September Mums' night out is TOMORROW!



Come and have fun with us, catch up after the holidays or make new friends.

When: Thursday 13 September

Time: 20.00

Where: **Restaurant Bacio di Angelo**

Ul Wilcza 8 (near Pl. Trzech Krzyzy),

[www.angelo.bacio.pl](http://www.angelo.bacio.pl)

RSVP by Tuesday 11 Sept.

If you want to join please send Marie Fahrenholz an E-mail:  
[mcmeunier72@hotmail.com](mailto:mcmeunier72@hotmail.com)

**Meeting** **New ideas on the Committee meeting**

M&T Coordinators Meeting, Tuesday September 4<sup>th</sup> was a big success. Many mums attended and lots of new ideas were on discussion.

**Urgently need a Wednesday Group Coordinator**

Aga is stepping down and we need a new Coordinator. The job is very easy. You only need to contact the English playhouse to make sure that we can use their facilities.

**Please note:**

We'll be forced to cancel these groups if NO ONE is willing to take over! The ladies that used to coordinate these groups will tell about how it's done, reveal the secrets and share the details with you! Don't be afraid to step up! We need you!

**Hosting**

The coordinators ask for your hospitality. Please talk/write to the coordinator of the groups you and your child(ren) are attending: please offer to host.

**New Initiatives:**

Roza Verheyden offers to organize a **Cooking Group**, for mums only (no toddlers). She'll write an e-mail to all mums to see how many are interested.

Milena Guertin asked if it's possible to organize **something for the older children/siblings** that are already going to school. During the week they're too busy/tired to visit activities, but once or twice a month, it should be able to gather somewhere on a Saturday to have playmates. Milena will write an e-mail to figure out how many are interested.

Sylvia Luebke had a new idea for the Monday Afternoon Group. She suggests a **music group**. Read further down.

Katia Roman shared her thoughts with us about organizing a new group (**Mums' Moments**, for now), one afternoon in the week, in which mums will be able to 'drop off' their children, who will play under care and attention of nannies or preschool teachers that will be hired/arranged through M&T, at mums' houses, against a fee. It offers a few moments of 'personal time' to mothers who don't have a nanny /babysit/etc. Connie Preidelt volunteered to coordinate, together with Linda Intoft. More info will follow by e-mail.

**Changes in positions:**

- **Mary Puczyniec** will be our new treasurer, as Oonagh Yeo is stepping down as her children are outgrowing M&T.
- **Katia Roman** has become the coordinator of the Monday Playgroup, replacing Valerie Collorado, who left Warsaw.
- **Ingrid Cobb** will take over the Tuesday playgroup, after Oonagh.
- **Mariselle Fettke** is now the coordinator of Friday's Bumps and Babies, taking over from Katia.
- **Gill Boelman** will act as our new Newsletter editor, Helle Vigsoe and her family are leaving Poland in October.
- **Sylvia Luebke** will act as the coordinator of Monday Afternoon Group – which will probably offer extra activities – see below.
- **Cornelia Preidelt** will take on the organization of a “Mum’s Afternoon Off”.

**A big Thank You, ladies, for helping us out this way,  
in the past or the present!**

**Music**

**New Monday afternoon music and playgroup**

**“Happy Music”**

All Mums and Tots of any age are invited to join our new music and playgroup at Happy Montessori House (HMH) on **Monday afternoons from 2.30 to 5.00.**

First the kids can play outside in the lovely garden or inside in a well-equipped playroom while their Mums may enjoy a cup of coffee or tea, a snack and have a chat (of course a snack and drink is provided for the children, too!).

Then, at around 4.00 pm, Malgosia, who is the music teacher at HMH, will sing English songs with the little ones, play action games and let them explore various instruments. (My son Niklas goes to HMH and loves those music lessons and the teacher!)

Even if you don't manage to be there at 2.30 it'll be fine to arrive later and enjoy a shorter chat and the music class.

