



Montgomery Moms

President's Note

Happy New Year!

I am looking forward to all 2018 has to bring! Of course there are the resolutions but better than that are all the Montgomery Moms activities that have been planned. There are activities planned for both kiddos and moms to get out some of that pent up energy! I hope you all are finding ways to enjoy this cold weather and are making it through the winter with healthy families.

Thank you so much to all our Board Members for all the work and planning they have done! The rest of the year is going to be great-more mom's nights out, a couple's party and of course children's activities to keep us all busy.

As a reminder, we accept new members all year long and it's only \$25 for the remainder of this year; let your friends know!

Wishing you all a happy and healthy 2018!

Maria

Montgomery Moms President



GENERAL MEETINGS

Montgomery Moms meets on the second Tuesday of the month at 7:30 pm.

The next meeting is **January 9th at 7:30 pm at Terwilliger Lodge**. Join Personal Trainer Emily Stapleton for a workout designed just for YOU! Strengthen muscles that have been weakened through pregnancy and childbirth. Improve posture muscles used during "mommy chores" and just breathe to relieve stress. Bring a yoga mat if you have one (there will be extras if not).

Upcoming Meetings:

February 13th at El Jinete - Come warm up with some margaritas!

March 13th - Terwilliger Lodge

April - No meeting this month

May 8th - TBD

Outreach

Thank you to Teresa Morris, Michelle Martin, and Kristi Davidson for providing meals last month!

If you are expecting or have a situation in which meals would be helpful, please contact Anne Cooper at annereid@gmail.com

Moms' Night Out

January MNO - Let that beast mode come out and throw some punches with Montgomery Moms at Title Boxing Club. Get your muscles working and that heart pumping with a 60 minute boxing workout. There is no fee to attend, but you must use hand wraps available for purchase at Title Boxing for \$10 (or bring your own hand wraps if you have them). Please plan to arrive about 15 minutes early to complete registration and have your hands wrapped. A registration form will be distributed to the group closer to the event date for participants to fill out.

Date and Time: Tuesday, January 16, 7 pm

Location: Title Boxing Club,
10659 Loveland Madeira

Book Club

Here is the list of dates and books for our 2017 - 2018 Book Club. Meeting locations TBD.

Thurs, Jan 25th-Born A Crime by Trevor Noah

Thurs, Feb 22nd- One True Loves by Taylor Jenkins (at Little Miami River Wines with Wine Club)

Wed, Mar 21st- The Book That Matters Most by Ann Hood

Tues, April 10th- The Power of Habit by Charles Duhigg (at Little Miami River Wines with Wine Club)

Tues, May 1st- The Orphan Train by Christina Baker Kline

Thurs, Aug 30th- A Man Called Ove by Fredrick Backman

If you are interesting in joining, please email montgomerymomsinfo@yahoo.com.



Wine Club

Tasting will take place at Little Miami River Wines on Loveland Maderia Road. The evening starts at 7:30 and the cost is \$20 for wine and snacks. Please contact Maria Wysong if you are interested in being on the invite distribution. We will be meeting the following dates:

Thursday, February 22nd

Tuesday, April 10th

Post-Holiday Party

Sunday, January 14 - Now that the Holidays are over, let's unwind with some post-holiday fun at Run, Jump-n-Play! We will have snacks, drinks, play, bounce houses and a private party room. Please remember the whole family is welcome!

When: Sunday, January 14, 2:50 pm - 4:50 pm

Where: Run, Jump-n-Play
5897 Pfeiffer Road
Blue Ash, OH 45242



Children's Activities

Monday, January 8, 11 am - 12 pm - Join us for a fun morning of dance at Broadway Bound in Loveland!

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And remember: if you or your spouse have a business you'd like to share, our members may take 50% off regular advertising rates. Contact Ashley Gratsch at ashleyeilers@yahoo.com for more information.



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