

love

ξ

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FEB / MAR 2016



SRMC Santa Rosa Mothers' Club
magazine





SRMC Santa Rosa Mothers' Club

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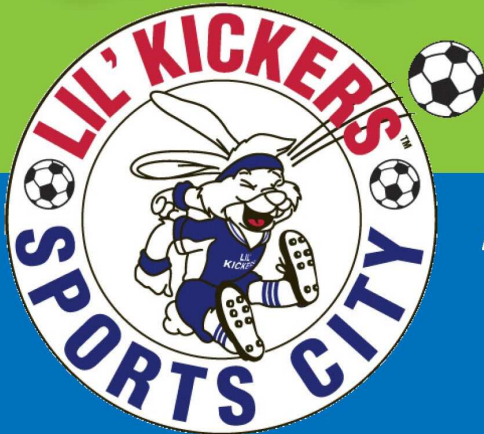
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Last Letter from the Current President

Claim the Spirit of Phenomenon in Your Life

By Suzanne Moore

Pretty women wonder where my
secret lies.

I'm not cute or built to suit a
fashion model's size
But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.

I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman

Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.

I say,
It's in the click of my heels,
The bend of my hair,
the palm of my hand,
The need of my care,
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

My credits to Maya Angelou who
authored this poem back in 1978.
I discovered this poem almost 18
years later. At the time I didn't
believe I was a phenomenal
woman, rather I wished I could be
one. The truth is that over time I
spoke and spoke and spoke it into
existence for myself.

This is my last letter as the Club's
President. I don't want to fill the
space with a long good-bye or a
recap of successes. Rather I want
to put a wish out into the universe
— I want each woman in our
Club to feel like they are a
phenomenal woman. I want each
of you to claim the spirit of
phenomenon in your life.

How did I speak this existence of
phenomenon into my life? Well it
started with listening to my inner
voice and following it.

The best advice I ever received was
from an old manager of mine.
Back in 2007 I was promoted from
being a secretary to a district
service manager in the company I
work for. This was unheard of
and caused a huge political
controversy. The district service
manager role is known as being
the hardest role in the company.
It is a male dominated role that
requires strong technical

knowledge. When this promotion
was announced I received all
kinds of feedback on how I should
change or do this or be more like
this or don't show this side of me.
My manager at the time knew I
was feeling overwhelmed with all
of the feedback and he pulled me
aside to tell me to just be myself.
He reminded me that he hired me
because of who I am and he didn't
want me to stop being that
person. His words truly liberated
me. I knew I could be myself and
even learn to be a better version of
myself. I knew I would never be
good at being a Joe, Bob, Larry,
etc.. This was the moment that I
unleashed the truth in my life.

From there it was amazing that
my interactions with customers;
co-workers; direct reports; family;
friends; etc helped me to continue
to unleash my truth. I just had to
listen, be willing to be helped, pay
attention and allow myself to
grow.

I realized that life unfolds in front
of you and so does your truth.
You create your own reality by
thinking and acting upon those
thoughts. The universe will
always reflect the reality you
create right back to you.

My intentions have always been to
be the best version of me I can be.
To be a force of good and mercy.
In return my life has been
phenomenal. This is what I want
for you. I want you to make your
mark. Remind you that you own
the path to your own truth.
Always be yourself. Listen and
follow your inner voice. This is a
continuing goal for me, to become
more of who I am. I wish that you
find the spirit of phenomenon in
your own life.

All my best.

Suzanne



**This is my last letter as the
Club's President.**

**I don't want to fill the space
with a long good-bye or a recap
of successes.**

**Rather I want to put a wish out
into the universe — I want each
woman in our Club to feel like
they are a phenomenal woman.
I want each of you to claim the
spirit of phenomenon in your
life.**

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THIS ISSUE MADE POSSIBLE BY: perseverance; lots of coffee; taking care of a kiddo with a cold; and mucho reprioritizing in my life.

COMING NEXT: Many exciting issues from our new Editor-in-Chief, Dara Kaza!

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

10 New Things to Make with Bananas

#1 Fritter us, we are delicious fried! A thin tempura batter, a thicker buttermilk batter or a light coat of breadcrumbs will work nicely.

#2 Use a banana instead of an egg! If you are baking for vegans, swap in a ripe banana where a recipe calls for an egg.

#3 Candy them. Small bananas slow-poached in sugar syrup and served with coconut cream are a popular Thai dessert.

#4 Bathe them in booze. Let peeled bananas hang out in rum for a day or two, then strain well, discarding the bananas.