**For any questions please contact Sylvia:**

Tel.: 651 84 25 or mob. 0665 480 177

e-mail: [s\\_luebke@gmx.de](mailto:s_luebke@gmx.de)

HMH  
ul. Rumiana 14  
Wilanow  
(owner Ula Gosik, tel. 0697 060 504)

Fee - 20 PLN per parent (includes snack and music teacher)

**Event**

**READY, STEADY, GO! Nike Run Warsaw**

**Sunday 7<sup>th</sup> October**

Run, Jog, hop or just walk, the Nike Run is for everyone. You can choose from a 5 km or 10km route. Check out the website for details on how to register. The website is in Polish and English. [www.runwarsaw.pl](http://www.runwarsaw.pl) GOOD LUCK!



**Getaways**

**Krakow Tips**

Krakow is one of the Polish cities that one must see. It is only three hours by train and the historic old town of Krakow is magnificent. If you are planning a trip - here are some ideas.

**Hotel Elektor**, [www.hotelelektor.com.pl](http://www.hotelelektor.com.pl) 0048 124232317

Good rates, good rooms, especially the suites. Furniture is a bit old fashioned but very spacious. Good breakfast (Baby chairs available) and an excellent central location. Friendly staff. Recommended by several Mum's.

**Italian Restaurant Da Pietro**, Rynek (Old Town Square) Krakow

Excellent food (recommend carpaccio and steak) Good service. Baby chair available. Buzzing terrace for warm days and a cosy cellar in winter time.

**Kazimierz** - Don't forget to see the Jewish quarter. It has a horrifying but interesting history. The area is characterized by a mixture of old synagogues and Jewish monuments - and lots of new trendy cafes and galleries.

**Shopping opportunities** is by the way great in Krakow. Lots and lots of shoe shops and NoaNoa have two sale shops on Sienna street with good bargains (in Old town). One with really pretty clothes manly for girls and one with woman's clothes.

**Favourite**

**This month's recommendation**

**Helle's favorites in Warsaw**

Since this Newsletter is going to be my last one I will reveal my favorites and try to tell you why. (I like good food and dining out so I am afraid many of the favorites are about food ;-)

Favorite place for a walk	Lazienki Park! It is beautiful all time of the year. Love the big old trees, the squirrels, the lake and the café next to the Amfi theater. Because we are living just next to the park we almost fell like it is our 'back garden'.
Best place for a cup of tea	Greenway in Zlote Tarasy shopping mall. I am a big fan of Tchai tea and here they have it and it is good! Great sandwiches as well.
Favorite place for Lunch (in summer)	Qchnia artystyczna The café at the museum of contemporary art). Al. Ujazdowskie 6. I just love the view from the terrace and the salads are very good and inventive. There is a sandpit next to the terrace for the kids.
Favorite place for Brunch	The Intercontinental. Great food, lots of choices especially at the cake table. The best kids corner, because it is placed in the same room as the tables. The babysitters/clowns are nice and hard working.

Favorite place for dinner	Boathouse. Ul. Wal Miedzeszynski 389. Fantastic location by the river, the spirits is international and most of the choices on the menu are really good. Great service.
Favorite place for trip with the children	The Zoo. It is always a pleasure to go there. It is big and almost like a park. Lots of exciting animals of course and my boys love the little train.
Favorite playground	Odynca Park. The boys love all the different play areas and mum love the cafes – especially Biosfeera. Great salads and hummus.
Favorite toyshop	Kalimba is a plastic free zone. Truly original toys made of wood, fabric and cardboard. Many cute things for babies. Educational and fun games for older children. Love the design and colors. Adress: Ul. Mieroslawskiego 19.
Best hypermarket	Piotr i Parwel in Blue city. Big selections in fruit and vegetables, imported goods and bio (organic) product.
Best deli	Delicatetsy in Promonada mall. Good selection in imported goods. I always buy mango juice, ginger ale and Danish cookies.
Favorite for wellness treatment	Club oasis at Hyatt hotel. Pricy but so so pleasant. The products do wonder for my sensitive skin and the staff is very professional and well trained. And I am defiantly going one last time.

