

April ~ June 2019



The Family Room is a play/learning environment for children ages birth-five, with their parents or caregivers. We provide a clean, safe, and fun educational play area where children are encouraged to explore, experience, and engage. To make it fun for all, please remember the following tools for the program.

- **The Family Room is ONLINE FOR MEMBERSHIP, PLAYGROUP AND SPECIAL EVENTS REGISTRATION**
[HTTP://AMHERSTYOUTHANDREC.ORG](http://amherstyouthandrec.org)
- **It is your responsibility to "parent" your child**
Please supervise and encourage your child to play safely and appropriately with toys and other children.
- **We are an "ALLERGY AWARE" program**
Please keep all food and beverages in designated eating areas. Hand sanitizers are readily available. Please use them upon entering or after eating/drinking.
- **Sick children and caregivers, PLEASE STAY HOME!**
Keep germs away and let's play on a healthy day!
- **Please put all toys that have been drooled on or in a child's mouth in the disinfecting baskets!**
 - **All coats and strollers must be placed on the hooks at both locations**
Please keep all personal belongings on you. We are not responsible for lost or missing items.
 - **Changing tables are provided**
Please do not change your child anywhere else in the facility
 - **Let's keep it fun for EVERYONE!**
Clean up after yourself and put toys back in their proper centers. It's a part of the learning process!
- **PLEASE REFRAIN FROM CELL PHONE USAGE**
We know things come up and you must answer your phone, but please refrain from prolonged usage. Safety and supervision are the first priority for our children in The Family Room
- **Please remember to sign up for ALL field trips and special events in order to participate!**

THANK YOU FOR YOUR COOPERATION IN FOLLOWING AND HELPING TO MAINTAIN THESE VALUABLE TOOLS!

Let's spring into open door hours of Family Room Fun! We have lots of play time to offer including Saturdays thru May 18th. Lots of learning time left too with **"Toddler 101"** **"Fit Kids"** & **"Discovery Days"** for pre-registered participants.

We will also continue **"Extended Play Days"** on Wednesday and Fridays

Pass this info along to your friends and family and don't forget, The Family Room is open to ALL families in WNY with children birth through 5 years of age.

ALWAYS check your calendar for field trips, special events and room closings. Calendars are also available online at AmherstYouthandrec.org under the Family Room tab.

CONTACT INFORMATION

Kristen M. Norton
Mary Beth Hopkins
CALL US:

Harlem Road 631-7218
Northtown Ctr 631-7298
EMAIL US:

knorton@amherst.ny.us
mhopkins@amherst.ny.us

PAGE - FRIENDS OF THE FAMILY ROOM



THE FAMILY ROOM AMHERST
 Instagram

OPEN DOOR HOURS

Monday
9:00-11:30 am Harlem Road

Wednesday
"EXTENDED PLAY DAYS"
9:00-1:00 pm Northtown Ctr.

Friday
"EXTENDED PLAY DAYS"
9:00-1:00 pm Harlem Road

Saturday
9:00-11:30 am Northtown Ctr.
**Through May 18th*

PLAYGROUPS*

"Toddler 101"
Tuesday @ Harlem Road
9:30-11:00 am 18 mos-3 yrs.
12:30-2:30 pm 3-5 yrs.

"Fit Kids"
Thursday @ Northtown (until 4/18)
9:30-11:00 am 18 mos-5yrs.

"DISCOVERY DAYS"
Thursdays (5/2-6/6)
10:00 - 11:00 am 18 mos-5 yrs.
PRE-REGISTRATION IS REQUIRED FOR ALL PLAYGROUPS & FAMILY ROOM MEMBERS ONLY AT:
[HTTP://AMHERSTYOUTHANDREC.ORG](http://amherstyouthandrec.org)



FIELD TRIP TIPS!

We have many exciting special events, fun-filled field trips and activities that highlight our spring months!

PRE-REGISTRATION IS REQUIRED FOR PARTICIPATION!

Please note that The Family Rooms are CLOSED on field trip days and special events. Check your attached calendars for all the upcoming fun. For more specific information on our field trips, please read all about it!



Spring Fling & Egg Hunt!
Wednesday, April 17th 11:00 am
Harlem Rd. Youth Center

Let's welcome some spring weather with spring-time songs and look for springtime eggs! Peter Cottontail will lead the way. Pizza and potluck lunch to follow

Mommy & Me Movement with Miss Marcy!