#5 Cook them in a campfire. Split unpeeled bananas lengthwise, fill with chocolate (or candies), wrap in foil, then grill till charred.

#6 Light them on fire. Bananas Foster (caramelized bananas served with ice cream, drenched in rum and set ablaze) is a classic for a reason.

#7 Make jam. Cook bananas with sugar and citrus juice until caramelized, then blend—perfect PB&J!

#8 Bake an Upside-Down Cake. Why should pineapples have all the fun?

#9 Make a hummingbird cake. This southern classic has many versions, but they all include pineapple, bananas and cream cheese.

#10 Peel us from the Bottom. Monkeys do it, and they should know, right? Peeling from the bottom end is easier and won't crush your snack.



Rediscover this versatile fruit

Homemade Household Cleaner

Homemade cleaner! Combine cleaning Vinegar, baking soda, rosemary, and lemon. Use to clean toys (awesome!), get stickers off of things, cleans carpets amazingly!

Q: Is My Baby Crying Too Much?

-Jennifer, Santa Rosa

A: All babies go through a period of normal development marked by extensive crying that is often referred to as colic. This period can begin at two weeks and last up to five months, says the National Center on Shaken Baby Syndrome. When your baby behaves this way, it's important to try to remain calm, says Lappe. "If it's OK to do so, walk away for a few minutes," Lappe says. "Sometimes babies cry just because they need to get energy out."

-Dr. Sara Lappe, pediatrician at the Cleveland Clinic

Remember there is no getting around it. Babies cry. It's how they communicated hunger, pain, fear, a need for sleep, and more.

It can be tricky to interpret your child's cries, especially at first. After all they don't have the words yet to tell us what is wrong.

Ask other moms what their tried-and-true methods are. SRMC's Private, Member-Only Facebook Forum is a great place to start this dialogue.



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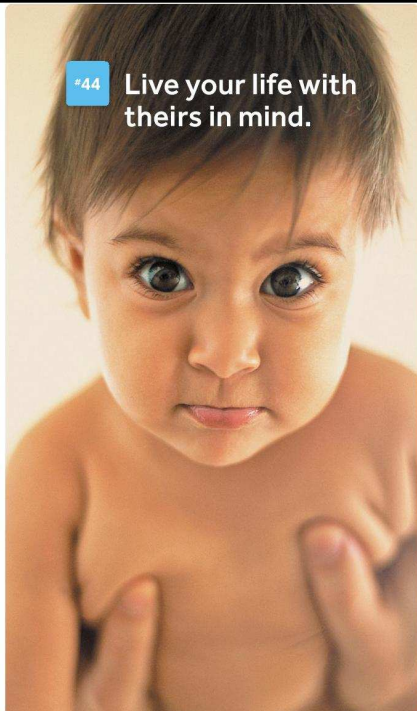
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SPECIAL DATES WITH YOUR LITTLE ONES

Making individual time with each of your kids is a priority. If you have a new baby, have made a big life change or just want to connect a little more, dates with your child make you both feel special. Just one hour alone can create a lifetime of memories.



#1: Let the Child Choose

When you're planning a special outing with one of your kids, before you get too far, ask **your child what he or she wants to do**. When your child gets to help plan how you spend time together, it will be even more exciting. The dates might last a couple of hours, but they will remember it and talk about it for years.

Let them choose what to do. Perhaps it will be visiting a pet adoption center or getting a snack and looking at Legos.

Let them choose where to eat. When you take them on a special outing, let them pick where they eat lunch, what to order and where to sit. Your kids feel so good when they're making the big decisions!

#2: Take It Outside

Don't forget the ease of just **being outside**. Taking a walk, riding bikes or drawing with chalk on the sidewalk are fun ways to spend time together. The fresh air will do them good!

If you're a parent, you've probably heard, "Watch me!" more than a few times in a single day. Some one-on-one time outside is the perfect opportunity to **give them your undivided attention** (and let them burn off some energy!).

If you're *really* out and about—on vacation, perhaps—think about what you can do together that you may not be able to do at home. **Build sandcastles** at the ocean? Try new foods on a dinner date? Visit a new mu-

seum? Take advantage of the new setting.

Hit the trail! Out to a local nature trail look for alligators, snakes, wild horses and adventure. Don't have alligators in your neck of the woods? Track other local wild life (be careful, of course) or learn about trees, leaves & flowers with the Leafsnap app.

Find local community events. Use our SRMC Calendar of Events to see what's happening in our county and make plans to join in on the fun!

