

SPLISH, SPLASH!

SRMC Santa Rosa Mothers' Club

magazine



2016

JULY/AUG



SRMC Santa Rosa Mothers' Club

www.santarosamothersclub.org

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inside the **Splish Splash** issue

4 Letter from the Editor

Splishing and A-Splashing

Dara Kasza

5 Letter from the Executive Board

Water Safety

Stella Outchkovai

6 Letter from the President

Water fun and Responsibility

Maitreyi Siruguri

7 SRMC Favorites

Water Play

Rebecca Abbruzzese

8 Ask the Expert

Safe Waters

Gaylynne Sword

10 New Member Spotlight

Dara Kasza

12 Committee Spotlight

Kids Outings

Stella Outchkova

13 Recipe Mama

Granola Bars

Dara Kasza

14 Playdates for Playgroups

Splish Splash

Mansi Gala

15 Books for Kids

Water, Water!

Stella Outchkova

18 Calendar of Events

Kid's/Parent Events for Month of July/August

Dara Kasza

28 Craft Corner

Kinetic Sand

Dara Kasza

29 Special Dates

Backyard Camping

Stella Outchkova

30 Summer Activities

Outdoor Water Play

Holly Motaghi

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Letter from the Editor

Splishing and A-Splashing!

By Dara Kasza



Happy Summer all! So nice for the sun to be out and us all wanting to play, especially in the water! This month has some amazing articles and many address the absolute need for extreme safety around water. Please read Gaylynne's Swords article on precautions near the water. She is a swim instructor and has seen what can go wrong. Both the President and Vice President have written articles this month because water is such an important issue. Rebecca did a great job of tallying up our favorite spots to play in the water so hopefully we can all check those out in SRMC Favorites. In the meantime, let's get our kids

swimming safely with some swim lessons, here is info on the choices in Santa Rosa:

1. **Sunsational Swin School:** In home private or semi private swim lessons starting at \$31 a session. 1-888-788-2140
2. **Ridgeway Swim Center and Finley Aquatic Center Summer:** sessions (unless otherwise noted) consist of 8 lessons (2 weeks) and run approximately 28 minutes each day Monday-Thursday. Summer lessons are \$48 for Santa Rosa residents (\$58 for non-residents).
3. **Santa Rosa YMCA Swim Lessons:** 2 days a week starting at \$58. 707-545-9622
4. **Infant Swim Resource:** Children as young as 6 months can learn how to float, swim and save themselves. Gaylynne Sword, 707-998-0335, g.sword@infantswim.com
5. **Santa Rosa Country Club swim lessons with Sara Cissell** (you do not have to be a member). \$12 per class for parent-child lessons, \$45 for private lesson. info@saracissell.com
6. **Fountiangrove Golf and Athletic Club:** Michael Phelps Swim School. 707-521-3207

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THIS ISSUE MADE POSSIBLE BY:
Wine!

COMING NEXT: September: The Numbers Game

Have an idea for an issue theme or article? Please email editor@santarosamothersclub.org

Letter from the Executive Board

Water Safety

By Stella Outchkovai



We are in the full swing of summer and it's time to have some fun in the water. My toddler, like many, has a real fascination with water and will happily play with anything involving water for quite some time. Water play is fabulous when the weather is hot and especially when you can get outside, don't forget the sunscreen! But the moments of reluctance do exist when a trip to the beach or pool just seems like an impossible task. It could become quite the production, especially when there's only one of you to go around. Snacks, sand toys, bags with bulky towels and extra clothes, not to mention the speed and maneuverability of toddlers, watch out beach goers – the sand throwing will soon commence!

What keeps me going back though is the memory of my childhood. When I was a child growing up on the Black Sea, I spent hours jumping, diving, getting things off the bottom of the sea, holding my breath for as long as possible, flipping backwards into the pool, racing with my friends until we started to shiver with and our lips turned blue. Then we HAD to get out. When children learn to swim, perhaps when they learn anything, they want to play all the time. For adults, learning becomes a serious business. It's all about technique and getting it right. It was through all this playing that we learned to really swim and feel confident and safe in the water.

Please keep the below water safety precautions in mind next time you head out to the beach, river, pool, etc.

There Is No Substitute for Active Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.
- Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision.

Wear a Life Jacket

- **Always wear a life jacket.** Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports. Make sure the life jacket fits snugly. Have the child make a "touchdown" signal by raising both arms straight up; if the life jacket hits the child's chin or ears, it may be too big or the straps may be too loose.
- **Don't drink and drive.** A large portion of boating crashes each year involve alcohol consumption by both boat operators and passengers. To keep you and your loved ones safe, it is strongly recommended not to drink alcoholic beverages while boating.
- **Educate your children about swimming safely.** Teach children that swimming in open bodies of water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- **Take the time to learn CPR.** We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better. Local hospitals, fire departments and recreation departments offer CPR training.
- **Keep little kids warm.** Young kids are at a higher risk for hypothermia, so take a few extra precautions to keep your child warm. If your children seem cold or are shivering, wrap them tightly in a dry blanket or towel.

www.safekids.org

Letter from the President: Water Fun and What a Responsibility!

I'm generally the optimist at home and even I'm feeling the need for a gentle reminder to look at the cup half full as far as how fast this year is going. Yes! We still have half the year left ahead of us, with so many more fun things to do this summer. I'm expecting this summer to be quite hot given both the El Niño effect and the political climate. Add to that pregnancy/ colic baby/ toddler tantrums/ preschooler screen-time battles and the works. Yikes! So make sure you have what you need to stay cool mommas! Lemonade, mimosas, ciders and a good dose of humor should give us a head start I suppose!

One of the many things I feel so fortunate about living in Sonoma County is the ease of access to water bodies around us and the splendid scenery that comes with it. Although compared to warmer regions water "fun" in Northern California is more confined to the summer months, it still feels like a boon to have anything ranging from a pool to lake, river and ocean in such close proximity!