**Sports**

**Are you looking for mum's friendly gym?**

Gymnasium, ul. Pulawska 427 - Ursynow at the Real ( former Geant )Shopping Centre - Above the shop - Go Sport

They have everything (see the links below with the schedule : room 1/ room 2 + power bike etc.

They have extra classes for pregnant mums. Mon. Wed. 17.00 - Active 9 months  
 For mums with babies/ toddlers Tue. Thur. 11.00 - Active mum's club

I am sure you will find something for you.

I chose the morning option week 7,00-16,00 + weekend - silver card and paid 136 zl for next 30 days . In the price you have the creche included - possibility max 2 hours , since the child is 6 months old .

Gymnasium has also other locations in Warszawa but as I know this is the only one with creche.

[www.gymnasion.pl](http://www.gymnasion.pl)

[http://www.gymnasion.pl/gym\\_old/zajecia.php?idk=50](http://www.gymnasion.pl/gym_old/zajecia.php?idk=50)

[http://www.gymnasion.pl/gym\\_old/zajecia.php?idk=49](http://www.gymnasion.pl/gym_old/zajecia.php?idk=49)

*tip from Aga Strojna-Rasche*

**Online**

**Supermarket online in English**

Frisco.pl says that they have the only English-language supermarket service in Poland.

Delivery is free of charge and if you place your order before 3PM, they deliver your order on the next day, or any other of your choice.

Minimum order value is 150 zł for deliveries in Warsaw and 200 zł for nearby towns.

Note: They have quit a lot of bio product.

See the website [www.frisco.pl](http://www.frisco.pl)

## Going out

### **Good place for lunch in the city centre**

At ul. Krucza 16/22 is a Italian café – **café Presto**.  
(The entrance is from ul. Wilcza)

It is a small and relaxed place with decent pizzas and other choices.  
They have a little play corner for the children and they have a high chairs.

## Classified

### **The Classified section**

If you have anything for sale or rent please remember the Classified section on our mums and tots website: <http://www.mumsandtots.com/classifieds.htm>

There are always good offers from other mums etc. Cars for sale, houses for rent and recommendations for babysitters' or housekeepers. If you are looking for something specific it is also a good place to put a request.

## Advertisement

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tel 0-22 622 52 09 cell 0-602 274 149 fax 0-22 628 37 40  
email [physiomed@physiomed.pl](mailto:physiomed@physiomed.pl) [www.physiomed.pl](http://www.physiomed.pl)  
*Please call, send text or mail for an appointment*

**Schedule Mums and tots Schedule for September / October**

<b>Monday</b>	<b>The Toddler Play Group</b> At 10 until noon  10 <sup>th</sup> Vanessa Schaumloeffel 17 <sup>th</sup> Linda Intoft Gauffin 24 <sup>th</sup> Gill Boelman  1 <sup>st</sup> Oct. Katia
<b>Tuesday</b>	<b>The Tuesday Play Group in Odynca Park</b>  From 10 until noon
<b>Wednesday</b>	<b>Preschool Play Group</b>  ODYNCA PARK or if rain: The English Playhouse. From 3.30 pm – 5.30 pm (ask Ingrid)
<b>Thursday</b>	<b>Mini Music</b> At 10 until noon  September 13 Helle Vigsoe Poulsen September 20 Eeva Suomalainen (Beata) September 27 Tomoko Taninai  October 4 Cornelia Preidelt October 11 Eeva Suomalainen (Beata) October 18 Anu Bovelan Joshitt October 25 Mariselle Fettke
<b>Friday</b>	<b>Bumps and babies</b> At 10:30 am - 12:30 pm  14/9 Marjolein van Oosterbosch 21/9 Tomoko Taninai 28/9 Judy Magosy  5/10 Mary Puczynie 12/10 Sony Brown 19/10 Host needed 26/10 Host needed