#3: Find Hidden Moments

With your family's busy schedule, it can be hard to put consistent one-on-one time **on the calendar**. But kid dates don't always have to be planned. The trick is to **take advantage of impromptu moments**. Sometimes you can work in a mini-date by looking for the hidden free minutes in your daily routines.

Use a bedtime routine. Take advantage of her family's evening routine to make special time with each child. Each child selects books to read, then has a bath and evening massage time. It can be a way to connect at the end of every day together after a family dinner.

Find your family's rhythm. If you have two or more kids it can be a struggle to separate them to go "out" on a date, so work with what you have. For example, if one child is an early bird and one is a **night owl**, then spend precious time with each while the other one is sleeping.

Take advantage of the in-between minutes. If your kids go to school at different times then that 30-minute in-between time became prime time for a daddy-daughter date. Consider going to Starbucks or Dunkin' Donuts—their choice.

#4: Change It Up

You've done the park. You've done the zoo. You've done the shopping, eating out and movies. Now what? It's time to **start thinking out of the box.**

Take a field trip. It doesn't have to be elaborate. Take your child to the Santa Rosa airport to watch the planes take off and the luggage go around the baggage carousels.

Join a class. If you want to get away from the house for a bit, check to see if local stores have inexpensive or free child-friendly classes. Home Depot and Lowes have a few (check out our SRMC Calendar of Events for details). Kids love them because they get to take their projects home and they can earn pins and badges for their aprons.

Let your child take you out! Consider giving each of your kids restaurant gift cards to be used to take Mom or Dad out to eat. This can make them feel so grown up to make the plans, invite you and pay for the meals all by themselves!

#5: Build a Tradition

Children thrive on consistency. Traditions are something to look forward to, whether it's monthly or yearly. If it works for your schedule, **set up regular one-on-one time with each child.**

Make it a monthly thing. No matter what you do the best part is that all of the focus is on your child, and he or she ends up talking and talking, reveling in the attention (and finally not being interrupted by siblings!).

Make it an annual thing. Start a tradition for each kid. For example, go to a museum once a year with one and go to movies based on books (you both read the book first) with the other. Have other one-on-one time throughout the year, but these yearly traditions are important.

5

Ideas for Dates With Your Kids

*Are your kids shouting
over their siblings,
clamoring for
your undivided attention?*

*Do they crave
a little one-on-one
fun time with you?*

*Time to schedule
a daddy date
or
mommy date
with your child!*

GOOD THINGS

Upgrades, Solutions, Inspirations

HOME

MANTLE SPRINGTIME

The weather is getting warmer and spring is around the corner. This gold/neutral/green color scheme warms up the mantle and adds the right level of interest to the room. Find pieces you love around your house and place them together to find that subtle pop of color or neutral background you desire.





Roll the fondant first fairly thick, put it into the folder and either use a rolling pin or a smoother press or roll hard for a good impression with a stamp of your choice. Make sure to spray the Cuttlebug folder with nonstick spray and wipe excess off as the fondant can stick.

Use edible markers and leave sweet messages.



To keep the floor of the cabinet under your kitchen sink tidy, line it with sticky vinyl tiles from a home improvement store. Leaks and spills can be wiped clean in seconds.



Make your place more chill by getting a welcome mat that makes you smile and keeps the dirt out.

Lucky Charms Treats



Yields: 16 serving

Ingredients

- 3 tablespoons butter
- 2.5 cups of small marshmallows
- 5 cups of Lucky Charms Cereal

Recipe

Grease 9x9x2 inch pan.

Melt butter and marshmallows until smooth in saucepan over medium heat.

Stir in Lucky Charms until well coated. Press into pan with buttered hands.

Cut into squares when cool.

Yields: 1 serving

Ingredients

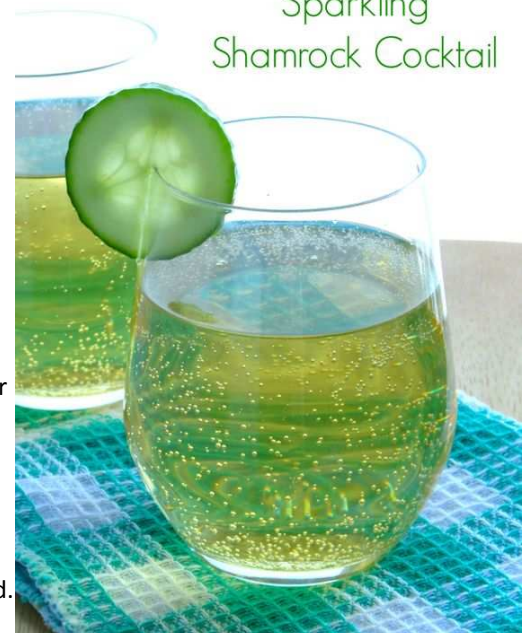
- 2 oz Lemon-lime soda
- 1 dash Elderflower syrup
- 1 dash Lime juice
- 1 oz Apple juice
- 1.5 oz Vodka
- Optional: Slices of Lime or Cucumber

Recipe

Place all the ingredients into a glass and stir.

