

**Town of
Amherst Youth
& Recreation
Department**

January - March 2018

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...

* 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 The Family Room 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
Please keep all personal belongings on you.
We are not responsible for lost or missing items.

* Changing tables are provided in the restrooms
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!

* The Family Room is NOW ONLINE FOR MEMBERSHIP, PLAYGROUP AND SPECIAL EVENTS REGISTRATION
Go to [HTTP://AMHERSTYOUTHANDREC.ORG](http://AMHERSTYOUTHANDREC.ORG)

* Please remember to sign up for all field trips and special events in order to participate!

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

**The
Family
Room**

When the weather outside is frightful...you still have The Family Room to keep you warm with family fun! Check out our

**NEW
PROGRAM
HOURS**

"MONDAY, FUNDAY" and "Extend a Play Day" for this winter season. 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 to 5 years of age.

ALWAYS check your calendar for field trips, special events, and room closings. Calendars are also available online at www.amherst.ny.us keyword FAMILY ROOM or amherstyouthandrec.org

**NEW
ONLINE
REGISTRATION
POLICY**

**EFFECTIVE
JANUARY 2018 FOR
MEMBERSHIP,
PLAYGROUPS &
FUNDAY MONDAY.
SEE INSIDE FOR
MORE DETAILS**

NEW WINTER HOURS!

Monday

9:00-11:30 am Harlem Road

MONDAY, FUNDAY!*

1:00 - 2:00 pm Northtown Ctr

*For PRE-REGISTERED participants.
NO ADDITIONAL FEE!

Wednesday

9:00-11:30 am Northtown Ctr.

Friday

"EXTEND A PLAY DAY!"

9:00-1:00 pm Harlem Road

Saturday

9:00-11:30 am Northtown Ctr.

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

9:30-11:00 am 18 mos.-5 yrs.

Playgroups are for registered participants. Please note the registration dates on your calendar.

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

PLAYGROUPS!!

"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! The winter session's theme will be **'WINTER WONDERS'** beginning on Tuesday, January 9th through February 13th.

You MUST PRE-REGISTER to participate.
REGISTRATION WILL BE HELD ONLINE
FRIDAY, JANUARY 5TH - 8TH.
TO REGISTER GO TO
WWW.AMHERSTYOUTHANDREC.ORG

"FIT KIDS"

"Fit Kids" is essential for the child with lots of ENERGY! "Big Room" fun and structured gross-motor activities round out this musical, physical and recreational playgroup for children 18 months to 5 years, offered on Thursdays at the Northtown Center from 9:30 - 11:00 am. Perfect for those upcoming winter months! This session will be 8 weeks beginning on Thursday, January 18th and finishing on Thursday, March 15th

You MUST PRE-REGISTER to participate.
REGISTRATION WILL BE HELD ONLINE
FRIDAY, JANUARY 5TH - 8TH.
TO REGISTER GO TO
WWW.AMHERSTYOUTHANDREC.ORG



FIELD TRIP TIPS!

We have many exciting and fun-filled field trips that highlight the upcoming winter months!
REGISTRATION IS REQUIRED FOR PARTICIPATION
 Please make a note that
FAMILY ROOMS ARE CLOSED
 on field trip days and special events.

Leaps N Bounce
Wednesday, January 24th
10:00 am - 12:00 pm

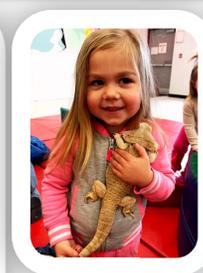
Bryant and Stratton Way, Williamsville
 This is a fantastic indoor bounce facility with lots of fun for everyone! Can't beat the price either!! Be sure to have socks for the kids and yourselves. It's a great way for all of us to work off some cabin fever energy!

Buffalo Arts Movement
Valentine Variety!
Friday, February 9th 10 am - 11:30 am
93 Meridian St. - Depew

Buffalo Arts Movement is a unique all arts center and will expose us to all kinds of "artsy" Valentine activities. Movement, visual arts and early literacy art activities will all be incorporated as we express our LOVE for the arts!

We Rock the Spectrum!
Kid's Indoor Gym
Wednesday, March 14th 10:00 am
5427 Transit Rd, Williamsville

We Rock the Spectrum Kid's Gym was founded to provide a place for children of all ability levels. This unique gym equipment provides a variety of activity levels, and all children benefit and learn to grow and play together. Lots of fun for all!!



LOOK WHAT'S NEW IN THE FAMILY ROOM!

MONDAY. FUNDAY!