Often I find myself unable to plan much in advance for water play and that's when it's so great to know that we can make a plan the night before or even the morning of and just pack up and go! Some of my family's favorite spots to cool off in the waters and have a picnic are Salmon Creek beach in Bodega Bay, Mom's Beach in Forestville and Gerstle Cove at Salt Point State Park in Jenner. Personally I also find it way more environmentally efficient to set out someplace for splash-splash fun than try to regulate water use during backyard play. The latter is more challenging for me as toddlers seem to comprehend conservation only to a certain degree. Beyond that they are tempted to get the hose going forever which makes me very restless and sound like a killjoy.

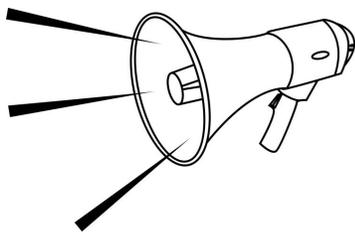
Having lived in semi-arid, drought prone areas in India for the first 25 years of my life, water conservation was more a way of life than something to be especially mindful about. Walking a mile to fetch water was not atypical in the countryside but even for the big city folks, drinking water was always "supplied" during certain hours in the day (or every other day) when we would have to fill it up, sometimes carry it a few floors up to our house and then store in several containers in the kitchen. For all other purposes, most houses had rooftop tanks to store water that would come through the faucets. With these strong childhood memories I find it impossible to let ourselves or the kids use water extensively at home.

In the spirit of conservation here are a few tips shared from the Sonoma County Water Agency website. (Source: Sonoma-Marin Saving Water Partnership, www.wateroff.org.)

- View water conservation rebate programs at www.wateroff.org.
- Water landscaping only when necessary.
- Use a broom instead of a hose to clean driveways, sidewalks, gutters and decks.
- Install automatic shut-off nozzles on all hoses.
- Turn off water at the sink while brushing teeth, shaving and washing up. Take shorter showers.
- Wash only full loads of clothes and dishes.
- Fix leaky faucets and sprinkler systems. Install water-wise appliances, like low-flow toilets and showerhead and faucet aerators.
- Replace your lawn with native plants and a drip irrigation system.

As mindful moms I believe we play a critical role in developing these habits in our kids from a very young age. In fact there are some good resources via Pinterest on water conservation activities for toddlers, including simple experiments to demo the water cycle. A book suggestion that comes up is "Why should I save water?" by Dr. Jen Green and illustrated by Mike Gordon.

As always stay tuned for meet-ups and activities from the Club. As much as summer can be fun-filled, there may be times you need that happy hour break so let's make sure to do that! Thank you for your continued participation in Club activities. I look forward to meeting many of you over this summer. Play safe and stay cool! Cheers!



Moms have spoken!

SRMC Favorites: [Water Play for Kids](#)

Swimming Lagoon at Spring Lake Regional Park

393 Violet Road, Santa Rosa

Hours: (Park) 7 am – sunset; (Swimming Lagoon) 11 am – 6 pm

Parking: \$7 per vehicle or free for Regional Parks members

This 320-acre park in northeast Santa Rosa features trails for walking, hiking, bicycling and horseback riding as well as a summer swimming lagoon, a lake for boating and fishing, a campground, picnic areas, the Environmental Discovery Center, and the Lakeside Grill.

New for 2016 is an inflatable Water Park featuring slides, bounce islands and bridges, climbing cliffs, a trampoline, a balance beam and other floating play stations for children 6 and older and adults. Hours are 11 a.m. to 6 p.m. and all-day admission is \$10 for children, \$15 for adults and \$45 for a family of four.



Morton's Warm Springs Resort

1651 Warm Springs Road

Glen Ellen, CA 95442

Hours (during June, July and August): Tuesday – Sunday 10 am – 6 pm

Adults: \$12

Kids (3-12): \$6

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16215 and 16217 First Street, Guerneville, CA, 95446

info@johnsonsbeach.com

Hours summer through September 11: daily 10-6

Parking: \$5 per car on weekends and special events

Johnson's fun, family-friendly beach has something for everyone. The roped-off kiddie pool allows toddlers and beginning swimmers to enjoy the river safely, and the summer dam provides deeper waters for more adventurous swimmers. For the ultimate in kicking back or playing on the water, inner tubes are our biggest crowd-pleasers. They can be rented for a whole day of floating, spinning, and splashing. Hop aboard a canoe, settle atop a kayak, or step into a pedal boat and spend the day paddling and floating along the gentle current. Whichever you choose for your river exploration, Johnson's offers the perfect means to discover the river's abundant wildlife, refreshing swimming holes, and quiet picnic spots.



Have a favorite? Please email me at editor@santarosamothersclub.org

ASK THE EXPERT: Safe Waters!



It's that time of year again, when the weather begins teasing us with the taste of spring and we start to make plans for another fun-filled season in the sun. I know this is true, because every year, as soon as there are three or more days of temperatures over 75 degrees, my voicemail and in-box is inundated with inquiries about swim lessons, as parents set out to secure a spot for their children in their busy summer schedules. Sadly, the other time of year that my voicemail and inbox is inundated with inquiries, is after Memorial Day and the Fourth of July, when countless families have either experienced or heard about a fatal or near-drowning incident of a young child.

Water, be it in the form of a swimming pool, hot tub, river, lake or ocean, is without a doubt the recreational outlet of choice in America, but it is also one of the deadliest. In fact, drowning is the number one cause of accidental death in children under the age of four. Of these drowning occurrences, 70% happen when the child is in the care of one or more parents and 75% happen when a child has been out of sight for less than 5 minutes. Not surprising, because we as parents know, our kiddos are capable of reeking all kinds of havoc in a very short amount of time.

Sadly, traditional methods of playing in the water and teaching children to swim, inadvertently can increase the likelihood of aquatic accidents by relying on artificial means of security and putting a priority on children learning to be "comfortable" in the water. Mommy/Daddy and baby swimming classes for young children can be great fun. It is a time for parents to bond with their baby in community with others, sing songs and to get babies used to the sensation of water rising on their bodies and even splashing in their faces. As they get a little older they can learn how to blow bubbles, jump into a parent's arms, float around with armbands, puddle jumpers and the like, or even dog paddle around independently. But from a child development perspective, all of these methods of acclimating children to water, are teaching dangerous practices.