Add a slice of lime or cucumber if desired.

Sparkling Shamrock Cocktail



Sex & Money

Advice from a 90-year-old Single Mom



Last week, my kids and I visited my mom at her Milwaukee condo, the complex of which is occupied mostly by senior citizens. While lounging by the pool where my kids caused a ruckus, mildly amused and mostly annoyed by the very loud woman who went on and on and ON about how she could not believe the restaurant charged her \$2.75 to swap the picadillo peppers for onions, I was delighted when a very elegant, spry older woman sat down next to me, put on her wire-rimmed bifocals and dug into her Danielle Steel paperback.

"I'd like to jump in there, too, but I'm going to be 90 this month and probably shouldn't get into a swimsuit," was her opening line. That, of course, was cue for me to tell her a) she looks fabulous for her age (true), b) who cares what you look like (truer still), c) engage with her. I'm so glad I did. There were some gems of advice from my new, brilliant friend, and I must share them with you.

First, a quick bio: This beautiful woman grew up in a small, rural midwestern town and became a PhD psychologist. She married her college sweet heart very young, and

at age 26 after recently giving birth to her only child, a son, her husband unceremoniously "sued me for divorce."

"He was a heavy smoker, and two years later he was dead," she said with a shrug. "My parents said, 'Honey, what do you want to do?' I said, 'I want to play the field,' so they suggested I see the family doctor." She had her tubes tied. "I never regretted it for a second," she told me.

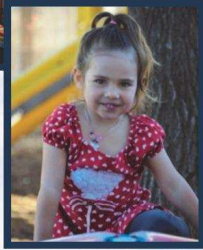
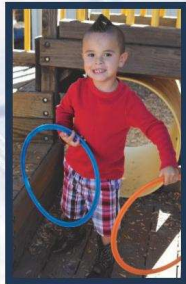
For the past 37 years she has been married to "the love of my life" — a building contractor who just

continued on page 27

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CAUGHT in THE Act!



When you are a parent, those intimate moments are so few and so infrequent. It is a wonder that you'd be caught anyway.

The exhaustion of parenthood is enough to make you want to forgo the whole event for a few extra hours (OK more like minutes) of sleep. Also, let's not forget that for some of us, this interaction led to the said parenthood. Yes, being a parent is rewarding, but some of us are ok with the number of children we have at the moment. Finally as a parent, the fear of getting caught by your kids outweighs the pleasure. If you ever caught your own parents in the act, you know what I am talking about (Clorox doesn't manufacture that kind of brain bleach that is needed).

As parents you know that children are like ninjas, who are forever trying to cleverly sneak, creep and forge their way into things like stealing cookies without a grown up knowing. Not to mention, the questions that will inevitably follow if you did (heaven forbid) get caught. There would be a constant, never ending interrogation that would most definitely ensue, "What are you doing? What is that? Why? What for?"

With all the things adults have to do, we

know at times we are helpless against these question asking ninjas, and save our A-Game skills for such things as Santa, The Tooth Fairy and helping with homework.

So sometimes sex gets put on the back burner. Sometimes though, sex does happen.

Perhaps your husband has on nice sweats tonight. Maybe you had a little wine with your pizza. Then you both experience parental amnesia and no longer are you a yoga-pants-wearing, laundry-folding, mom with pizza breath rather you are that 23 year-old girl you met 10 years ago. Before you know it, you forgo your usual routine of Oreos and passing out at 9:30pm for a little make out session.

This momentary lapse in judgment on the couch after the kids are asleep leads to some more making out. There is a connection you haven't felt in a while with your partner. The worries, the concerns, the fatigue-they all melt away. While sharing this wonderfully close moment together you are exhilarated. It might be just some kissing. It might be a little more. Regardless, it is fantastic!

In a flash, you suddenly hear something.

"What is that?"

"I think it was one of them."