Check out what is happening on "Monday Funday" from 1:00 - 2:00 pm at The Family Room Northtown Center! Each week will be a new theme of play and activities at **NO EXTRA COST** to your family. We **REQUIRE PRE-REGISTRATION** for each week and you will be able to go online to register! A minimum of 5 children will be needed with a cap of 18 children max for participation. Check out the "Monday Funday" themes on the calendar and go to [HTTP://AMHERSTYOUTHANDREC.ORG](http://amherstyouthandrec.org) to register for the days you'd like to play online!

Extend-A-Play!

Finally a day with **MORE** time to play! Join us on Fridays for an extended day of play for all! We will be open from 9 am - 1 pm at the Harlem Road location and offer the "BIG ROOM" too! Bring a lunch and stay through til naptime! This is also a perfect time for our friends to come after preschool to play! No registration is needed!! Just come to spend the day as we "Extend-a-Play!"

Infant & Child **CPR** Friday, March 16th

The Family Room in conjunction with Amherst Emergency Services is pleased to offer an informational seminar on Infant/Child CPR and Choking practices.

This one hour presentation will be held on Friday, March 16th at 11:45 am at The Harlem Road Community Center.

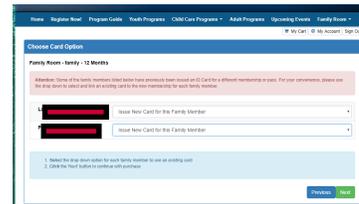
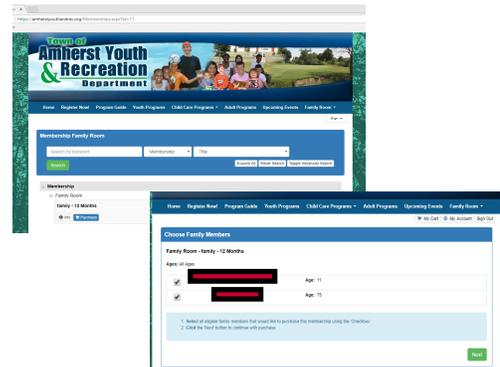
Child care will be provided. **Please Pre-Register** for participation.

REGISTRATION "HOW TO"

To register for class or purchase membership, go to <http://amherstyouthandrec.org>
Click the family room button, classes/events will be under the family room (1) bottom of page, membership click membership family room (2).

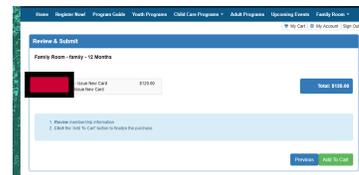


For membership please select both parent and child or children for membership, if additional members needed to be added after registration please notify Kristen or Mary Beth. To register online you will need a current Town ID card and email on file. Current members are in the system and you can renew membership, you will receive an email 30 days before membership expires.

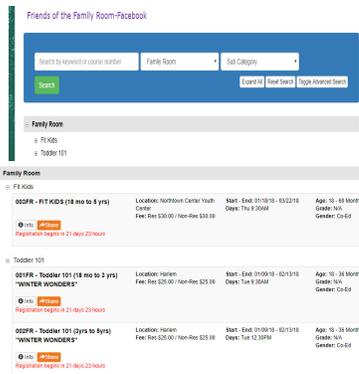


Choose Card Option

Use the issue new card for this family member option, do not change card type—this will effect Town ID Card.



Make sure that all members are listed here before you add to cart. Please note that we do not accept American Express.



Program Registration:

Select program and click on it, if you hit info button program information will be shown. When registration is open register button will be shown. Click and register children for program, must register all children attending.

Questions call 631-7132

Just How do Grown-Ups Make Friends? Lizi Carbrey

I moved to Buffalo six years ago, and I'm just starting to emerge from feeling like the "new kid." The Family Room has been a gateway out of isolation for me, and the invitation to join came from a stranger at a playground. I took her up on her recommendation, visited the Family Room the next day, and signed up immediately. In the year and a half since, this has become one of the first people I name as a friend in Buffalo because of her constant effort to make sure no one (including me) feels left out.

Friendships are great, and from conversations I've had with my peers, especially stay-at-home moms, most of us could use more of them. So why is it so hard for adults to cultivate friendships now that we're no longer thrown together in the confines of classrooms and extra-curriculars? And what can we do about it?