Children are sensory-motor learners. They learn by interacting with their environment, experiencing the results of their muscular movements through their senses, and repeating those muscular movements in response to the "reward" received. Learning to crawl, walk, run, ride a bike is done effectively, not by verbal commands, but by this trial and error, experiencing the results of their movement within their environment. So if, in the water, a child is learning through experience and his senses, that when in the water they are supported by someone or something, he is going to expect that same result every time he's in that environment. Young children are not developmentally able to differentiate. That is why, sadly, so many drownings happen to children that have spent much time around and in the water, either in their parent's arms or in some sort of flotation device.

So, what are we to do? How can we enjoy the many recreational water activities with our families, while still keeping them safe? First you must realize that even the most aquatically skilled child is not "drown-proofed." But you can take the following 3 lines of defense against drowning:

- **Effective Adult Supervision:** Be your child’s CEO by keeping your Constant Eyes On. Whenever you are around any body of water, give your child 100% of your attention. Do not answer the phone or turn your back, even for “just a second.” Designate one parent or care-giver as the Water Watcher so there is no confusion as to which adult is responsible for watching your child. Educate others about the importance of supervision, locking gates etc. Keep toys away from the pool deck and out of the water when not in use. Many accidents happen when children reach for a toy in the water. When at the beach or public pool, dress your child in bright, unique clothing so they are easy to spot.
- **Barriers to Entry:** The second line of defense is appropriate fencing around your pool, and locks to prevent access to the pool and pool alarms. Pool fences should be at least 4 feet high and should be permanently installed around the pool. A self-latching gate is a critical feature. Educate caregivers, grandparents, older children, and neighbors on the importance of keeping gates and barriers latched at all times. But also remember, children are crafty and they are climbers. You can not rely exclusively on these barriers.
- **Survival Swimming Lessons:** ISR, which stands for Infant Swimming Resource, provides the safest and most comprehensive survival swimming lessons world-wide. For 50 - years, children 6 months to 6 years old have been learning the ISR Self-Rescue™ technique. These skills give them confidence and competence in the water. ISR lessons go beyond traditional swimming lessons, integrating survival training that is developmentally-appropriate for young children. Our methods recognize that children are sensory-motor learners and we gear our lessons to honor this reality.

If you are not able to participate in ISR lessons, be sure to research the program you’re interested in, make sure that lessons are taught one-on-one, ask about what certifications the instructor has, and speak with other parents who have been through the program. Never allow your child to rely on a flotation device in the water and call it “swimming.” This confuses children and gives them a false sense of security.

Summer is just around the corner, a time for family, fun, vacations, sun, and water. Enjoy! But never forget the dangerous lure water has on young children. Do all you can to put into effect the three layers of de-

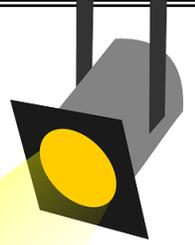
fense mentioned above, and if you’d like to learn more about Infant Swimming Resource lessons for your child, please feel free to contact me at g.sword@infantswim.com or through my website www.sonomacountyisr.com.



Gaylynne

“Gaylynne Sword is a Certified Master Instructor with Infant Swimming Resource with over 7 years of experience teaching hundreds of Sonoma and Marin County children the Self-Rescue™ Swimming Technique. She is currently taking registrations for the 2016 Summer season. It is her passion to create a world where ‘Not One More Child Drowns.’ “

NEW MEMBER SPOTLIGHT:



Name - Dara Victoria Kasza

Where are you originally from? Sebastopol

Tell us about your family? Married to the love of my life for 4 years, we have one vivacious 2 year old. I am the youngest of 3 with two older brothers.

What TV/Book/Music are you loving right this minute? I am a Bachelorette junkie. It's my guilty pleasure and drama for the week! I am also reading a hilarious but also serious book by Matthew Norman called Domestic Violets.

What's your favorite place to go with your family? Local would be Galvin Park, it quiet but still enough room to play for the kids, dog and hubby (driving range). Other wise, Ko'olina in Oahu is our all time favorite place to visit. Its like a mini Maui near the big city.

What is your dream job? ER Doctor! The human body is so incredible and to be able to help save peoples lives during this critical time has always been a dream of mine. Plus, I really like all the adrenaline.



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Kids Camp

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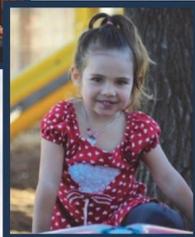
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SRMC Committee Update

Committee Spotlight:

Kid's Outings

Meet one of the Steering Committee Chairs behind Kid's Outings:
Stella Outchkovai



Why is the committee important to you?

Main reason – Boredom! It's never been part of our families vocabulary as it leads to bad moods for even the most angelic of children, so to keep the yawns (and tantrums) at bay we need those children well entertained and tired by bedtime. I've realized early on that a solid 3 hour nap and good night's sleep (for all of us) is mostly due to an active morning/afternoon where Carter has been physically and mentally challenged. New experiences are so SO important in shaping little ones minds, teaching them right from wrong, compassion, respect but also showing them how to have fun and just be kids.

How do you know you are making a difference?

For the longest time I thought that making a difference should mean doing something that's going to literally change the world! But it doesn't have to be. Being a mom has taught me that you can do things that make difference to myself, family, friends, my community. Our community of moms! Seeing the kids smiles, hearing their giggles as they run through the park, the excitement and new experiences, some of the firsts in their lives (ice skating, milking a goat, the ladybug on the arm). Not to mention making it easier for fellow moms to schedule outings for the kids!!

What input are you looking for from our SRMC members?

Moms with toddlers – what would you like your 18mo – 3 year old to experience?

Ask your kiddos where they'd like to go and send me some ideas, I'd love to hear from the source.

If another SRMC mom wanted to be a volunteer for your committee, how would they know if they are a good fit?