You and your husband move fast! It's like a war zone! Things are flying, bodies are darting, trying to find cover. Except like war, when you never would leave a comrade behind, this is different.

When it comes to getting caught by your kids, the most intimate and sacred moment two people can share has turned into an "every man for himself" situation.

You leave your partner in the open and without cover.

Let the interrogation begin.



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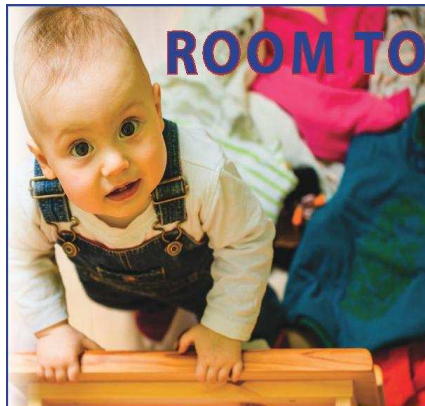


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Ages: Ages 2 and up

10:00am to 3:00pm

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Ages: All ages

10:00am to 1:00pm

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Location: Rohnert Park

Ages: For kids up to 18 years old

10:00am to 12:00pm

Museum Mondays for Little Ones: Lunar New Year

Join us every Monday for story time, movement games, and arts and crafts.

Location: Santa Rosa

Ages: 1-5 years, big siblings too.

TUESDAY, FEBRUARY 02

10:00am to 5:00pm

FREE Admission to Exploratorium

Come visit us on February 2 (Groundhog Day) when we open our doors to the public for free.

Location: San Francisco

Ages: All ages

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, FEBRUARY 03

9:00am to 5:00pm

Free First Wednesday at the Bay Area Discovery Museum

Every first Wednesday of the month is FREE Museum admission all day, 9 a.m. - 5 p.m. to anyone from anywhere!

Location: Sausalito

Ages: All ages

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, FEBRUARY 04

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

4:00pm

Stories and a Craft

Join us for this special storytime for ages 5 and up. The librarian will read books and present a craft.

Location: Windsor

Ages: 5 years and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

7:30pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

FRIDAY, FEBRUARY 05

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

4:00pm

Mindful Minis

Mindful Minis Kids Yoga & Meditation Workshop. Join us for a playful yoga practice & exploration of mindfulness through fun activities! Children will learn tools for home & school to increase awareness, self-esteem, balance and how to calm those busy minds!

Location: Healdsburg

Ages: 6-12 years

7:00pm

FREE First Friday Night Sky: "ASTRONOMICAL ODDITIES" Show at the SRJC Planetarium

Typically we may recognize planets, stars, galaxies, and other such common deep space objects. However, thinking of the old saying "reality can be stranger than fiction" leads us into the vastness of space as we discover the not-so-usual, astronomical oddities, found in our universe.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

7:30pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

SATURDAY, FEBRUARY 06

9:00am to 11:00am

Learn How to Pier Fish

Join rangers, and a few of our experienced local anglers, to learn the secrets and tricks of the trade when fishing from a pier. A limited amount of poles will be available on a first come, first-served basis.

Location: Tiburon

Ages: All ages

9:00am to 12:00pm

Kidsworx Workshop: Puppets

Monthly workshop for kids at Friedman's.

Location: Santa Rosa

Ages: Recommended for children 3+

Ages: All ages

9:00am to 12:00pm

Home Depot Kids Workshop: Valentine's Mailbox

Monthly Home Depot event for kids.

Location: Rohnert Park

Ages: Ages 5-12

10:00am to 12:00pm

Michael's Kids Club: Valentine's Arrow Card

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

10:30am

Abacadabra Magic Show

A 25-min interactive magic & comedy show that takes place every Saturday morning.

Location: Santa Rosa

Ages: Ages 3 and up (ages 2 and under are FREE)

10:30am

Celebrate Lunar New Year!

Celebrate Lunar New Year with a performance by The Sonoma Vietnamese Association (SOVA) Lion Dance Team!

Location: Santa Rosa

11:00am to 11:30am

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

1:00pm to 3:00pm

Michael's Fun Family Craft Time: Chalkboard Frame

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: All ages

1:00pm

Celebrate Chinese New Year!

2016 is the Year of the Monkey! Go bananas with staff and the Redwood Empire Chinese Association in celebrating Chinese New Year together! There will be three traditional Chinese dance groups, Chinese calligraphy, crafts, fortune cookies, Tai Chi & Martial Arts demonstrations.

Location: Santa Rosa

Ages: All ages

2:00pm

Celebrate Lunar New Year!