I propose that we all agree to begin the new year choosing to let our guard down and imitate what this parent did for me that spring day on the playground. Instead of leaving our conversation at small talk about our kids' ages and sleeplessness, she invited me into her world by telling me about this great space for parents and young children. I tend to assume that making conversation with strangers is an imposition to them; she doesn't. If all of us adults frequenting the Family Room decide to skip the awkward tension of "Is it weird if I talk to that parent who seems to be alone here? Does this person want another friend? Does this person like me?" and just assume "No" to the first and "Yes" to the next two, think of how much more supported we could all be on the days that our beloved Family Room is closed! Here are three ways that we could all offer the gift of friendship to one another and make everyone feel more a part of the "Family" that belongs to this "Room."

1. I'll be the first to confess that I've forgotten almost all of your names, fellow Family Room goers. I may remember your children's names, but I'll probably mix up who is who among them. My guess is that you've whispered to another mom or grandparent once or twice, "What's her name?" as soon as someone you were just smilingly

chatting with walked away (been there!). So here's to the new year and a new chance to stop fumbling through nameless conversations. Let's embrace the fact that we're all too sleep deprived to keep track of other grown-ups' names, give each other some grace, and wear name tags! My treat.

2. And how about that pesky question of "Does he/she want or need another friend?" As an introvert, this one definitely stops me from reaching out. I'm guessing I'm not alone. If you've ever been on the playground gazing longingly at the parents who are picnicking together, wishing you had an adult buddy by your side who actually knows you, then assume the mom or dad or nanny across the swings from you has too. Go ahead and break the silence. Chances are, they'll be grateful someone cared enough to chat. You might even find yourself with a new friend by 11:30am when the doors close. Wouldn't you love if someone did that for you?

3. Here's where this begins to feel a bit like dating. After beginning a conversation and practicing some sort of mnemonic to remember that person's name (or you might not; don't worry. Neither will I!), you've got to seal the deal. Get the phone number. That's right. Second dates don't happen without a way to contact each other. So go ahead and ask for that other mom's number, and text her yours right then, before someone needs a diaper change and you forget. But don't stop there! The next logical step that most of us probably skip for fear that the answer to question #2 above is "No," is ... *Use that phone number!* This is the most important part of the whole venture of making grown-up friends. Send a text next week when you're headed to the science museum because it's snowing or the Family Room is closed, and invite her to join you. She might not go this time, but I bet she'll smile at the fact that you remembered her and extended the invitation. And she'll probably reciprocate next time she and her kids have an outing planned.

If we all practice these few simple—though possibly intimidating—principles, we can kick off the new year with a higher population in our proverbial villages, fewer lonely, snowy days with cabin fever, and a Family Room that feels more like family than ever.



Lizi Carbrey is a Family Room mom and writer extraordinaire! She has two daughters, Ella and Hope. Look for her (and her nametag) the next time you visit The Family Room

Winter Weather CLOSING Policy

In the event that winter weather is severe enough to close Amherst, Williamsville, or Sweet Home School Districts, we advise our families to stay home. The Family Room is officially closed when the Amherst Youth and Recreation Offices are closed, a travel ban or advisory has been imposed, or when announced on TV Channel 2 and/or WBen 930AM. If you are unsure, give the office a call at 631-7218.

Thanks and stay safe this winter!

TOY CLEANING!

Tis' the season for cold and flu viruses and 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 FEBRUARY DURING BREAK WHEN YOU CAN BRING THE KIDS TOO!**

email

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

THANK YOU!!

COMMUNITY CORNER

Winterfest

Saturday, January 20, 2018

Noon-2:30pm

Harlem Road Community Center
4255 Harlem Rd., Amherst

Featuring

- 12:15 - 2:15pm
Horse Drawn Wagon Rides
- 12:00 - 2:30pm
Outdoor Winter Games
Indoor Gym activities
Face Painting
Hot Chocolate and Donuts
Snow cones
Crafts
Cookie Decorating



FREE!
(Pizza & Water available for purchase)

2:30pm



Movie in the Auditorium



Snow activities
weather dependent

Brought to you by



Family Room 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, complete 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!

MARCH MADNESS CHALLENGE

The SimpleFund Challenge will be back starting Friday, March 2nd! Weekly prizes will be awarded each Friday and an overall winner will be announced Wednesday, March 28th! Gotta be in it to win it so download the app today!



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!**

WISH LIST!

Could you please help us restock our shelves with the following items?

- DISINFECTING WIPES
- ALUMINUM FOIL
- WAX PAPER
- ZIPLOC BAGS (QUART & GALLON)
- SWIFFER WET JET
- CLEANING PADS

- PAPER PLATES (LARGE & SMALL)
- DISINFECTING SPRAY
- LYSOL SPRAY
- HAND SOAP
- BAKING SODA
- CORNSTARCH