Sherry Martin

School of Dance 5173 Main St. Williamsville
Friday, May 10th 10:00 OR 11:45 am

Our very own Miss Marcy will lead us in creative movement and dance with our little ones and their grownups too! Meet us at Sherry Martin School of Dance for an informal yet fun-filled class of movin' and groovin' with a professional dance instructor in a real dance studio! No experience needed!!



Snyder Fire Department!
Wednesday, May 29th ;
10:00 am Lincoln Road

We'll meet and greet our local firefighters, talk about fire safety and check out the trucks too! The Fire Hall is located on the corner of Main St. and Lincoln Rd with parking available in the back. You don't want to miss this! Donations to the Fire Hall are graciously accepted.

Kelkenberg Farm!
Friday, June 21st 10:00 am
Wolcott Rd. Clarence



A Family Room favorite! The whole family will enjoy the farm tour, hay ride and kids pony rides too! Bring your lunch along for a group picnic. Kelkenberg Farm is located on Wolcott Rd. off Transit in Clarence

PLAY GROUPS Discovery Days



"Discovery Days" is weekly, hands-on, thematic fun and you choose the days you'd like to play! We will be highlighting gross motor, fine motor, indoor and outdoor activities for children 18 months and up. Lots of hands on experiences and movement will round out the learning, playing and participating!

"Discovery Days" will be held each **Thursday from 10 - 11 am** unless otherwise noted. The locations will vary, so be sure to check the schedule carefully.

REGISTRATION WILL BE HELD APRIL 15th - 30th on the website:
[HTTP://AMHERSTYOUTHANDREC.ORG](http://AMHERSTYOUTHANDREC.ORG)
Pick ALL or ONE, but just be sure to join the fun.

"Toddler 101"



The Family Room offers **"Toddler 101"** for children 18 months - 3 years at Harlem Road on Tuesdays from 9:30 - 11:00 am. Children 3-5 years of age meet from 12:30 - 2:30 pm. Your child will learn from many themes introduced each six week session through songs, music and movement, stories and arts & crafts. All that learning with YOU by their side! This session's theme will be **ERIC CARLE "BUSY BUGS"**

"Toddler 101" is just \$25 per six week session. Snack and water are also provided.

The next session will begin on Tuesday, April 30th - June 4th. You **MUST PRE-REGISTER** to participate in all the learning and fun. Registration will take place **APRIL 15th - 30th on the website**
[HTTP://AMHERSTYOUTHANDREC.ORG](http://AMHERSTYOUTHANDREC.ORG)

Stride N' Ride!

Let's get out and about this Spring in the Town of Amherst! We will walk, stroll or even roll along as we explore more of our own community at Billy Wilson Playground, Glen Park Waterfalls & Walton Woods Path and Pond.

The **WHOLE FAMILY** is welcome to attend!

The Family Room will offer these activities on **select Monday afternoons during April - June** Be sure to check your calendars for dates, times and locations and don't forget to register at www.amherstyouthandrec.org

COMMUNITY CORNER

Town of
**Amherst Youth
& Recreation**
Department

Lil' Sprouts Spring Recess April 22, 24, 26

A gym program designed especially for the little ones
(birth to 5 years)! Program held at Clearfield Community Center
in the Small Gym



"Open Toddler Gym" Monday, 4/22

9am-Noon— Free play using gross motor equipment

"Movin' and Groovin'" Wednesday, 4/24

9:30am-10:30am or 10:45-11:45am

Music, dance, instruments, parachute and more!

"Toddler Tune Up" Friday, 4/26

Choice of 9:30am-10:30am or 10:45-11:45am

Gross motor obstacle course, cross fit and other activities

Only \$5 per child per day!

Visit www.amherstyouthandrec.org to register

For questions call 631-7132, ext. 7522 or e-mail lmehrenreich@amherst.ny.us

FAMILY ROOM FUNDRAISING

with

SimpleFund

HATE FUNDRAISING?

GET THE APP and help raise money for

The Family Room

with just a touch of the finger and
5 minutes of your time!!