Anyone is a good fit! We're looking for outgoing, engaging moms, and especially if you're the crafty mom who can help a small group of preschoolers with a fun art project. I'm looking for a mom to take on a monthly or every other month "Craft Hour" at a member home. Please email Stella at outings@santarosamothersclub.org to chat more about the opportunity.

What can SRMC members expect from your committee? Looking for kids' activities to keep your small ones smiling? We all know our children are happiest and healthiest when they spend time outdoors, and they love being with other kids, so that's what this committee provides – fun trips to the park, museum, sports activities, special visits to local farms and they'll be plenty of snacks to satisfy little tummies. Look for our monthly events on the Facebook page and newsletter "calendar of events". I'm looking forward to seeing you and your little ones soon.

Come Volunteer for SRMC!

Volunteering is a great way to fill that gap in your resume and connect with other interesting moms, while helping one of the best resources in Sonoma—SRMC!

*SRMC Committee Chairs have their SRMC Membership Fee waived for 12 months after one year of successfully volunteering.

Recipe Mama

Better than store bought Granola Bars By Dara Kasza

Do your kids LOVE granola bars like mine does? Well this recipe is for you! Simple ingredients for a base and then you can decide what you want to go in!

Ingredients

- 2 cups rolled oats
- 1/2 cup packed brown sugar
- 1/2 cup wheat germ
- 3/4 teaspoon ground cinnamon
- 1 cup all-purpose flour
- 3/4 cup raisins or chocolate chips or bananas or WHATEVER!
- 3/4 teaspoon salt
- 1/2 cup honey or maple syrup
- 1 egg, beaten
- 1/2 cup vegetable oil or canola or coconut
- 1/2 cup applesauce
- 2 teaspoons vanilla extract



Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.
2. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt.
3. Make a well in the center, and pour in the honey, egg, oil, applesauce and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.

Bake for 30 minutes in the preheated oven, **until the bars begin to turn golden at the edges**. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

Have a recipe you love and is kid friendly? Please send to me at editor@santarosamothersclub.org



Why use playdates and playgroups for your children?

Playdates are great for kids! They learn how to interact with other kids, they learn how to share, and just how to get along in general. And it gives parents a great opportunity to connect with other adults to talk about parenting, but also to talk about things totally unrelated to being a parent, which is refreshing.

Using a playdate as an opportunity for parents and children alike is important, experts say. But before you get out your calendar and start making calls to other parents, it's important to understand playdate etiquette. Remember that there's more to it than just scheduling a time, date, and place to meet. Age, frequency, and location are just a few of the important factors to take into consideration when you're planning your little one's social calendar.

By Mansi Gala



Splish Splash!

A perfect way to spend a hot summer afternoon would be to just have some fun with water and cool off. There are so many fun things you can do and everyone probably has a favorite already! If you are planning or sending your kid to a playdate which involves water, never forget the spare change of clothes and/or diaper!

Playdate ideas

Swim Date: Spend a few hours on a hot summer afternoon at the local public swimming pool like the Finley or Ridgeway Center in Santa Rosa. Most public pools have a café where you could stop for a quick snack afterwards

Fun with Water Balloons: Another simple way to cool off is to meet in someone's backyard set up a water balloon party. This is fun way to engage kids of any age but do be prepared to get wet and join the fun!

Cool down with Lemonade: What's more fun than to sip on chilled lemonade on a hot summer day. Make a big batch of lemonade with the kids and add a twist to that by creating some edible flower ice cubes to make it fancy

Water Art: Water is a great medium to do some fun art projects which do not require much clean up after. Use dish soap and washable paints and use window panes as canvases for a fun and messy play date. Dissolving chalk in water is also fun way to create paint with the driveway as the canvas.

Interested in joining, co-leading or leading a playgroup within SRMC?

If so, please contact playgroups@santarosamothersclub.org

Books for Kids: Water, Water!

By Stella Outchkova

This month is all about water responsibility, here are some books to help talk about it.

Why Should I Save Water? – by Jen Green

Children learn that clean water is one of our most precious natural resources. In this book, boys and girls are told about dozens of ways in which they and their families can avoid wasting water. Part of every child's development involves asking questions. Today, some of the most important questions kids ask are related to the natural environment. The enlightening and entertaining four-book Why Should I? series demonstrates the importance of protecting nature. Books present brief, entertaining stories that answer children's questions and feature amusing color illustrations on every page. A note at the back of each book is for parents and teachers, suggesting ways to use these books most effectively. Ages 4-8

The Magic School Bus – on the Ocean Floor! – by Joanna Cole and Bruce Degen

When Ms. Frizzle drives the Magic School Bus full speed ahead into the ocean, the class takes a submarine expedition that's anything but ordinary. With a well-meaning lifeguard in tow, the class takes a deep breath and learns about hot water vents, coral reefs, plant and animal life on the ocean floor, and more! Age 4-8

Wish for a Fish: All About Sea Creatures (Cat in the Hat's Learning Library) – by Bonnie Worth