Celebrate Lunar New Year with a performance by The Sonoma Vietnamese Association (SOVA) Lion Dance Team!

Location: Healdsburg

Ages: All ages

2:00pm

SF Opera's Sing-A-Story: Cinderella

Join us for this exciting interactive presentation of the opera Cinderella, by Gioachino Rossini. A professional opera singer engages children in the musical telling of a classic opera story, magically unveiling props and costumes, and encouraging the entire group to act out the opera and sing excerpts.

Location: Petaluma

Ages: 4 years and up

7:30pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

SUNDAY, FEBRUARY 07

10:00am to 5:00pm

FREE Admission to California Academy of Sciences

One Sunday per quarter, admission is free to the general public. Early arrival is recommended due to the likelihood of high demand.

Location: San Francisco

Ages: All ages

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group les-

son in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

5:00pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

MONDAY, FEBRUARY 08

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

10:00am to 12:00pm

Museum Mondays for Little Ones: Valentine's Day

Join us every Monday for story time, movement games, and arts and crafts.

Location: Santa Rosa

Ages: 1-5 years, big siblings too.

SRMC Calendar of Events: February & March 2016, continued....

TUESDAY, FEBRUARY 09

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

10:00am

Drop-In Valentine's Day Crafts

Celebrate Valentine's Day with us! Stop by our craft table in the children's room to make paper valentines for your family and friends. All materials will be provided.

Location: Petaluma

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, FEBRUARY 10

10:00am

Drop-In Valentine's Day Crafts

Celebrate Valentine's Day with us! Stop by our craft table in the children's room to make paper valentines for your family and friends. All materials will be provided.

Location: Petaluma

Ages: All ages

3:00pm

Create your own Valentine's Card with local artist Catherine Holt

Create your own Valentine's Day Card with artwork and decorations by artist Catherine Holt.

Location: Santa Rosa

Ages: All ages

3:15pm

Castles & Crowns Chess Club

Learn the art of chess from instructor Eric Valor. Open to players ages 7-18 years.

Location: Santa Rosa

Ages: 7-18 years

6:00pm

Family Movie Night

Follow a suave cat wearing boots as he tries to clear his name. Full of notable fairy-tale characters and one dashing cat.

Location: Rohnert Park

Ages: All ages

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, FEBRUARY 11

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am

Drop-In Valentine's Day Crafts

Celebrate Valentine's Day with us! Stop by our craft table in the children's room to make paper valentines for your family and friends. All materials will be provided.

Location: Petaluma

Ages: All ages

10:00am

Balloonacy at the Cinnabar Theater

Our littlest audience members will be delighted by this award-winning story of a lonely man set in his ways, and his friendship with a balloon that opens his heart. It's an uplifting story about a magical balloon that blows through a window and insists on becoming friends.

Location: Petaluma

Ages: Enjoyed by ages 3 and up

4:00pm

Valentine's Day Crafts

Celebrate Valentine's Day with us! We will make Valentine's Day cards and another special Valentine's Day craft. All supplies provided.

Location: Windsor

Ages: 4 years and up

4:00pm

After School Movie

Sit back, relax and enjoy a movie and some snacks! Movie to be announced.

Location: Santa Rosa

Ages: 12-18 years

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up'

7:30pm

Into the Woods: \$5 Friends and Family Night

Only \$5 admission tonight! Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

FRIDAY, FEBRUARY 12

10:00am

Drop-In Valentine's Day Crafts

Celebrate Valentine's Day with us! Stop by our craft table in the children's room to make paper valentines for your family and friends. All materials will be provided.

Location: Petaluma

Ages: All ages

10:00am

Balloonacy at the Cinnabar Theater

Our littlest audience members will be delighted by this award-winning story of a lonely man set in his ways, and his friendship with a balloon that opens his heart. It's an uplifting story about a magical balloon that blows through a window and insists on becoming friends.

Location: Petaluma

Ages: Enjoyed by ages 3 and up

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All ages

5:00pm to 9:00pm

Kids Night at the Schulz Museum

Have a Parent's night out and drop your kids off at the Schulz Museum for after-hours fun. Kids will have the Museum all to themselves for pizza dinner, games, art, cartooning, and crafts.

Location: Santa Rosa

Ages: 10 years and younger

7:00pm

"ASTRONOMICAL ODDITIES" Show at the SRJC Planetarium

Typically we may recognize planets, stars, galaxies, and other such common deep space objects.