STEP 1 - Install the FREE SimpleFund
App (search "SimpleFund")

STEP 2 - Open the app, register and select
The Family Room Amherst, NY

STEP 3 - Watch Videos, Read Articles,
Take Surveys, Play Games
EVERYTHING you do inside the
SimpleFund App generates points.
Points are translated into dollars and donate
directly to

THE FAMILY ROOM
GET THE APP TODAY!

Egg Hunt

Saturday, April 13, 2019

Two Hunts! 10am & 11am

Clearfield Community Center
730 Hopkins Rd., Williamsville, NY

Town of
**Amherst Youth
& Recreation**
Department

No pre-registration required!

Please be prompt for start times--
we don't want you to miss out!

Special Guest
appearance by the
Easter Bunny!

SPRING CLEANING!

Spring has sprung and so will cold and
flu viruses! All the more reason we need YOU
to volunteer to disinfect toys.

PLEASE REMEMBER, WE REQUIRE EACH
MEMBER TO DISINFECT TOYS AT LEAST ONCE
DURING THEIR MEMBERSHIP!

It only takes a couple of hours but gives us all the
reassurance that our kids are playing
in a safe and clean environment.

Please fulfill your commitment.

*Check your calendar for dates and times.

**SPECIAL TIMES IN APRIL
DURING SPRING BREAK WHEN YOU
CAN BRING THE KIDS TOO!**

email

Miss Kristen at knorton@amherst.ny.us
when you are available.

THANK YOU!!

BIRTHDAY PARTIES!

The Family Room will be your favorite party place! Children can ride,
romp & play in our large, safe and age appropriate center. The "BIG
ROOM" is available for children celebrating birthdays up to age 5, com-
plete with ride-on toys, foam climbing equipment and toddler sized bounce
house! Table and chairs are provided for seating and eating (up to 40) and
you can bring in or have delivered your own food!

Why try to fit your family and friends into your house when you can
invite them to the Family Room and let someone else do the clean-up for
you! Party packages are available for 2-3 hours and as a Family Room
member, you will receive a special discount!

Be sure to book early as dates fill up fast! Call today @ 631-7218 and
we'll make sure you have the best party ever!

MORE COMMUNITY CORNER

WNY Doulas *Better Birth* Conference

Join us for the FIFTH annual
Better Birth Conference
Sunday, May 5th, 2019

at Banchetti by Rizzo's
550 N. French Rd.
Amherst, NY

Early bird tickets \$30
until April 28th
Regular tickets \$40

For more information please visit
www.wnydoulas/better-birth-conference

This event is for moms from pre-conception through postpartum, their families, and *anyone else interested in learning about resources for the childbearing year in WNY. Birth & postpartum experts will equip you through presentations, resources and demos designed for a better birth & postpartum experience.*

Admission includes conference, buffet lunch, goody bag, favor and chances to win door prizes and raffles.

A portion of 2019 ticket proceeds will be donated to Go Buffalo Mom, an initiative of United Way of Buffalo and Erie County

The Birth Story Doula



The Birth Story Doula and family have been members of The Family Room for 3 years!

(To the tune of "My Favorite Things")

1. Big pregnant bellies
And vendors a-plenty,
Tables and tables of pros—
At least twenty!
Just look around, we've got something for you!
You don't have to try hard to love what we do!

2. Expecting or nursing
Means you need a chiro!
And any kind of "momming"
Needs massage—you're a hero!
We know what you want is
An undisturbed nap—
And so there are overnight stays up for grabs!

Chorus:
When your back aches,
When your milk leaks,
Or you have baby-blues...
Remember your doula's not just for your birth!
We'll throw you a conference, too!

3. So we'll make referrals
To all these great experts,
But this is your chance to come meet them in person!
Shake all their hands and collect all their cards,
So when you need help you won't have to look far!

Chorus:
When the babe cries
But he JUST ate,
And you don't know what to do,
Remember your doula's not just for your birth!
We'll throw you a conference, too!

4. We invite you to stuff your brain and face full.
Banchetti by Rizzo's will give you a plate full.
Plus prizes and swag bags and samples galore—
This is the event that you'll simply adore!

Chorus:
Then...
Though you're sleepless,
You will fret less.
You'll feel well-prepared
'Cause your doulas equipped you with so much great help,
From all the resources shared!

Words by Elisabeth Carbrey
The Birth Story Doula
www.birthstorydoula.com