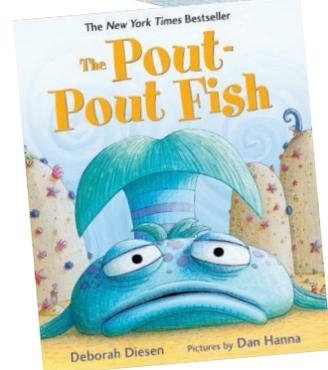
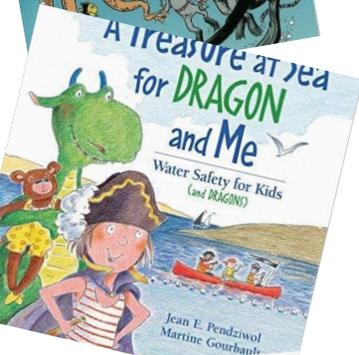
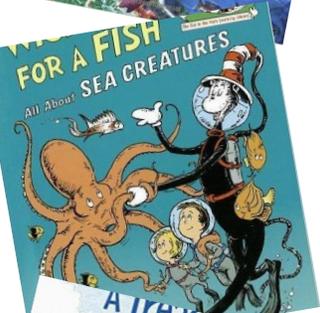
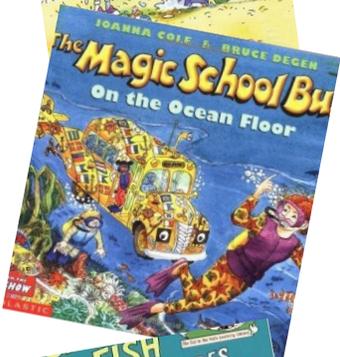
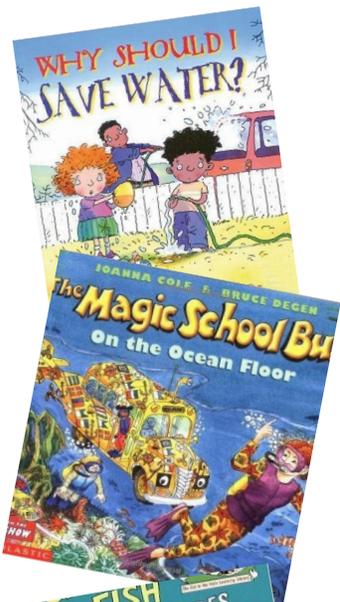
The Cat in the Hat, Sally, and Dick take an undersea voyage aboard the S.S. Undersea Glubber! Traveling down from the Sunny Zone to the Dark Zone to the Trench at the bottom, Captain Cat and his crew get up close and personal with the different life forms found at each level of the ocean. Along the way, they meet sharks, jellyfish, dolphins, manatees, whales, and sea cucumbers, to name just a few! Ages 3-8

A Treasure at Sea for Dragon and Me: Water Safety for Kids (and Dragons)– by Jean E. Pendziwol

Fun and safety go hand in hand as a little girl and a dragon spend a hot summer day at the beach. The two friends build castles in the sand, splash and swim, and race a boatload of pirates to a hidden treasure. As they play, the girl teaches her irrepressible friend to be water smart. The winning combination of adventure and safety information --- including The Dragon's Water Safety Rhyme and the checklist of rules at the end of the book --- provide the perfect starting point for safety discussions. Ages 3-9

The Pout Pout Fish – by Deborah Diesen

Swim along with the pout-pout fish as he discovers that being glum and spreading "dreary wearies" isn't really his destiny. Bright ocean colors and playful rhyme come together in Deborah Diesen's fun fish story that's sure to turn even the poutiest of frowns upside down. Ages 2+



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Spanish for your child and you to share; through songs, movement and music with dynamic activities appropriate for each age group. Our classes provide tools to parents in order to encourage Spanish language use within your family's daily life.

All family classes are with a parent or guardian.

¡CANTA CONMIGO! (Sing With Me!) 0-4 year-old

¡JUEGA CONMIGO! (Play With Me!) 3-5 year-old

¡NOSOTROS DOS! (The Two of Us!) 4-6 year-old

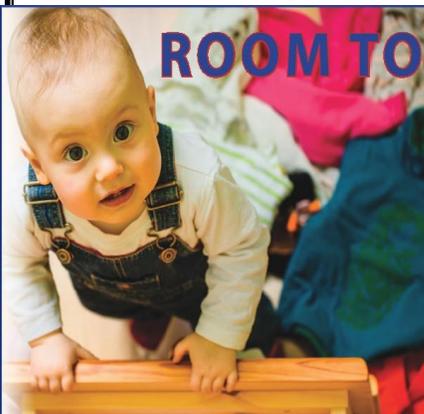
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SRMC Calendar of Events: July/August 2016

July 1, 2016

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well.

Enjoy Live Music, Dancing & Picnicking

Tickets: \$10/Per Person, \$10/Parking per Vehicle.

Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Wee Read

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

July 2, 2016

Science Saturday at Environmental Discovery Center

1:00pm to 3:00pm

FREE. Tangible experiments & projects let children explore the natural world. Every first Sat. 1, 2 & 3 p.m. Event is free. Parking \$7. 393

Violetti Rd., Santa Rosa.

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

July 3, 2016

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

July 4, 2016

Red, White and Boom!

3:30pm to 10:00pm

Sonoma County Fairgrounds, Santa Rosa
More than just a fireworks show, Santa Rosa's annual Independence Day celebrations feature an afternoon and evening of food, live music, kid's activities, and fun for the entire family! The evening concludes with an amazing fireworks show, at 9:30 p.m. simulcast to music on KZST 100.1 FM.

\$10 General; \$5 Ages 5-11 years; Free Ages under 5; \$5 Veterans; \$5 Parking Fee

July 5, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

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nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

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July 6, 2016

Preschool Storytime

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

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Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

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July 7, 2016

Hot Dog Thursday at Pacific Coast Air Museum

11:30am to 1:30pm

On the first Thursday of the month (April-Oct.)

SRMC Calendar of Events: July/August 2016

the admission to this fun air museum includes a large hot dog, chips, chili, and soda or water.

Preschool Storytime (ages 2-5)

11:00am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library. We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

Read to a PALS Dog

3:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

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Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

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Santa Rosa, CA 95401

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Summer Nights on the Green

5:00pm to 8pm

Windsor Town Green, Windsor CA

THURSDAYS!

Live Concerts (6-8 pm)

Windsor Farmers Market (5-8 pm)

Food vendors and farm fresh produce.

Family Lawn Games.

July 8, 2016

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Chil-

dren's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

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Northwest Santa Rosa Library

150 Coddington Center

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Wee Read

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

July 9, 2016

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making.

From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

Read to a PALS Dog

11:00am to 12:00pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Children of all ages, including preschoolers, are

invited to read to a dog or tell a dog a story.

July 10, 2016

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.orgs-on-science-for-everyone.

July 12, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

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Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

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July 13, 2016

Preschool Storytime

SRMC Calendar of Events: July/August 2016

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

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July 14, 2016

Flynn Creek Circus

7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Preschool Storytime (ages 2-5)

11:00am

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library.

We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

Read to a PALS Dog

3:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

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Summer Nights on the Green

5:00pm to 8pm

Windsor Town Green, Windsor CA
THURSDAYS!