.However, thinking of the old saying "reality can be stranger than fiction" leads us into the vastness of space as we discover the not-so-usual, astronomical oddities, found in our universe.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

7:30pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

SATURDAY, FEBRUARY 13

10:00am

Balloonacy at the Cinnabar Theater

Our littlest audience members will be delighted by this award-winning story of a lonely man set in his ways, and his friendship with a balloon that opens his heart. It's an uplifting story about a magical balloon that blows through a window and insists on becoming friends.

Location: Petaluma

Ages: Enjoyed by ages 3 and up

10:00am to 12:00pm

Michael's Kids Club: Valentine's Mobile

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

10:30am

Abacadabra Magic Show

A 25-min interactive magic & comedy show that takes place every Saturday morning.

Location: Santa Rosa

Ages: Ages 3 and up (ages 2 and under are FREE)

11:00am to 3:00pm

Come Celebrate the Year of the Monkey at the SF Zoo

To commemorate the Year of the Monkey, the San Francisco Zoo is thrilled to host Lunar New Year entertainment for children of all ages.

Location: San Francisco

Ages: All ages

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

12:00pm to 4:00pm

LUNAR NEW YEAR 2016 in Berkeley

Berkeley's annual Chinese New Year celebration. Featuring lion dancing, martial arts street performances, candy giveaways, parade, free crafts for kids.

Location: Berkeley

Ages: All ages

7:30pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

SUNDAY, FEBRUARY 14

10:00am to 5:00pm

FREE Admission for Little Red-Haired Girls at the Schulz Museum

If you are a little (or not so little!) red-haired girl or boy then you will receive FREE admission in celebration of Valentine's Day and Charlie Brown's affection for a certain Little Red-Haired Girl.

Location: Santa Rosa

Ages: All ages

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

2:00pm

Into the Woods

Classic fairy tale stories and characters merge in Stephen Sondheim's 1987 award-winning musical "Into the Woods," a modern version of what happens after "they all lived happily ever after."

Location: Rohnert Park

Ages: Recommended for ages 9 and up.

MONDAY, FEBRUARY 15

9:00am to 4:00pm

Chinese New Year Festival

Witness spectacular lion dancers, observe professional calligraphers, sample delicious Chinese food and more.

Location: Sausalito

Ages: All ages

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 12:00pm

Museum Mondays for Little Ones

Join us every Monday for story time, movement games, and arts and crafts.

Location: Santa Rosa

Ages: 1-5 years, big siblings too.

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

SRMC Calendar of Events: February & March 2016, continued....

TUESDAY, FEBRUARY 16

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, FEBRUARY 17

9:00am to 11:00am

Family Friendly Waterfall Hike

Meet a ranger for a family friendly walk in this beautiful canyon to view a waterfall nestled amidst the trees. A discussion of creek ecology, watersheds, and water conservation will be included on the way.

Location: Novato

Ages: All ages

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, FEBRUARY 18

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

5:30pm to 7:00pm

Childrens Museum of Sonoma County presents: Coral Reefs

Children 10 and older and their families are invited to the Children's Museum every THIRD Thursday evening of the month. Scientists working in many exciting fields will be on hand to talk about their work and answer questions. Every month brings a new topic. Join us for fun evenings of learning about topics like plants, sea snails, coral reefs and more!

Location: Santa Rosa

Ages: Ages 10 and older

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

FRIDAY, FEBRUARY 19

10:00am to 5:00pm

Petaluma Friends Winter Children's Book Sale

Childrens books for sale at the library!

Location: Petaluma

Ages: All ages

11:00am to 5:00pm

5th Annual Youth Arts Exhibition: Art Shapes the World

The Petaluma Art Center opens its annual Youth Arts Exhibition. The exhibition runs through March 5. Reception on Fri. Feb. 19th, 4-7pm. Come down and view local youth art.

Location: Petaluma

Ages: All ages

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

4:00pm

Tweens Create: Self Portrait Collage

Bring a friend to our special Tween Craft project. We will supply magazines and materials for you to make a self portrait collage.

Location: Windsor

Ages: 8 years and up

7:00pm

"ASTRONOMICAL ODDITIES" Show at the SRJC Planetarium

Typically we may recognize planets, stars, galaxies, and other such common deep space objects. However, thinking of the old saying "reality can be stranger than fiction" leads us into the vastness of space as we discover the not-so-usual, astronomical oddities, found in our universe.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

SATURDAY, FEBRUARY 20

10:00am to 4:30pm

Chinatown Community Street Fair

Experience Chinese cultural arts such as lantern and kite making, calligraphy, fine arts demonstrations, folk dance, and puppet shows. Traditional and modern entertainment performed on the main stage throughout both days. Enjoy colorful folk dance from throughout Asia, acrobats, lion dancing, and magic demonstrations.