Live Concerts (6-8 pm)
Windsor Farmers Market (5-8 pm)
Food vendors and farm fresh produce.
Family Lawn Games.

July 15, 2016

Flynn Creek Circus

7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for every-

one. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking
Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

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Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day

SRMC EVENTS!

July 9, 2016

SRMC Family Social: Traintown

11:00am to 1:00pm

Come join us for fun in the sun with good food and friends. This event is a potluck so please bring something to share.

August 6, 2016

SRMC Kid's Outing

12:00pm to 2:00pm

Youth Community Park 1500 Fulton Rd
Spend a fun early afternoon with fellow moms and cute kiddos. We will be meeting at Youth Community Park for play, picnic and train rides. The Redwood Empire Live Steamers is an organization dedicated to preserving Sonoma County Railroad history, railroad equipment and miniature trains and luckily will have both a steam and electric engines for us to ride. SRMC will cover the cost of 2 train rides per child. Please, bring a lunch and blanket.

SRMC Calendar of Events: July/August 2016

Wee Read

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

July 16, 2016

Flynn Creek Circus

4pm and 7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

July 17, 2016

Flynn Creek Circus

1pm and 7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

July 19, 2016

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library
211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

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July 20, 2016

Preschool Storytime

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free

nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

July 21, 2016

Preschool Storytime (ages 2-5)

11:00am

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library. We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

Read to a PALS Dog

3:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day.

SRMC Calendar of Events: July/August 2016

Summer Nights on the Green

5:00pm to 8pm

Windsor Town Green, Windsor CA

THURSDAYS!

Live Concerts (6-8 pm)

Windsor Farmers Market (5-8 pm)

Food vendors and farm fresh produce.

Family Lawn Games.

July 22, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;

Free for ages 6 and younger

Sonoma County Fairgrounds

1350 Bennett Valley Road

Santa Rosa, California 95402

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science.

This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016.

The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Wee Read

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

July 23, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;

Free for ages 6 and younger

Sonoma County Fairgrounds

1350 Bennett Valley Road

Santa Rosa, California 95402

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

July 24, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;

Free for ages 6 and younger

Sonoma County Fairgrounds

1350 Bennett Valley Road

Santa Rosa, California 95402

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

July 25, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum. Cost: \$5 per child
Charles M. Schulz Museum

July 26, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;

Free for ages 6 and younger

Sonoma County Fairgrounds

1350 Bennett Valley Road

Santa Rosa, California 95402

Toddler Time (18-35 months)

10:30am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Songs, rhymes, fingerplays, and simple stories for your active toddler! Toddler Time lasts 20-30 minutes followed by playtime. Toddler Time is free and no registration required. For children ages 18-35 months, with a caregiver.

Babytime (0-17 months)

11:15am

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

Delight and stimulate your baby's senses with bouncing rhymes, songs, fingerplays and simple books! Babytime lasts 20 minutes followed by playtime. Babytime is free and no registration required. For children ages 0-17 months, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library

211 E Street

Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

July 27, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;

Free for ages 6 and younger

Sonoma County Fairgrounds

1350 Bennett Valley Road

Santa Rosa, California 95402

Preschool Storytime

11:00am

Rincon Valley Library

6959 Montecito Boulevard

Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3

SRMC Calendar of Events: July/August 2016

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

July 28, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Preschool Storytime (ages 2-5)

11:00am

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

Join us for Preschool Storytime at Northwest Library. We'll read some stories, sing some songs, and use our imaginations! For kids 2-5, with a parent or caregiver.

Read to a PALS Dog

3:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

Children of all ages, including preschoolers, are invited to read to a dog or tell a dog a story. In the Children's Room at the Northwest Library. FREE!

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8

library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Summer Nights on the Green

5:00pm to 8pm

Windsor Town Green, Windsor CA
THURSDAYS!

Live Concerts (6-8 pm)

Windsor Farmers Market (5-8 pm)

Food vendors and farm fresh produce.

Family Lawn Games.

July 29, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking
Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day

Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Wee Read

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

July 30, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

July 31, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

August 2, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

SRMC Calendar of Events: July/August 2016

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

August 3, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;
Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Preschool Storytime

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409

Nurture in your preschooler a love of books, listening skills, and interaction with others! Preschool Storytime lasts 30 minutes and includes longer stories, fingerplays, rhymes, and songs followed by playtime. For children ages 3-5, with a caregiver.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

August 4, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;
Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library

150 Coddington Center

Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Hot Dog Thursday at Pacific Coast Air Museum

11:30am to 1:30pm

On the first Thursday of the month (April-Oct.) the admission to this fun air museum includes a large hot dog, chips, chili, and soda or water.

August 5, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12;
Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking
Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Lunch at the Library

12:00pm to 12:30pm

Northwest Santa Rosa Library
150 Coddington Center
Santa Rosa, CA 95401

The Sonoma County Library is partnering with the **Redwood Empire Food Bank** to offer free nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Lunch at the Library

12:00pm to 12:30pm

Central Santa Rosa Library
211 E Street
Santa Rosa, CA 95404

The Sonoma County Library is partnering with

SRMC Calendar of Events: July/August 2016

nutritious meals to kids 18 and younger at 8 library locations during the summer of 2016. The Northwest Santa Rosa Library will be serving summer meals from 12:00-12:30 each day Tuesday-Friday, beginning Tuesday, June 7 through Thursday, August 5.

Wee Read

11:00am

Rincon Valley Library
6959 Montecito Boulevard
Santa Rosa, CA 95409
Songs, rhymes, fingerplays and simple stories for babies and toddlers and their caregiver. Wee Read lasts 20-30 minutes and is followed by playtime. Wee Read is free and no registration required. For children 0-35 months.

August 6, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Nuestros Parques Hike

10:00am to 12:pm

Free spanish language nature hike. Ragle Ranch Park, Sebastopol CA

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

August 7, 2016

Lights, Camera, Fair!

Sonoma County Fair

11:00am to 9:00pm

Closed on Mondays

\$12 General Admission; \$6 Kids ages 7-12; Free for ages 6 and younger
Sonoma County Fairgrounds
1350 Bennett Valley Road
Santa Rosa, California 95402

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

August 12, 2016

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking
Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Movies in the Park

7:30pm to 10:30pm

Howarth Park, Santa Rosa

Hotel Transylvania 2

This fun-loving event series is back for another season! Bring the family, a picnic and a blanket for a lovely evening of film-enjoyment under the stars in our park! Admission is free so show up early to get a seat and enjoy pre-show entertainment from some local performers. Movies start at dusk (7:45-8pm) and are all family friendly so bring the kids. There will be many local vendors selling food to eat during the movie.

August 13, 2016

Gravenstein Apple Fair

10:00am to 6:00pm

Ragle Ranch Park
500 Ragle Road
Sebastopol, California 95472

Enjoy a weekend of old-fashioned fun! There's something for everyone with live music on two stages, arts & crafts vendors, contests and activities, and excellent local food, craft beer, cider, & wine. Advance Tickets: Adults (ages 13 and over) \$12; Children (ages 6 to 12) \$8.

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

August 14, 2016

Gravenstein Apple Fair

10:00am to 6:00pm

Ragle Ranch Park
500 Ragle Road
Sebastopol, California 95472

Enjoy a weekend of old-fashioned fun! There's something for everyone with live music on two stages, arts & crafts vendors, contests and activities, and excellent local food, craft beer, cider, & wine. Advance Tickets: Adults (ages 13 and over) \$12; Children (ages 6 to 12) \$8.

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

August 18, 2016

Flynn Creek Circus

7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

August 19, 2016

Flynn Creek Circus

7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well. Enjoy Live Music, Dancing & Picnicking
Tickets: \$10/Per Person, \$10/Parking per Vehicle. Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Movies in the Park

7:30pm to 10:30pm

Howarth Park, Santa Rosa

Inside Out

This fun-loving event series is back for another season! Bring the family, a picnic and a blanket for a lovely evening of film-enjoyment under the stars in our park! Admission is free so show up early to get a seat and enjoy pre-show entertainment from some local performers. Movies start at dusk (7:45-8pm) and are all family

SRMC Calendar of Events: July/August 2016

so bring the kids. There will be many local vendors selling food to eat during the movie.

August 20, 2016

Flynn Creek Circus

4pm and 7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

August 21, 2016

Flynn Creek Circus

1pm and 7pm

Flynn Creek Circus returns to The Luther Burbank Center for the Arts with an all new show! Acrobats, aerialists, and stunning daredevils promise to exceed expectations in this all human spectacle. Surprisingly contemporary and charmingly nostalgic, Flynn Creek Circus brings a top quality, International cast to their vintage big top tent. Full of laughs, drama and truly jaw dropping skill, this all ages show promises to inspire! Luther Burbank Center For The Arts 50 Mark West Springs Rd, Santa Rosa, California. <http://www.flynncreekcircus.com>

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. friendsofthepetalumariver.org

August 26, 2016

Crazy, Awesome Science! CMOSC

2:00pm

Each Friday afternoon, we'll explore science. This program often includes a scientific demonstration followed by hands-on science for everyone. Check each week for specific program. Children's Museum of Sonoma County! All ages.

Funky Fridays - Kenwood

7:00 to 9:00pm

Concerts are Family-oriented & welcome kids as well.

Enjoy Live Music, Dancing & Picnicking

Tickets: \$10/Per Person, \$10/Parking per Vehicle.

Hood Mansion Hwy 12 at North Pythian Rd, Santa Rosa

Movies in the Park

7:30pm to 10:30pm

Howarth Park, Santa Rosa

The Good Dinosaur

This fun-loving event series is back for another season! Bring the family, a picnic and a blanket for a lovely evening of film-enjoyment under the stars in our park! Admission is free so show up early to get a seat and enjoy pre-show entertainment from some local performers. Movies start at dusk (7:45-8pm) and are all family friendly so bring the kids. There will be many local vendors selling food to eat during the movie.

August 27, 2016

Art Spark

10:00am to 11:00am

Every Saturday morning from 10am -11am, join us to explore different kinds of art making. From watercolor paints and printmaking, to felting and building cars. Each week brings a new way to create masterpieces--Make sure to stop by to see what we're crafting! Children's Museum of Sonoma County!

August 28, 2016

Sunday Boating at the Barn

10:00am to 1:00pm

Free. Volunteers help you try a non-motorized vessel—canoe, kayak, rowboat, or sailboat—on the Petaluma River. Open year-round. Sundays. 10 a.m.–1 p.m. David Yearsley River Heritage Center. Copeland & D Streets, Petaluma. Friendsofthepetalumariver.org

August 29, 2016

Museum Mondays for Little Ones

10:00am to 12:00pm

Enjoy stories, arts and crafts activities, and movement games for children aged 1 through 5 and their caregivers at the Schulz Museum. Cost: \$5 per child
Charles M. Schulz Museum

August 31, 2016

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A fundraising event for the Santa Rosa Mothers' Club

Please join us at:

East-West Café, on August 31st, 2016



Dine and Donate valid for breakfast, lunch or dinner and 20% of your purchase will be donated to the club when you present this flier with your order.

East West Café,

557 Summerfield Rd., Santa Rosa.



SRMC is an organized group of women who put together monthly outings, social and community service events. Providing unique and memorable experiences for you and your children while also offering you the opportunity to get to know other moms and their families in a fun environment. www.SantaRosaMothersClub.org

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CRAFT CORNER

Kinetic Sand

By Dara Kasza

Corn starch is the material mixed with water to make oobleck and ooze. If you can't find dimethicone or are looking for a cheaper alternative, you can make homemade kinetic sand that is essentially oobleck with sand. It will not be as easy to mold as dimethicone sand, but it's still fun for younger explorers. The advantage over regular play sand is that this recipe will stick together, so you can have an indoor sandbox without tracking as much sand all over your home.

- large plastic tub or a small pool
- 6 cups corn starch
- 6 cups water
- 50-lb bag of play sand
- First make the oobleck by mixing the corn starch and water.
- Stir in the sand until you get the consistency you want. It's okay to add a bit more of any ingredient to get the perfect sand.
- If you like, you can also add a squirt of dishwashing detergent or a couple of spoonfuls of tea tree oil to help prevent bacteria or mold from growing on the sand, plus it makes the sand smell really nice.



The sand will dry out over time. When this happens, you can add more water.



Special Dates with your Little One

By Stella Outchkova

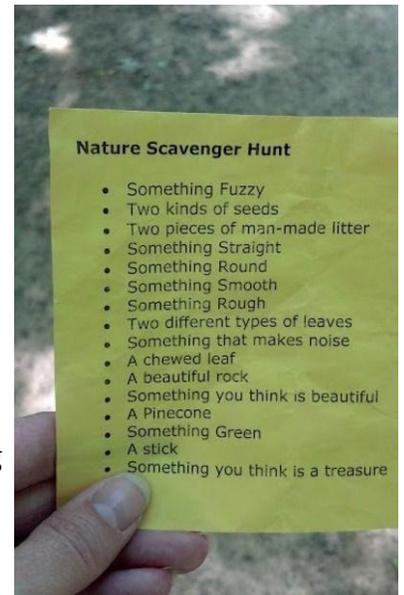
Backyard Camping

Summer is in full swing. Parks, museums, swimming, road trips, CAMPING....Since we've never camped with a toddler and I have much camping on the agenda for this and next summer, it is time for a dry run. Obviously, the one big difference between camping in nature and camping in your own back yard is the setting. The rustic, natural surroundings definitely clash with city life and the amenities just a few steps away (like running water). So, what are kids to do while camping in their own backyard?

First things first, make sure you get all the gear out. Set up a tent, dust off the sleeping bags and get out the flashlights. Tip – grab your yoga mat too, it makes a perfect mattress under the sleeping bag.

Games - Have games planned that are not only fun, but also specific to the outdoors. Scavenger Hunts are great for the outdoors. They get to explore the outdoors in charge, see things how they want, and they will learn a lot about nature. This is also a great way to spend some time together. Certain down times during camping can be boring, but having games that take time are really nice. This is especially good because it will keep little ones busy and make them forget they are home. The backyard will become an adventure!

Explain - There are a lot of unique things out in the wild. It is really important to explain these things to your child as you go. When you are choosing a campsite, making fires, setting up the tent, cooking or setting up ropes explain what you are doing and let them help. This lets your child see what's dangerous and makes them feel safer for knowing. At night, the woods are full of sounds, but we know what they are and they are less scary. Explain those sounds to your child, too.



Since you are camping, try to go technology free as you would if you were in the woods, no ipads, phones, laptops etc. Encourage everyone to have fun as a family without distractions.

To make it as authentic as possible, try these fun ideas to have a fun experience without going outside city limits with your family this summer. Your kids are sure to love it and have an awesome time!

GET WET! Family Friendly Outdoor Water Play

With summer rapidly approaching, the San Francisco Bay Area is the ultimate destination for family-friendly outdoor water activities. The amazing part of having the Pacific Ocean in our backyard is the amount of options to choose from for the entire family and every skill level! Northern California beaches are great for scenery, tide pooling, fishing, and exploring but for swimming, you have to know where to go. Besides the ocean, there are a ton of wonderful nearby bays, rivers, and lakes. So grab that big red cooler (you know you have one) and try any of my destination recommendations, listed from the North to the South of Bay Area, below.



Russian River

On weekends and especially in the summer, the Russian River is a lively, happy place to hang out! The Russian River is a popular destination for canoeing, [kayaking](#), SUP (Stand Up Paddle), floating, swimming, fishing, and camping. The most popular public beach is Veteran's Memorial Beach in Healdsburg, near Hwy 101, which is great for young swimmers and equipped with restrooms and shady areas perfect for picnics. Also look for Sunset & Willow Creek Beach, which is well known for its swimming hole and diverse crowd. Warning: clothing is optional!



Heart's Desire Beach, Tomales Bay State Park

This is, in my opinion, the most pleasant place to swim in Northern California. The water is warm, there are no waves and if it wasn't for the tides and the salty water, you'd think you were swimming in a lake. Inverness Ridge shields the beach from the fog and cold winds that whip [Point Reyes](#) to the West. The water is shallow for a long distance, which makes for relatively safe wading and a great place to bring the kids. The beach is small however and can get crowded during the summer, so arrive early!



Del Valle Regional Park, Livermore

This is a huge park, covering 4316 acres and surrounded by breathtaking oak-covered hills. Lake Del Valle in the center of the park is 5 miles long with several coves and bays that offers lifeguard swimming, boating rentals and fishing. The park also has a large family campground and several youth group campgrounds as well as miles of trails including an entrance to the Ohlone Wilderness Trail.



Sunol Regional Wilderness

Little Yosemite is the waterfall to see when you visit Sunol Regional Wilderness. For the short 1.7-mile hike, park by the visitor's center and cross a large bridge on to Camp Ohlone Road or take the Indian Joe trail for a longer, more scenic route to the waterfalls. Make sure your visit includes a stop at the Old Green Barn Visitor's Center where you can see Native American artifacts and learn about the naturalist-led programs at the park.



Portola Redwoods State Park

Head to Portola Redwoods State Park and you will be deep into redwood country. This park has great spots for camping and tons of hiking options for even the youngest hikers. Hikers looking for a waterfall should visit Tiptoe Falls, and also look for the Sequoia Nature Trail to hike past Shell Tree, the remains of a 17-foot diameter redwood that was destroyed by a camper's fire in 1989.



Uvas Canyon County Park

This tiny little park outside of San Jose has a few short and easy hikes and some gorgeous waterfalls. This 1.5-mile loop is conveniently located close to the parking lot (and bathrooms). You'll first encounter Granuja Falls, then continue on a narrow, more challenging path on the south side of the creek while a wider and more suitable path for little ones is on the north side. Be sure you don't miss the Black Rock Falls (even more impressive in the winter after some rainfall).

Holly Motaghi, Power Travelers

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