Location: San Francisco

Ages: All ages

10:00am to 3:00pm

Petaluma Friends Winter Children's Book Sale

Childrens books for sale at the library!

Location: Petaluma

Ages: All ages

10:00am to 12:00pm

Michael's Kids Club: Personalization Frame

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

10:30am

Abacadabra Magic Show

A 25-min interactive magic & comedy show that takes place every Saturday morning.

Location: Santa Rosa

Ages: Ages 3 and up (ages 2 and under are FREE)

10:30am

Puppet Art: The Tale of the Dragon's Tail

Be sure not to miss this exciting show from Puppet Art Theater Company as they present Tale of a Dragon's Tail

Location: Healdsburg

Ages: All ages

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

11:00am to 2:00pm

Spring Festival: Year of the Monkey

Looking for a fun way to usher in the Year of the Monkey? Come participate in CCC's Spring Festival, an extravaganza of free performances – dance, martial arts, and family friendly activities.

Location: San Francisco

Ages: All ages

1:00pm to 4:00pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00pm

Family Nature Walks at the Environmental Discovery Center

Get the kids outside and let them explore Spring Lake Regional Park with a naturalist from the park's Environmental Discovery Center. Get the kids outside and let them explore Spring Lake Regional Park with a naturalist from the park's Environmental Discovery Center. On the third Saturdays from November through May and September, naturalists lead free family hikes into the park and share their knowledge of the area's plants and wildlife. One-hour hikes start at 1 and 3 p.m. at the Discovery Center. Families can return to the Center after each hike for nature-themed crafts and to explore the touchable tide pool and other exhibits.

Location: Santa Rosa

Ages: All ages

5:00pm to 8:30pm

Annual Chinese New Year Celebration

Annual Chinese New Year Celebration and Fundraiser at the Santa Rosa Veterans Memorial Building.

Location: Santa Rosa

Ages: All ages

6:00pm to 8:00pm

Southwest Airlines Chinese New Year Parade

A lunar new year parade with gorgeous

floats, elaborate costumes, ferocious lions, exploding firecrackers, and of course the newly crowned Miss Chinatown U.S.A. and her court. A crowd favorite is the spectacular 268' Golden Dragon ("Gum Lung") It takes a team of over 100 men and women from the martial arts group, White Crane to carry this dragon throughout the streets of San Francisco.

Location: San Francisco

Ages: All ages

SUNDAY, FEBRUARY 21

9:00am to 5:00pm

Chinatown Community Street Fair

Experience Chinese cultural arts such as lantern and kite making, calligraphy, fine arts demonstrations, folk dance, and puppet shows. Traditional and modern entertainment performed on the main stage throughout both days. Enjoy colorful folk dance from throughout Asia, acrobats, lion dancing, and magic demonstrations.

Location: San Francisco

Ages: All ages

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

MONDAY, FEBRUARY 22

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

TUESDAY, FEBRUARY 23

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, FEBRUARY 24

10:00am to 12:00pm

Home School Day at the Schulz Museum

Explore art and animation from creating hand-drawn comic and flip books to filming your own stop-motion movies. Work with real cartoonists and animators. Also, ice skate at Snoopy's Home Ice after your Museum visit.

Location: Santa Rosa

Ages: Grades 1-6

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, FEBRUARY 25

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

SRMC Calendar of Events: February & March 2016, continued....

FRIDAY, FEBRUARY 26

10:30am

Fitness Fun with MyGym

Fitness Fun with MyGym! Join us for fitness and movement activities for the little ones with mobile MyGym.

Location: Healdsburg

Ages: 0-3 years

10:30am

Stay-and-Play Storytime

Join us for stories and songs, and then stay for some free play and visiting! Toys and activities provided.

Location: Petaluma

Ages: 18 mos-5 years

10:30am

Benedettville Storytime at Copperfield's

Jen and Gio will regale you and your kids with stories and songs. They'll be rocking the kids' section somewhere between The Rainbow Fairies and Harold and the Purple Crayon.

Location: Petaluma

Ages: All ages

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

4:00pm

Build It Club: Mystery Build

Do you like to build? Materials and a theme will be provided for this special mystery building project.

Location: Windsor

Ages: 5 years and up

7:00pm to 9:30pm

Windsor's Got Talent Show

Windsor's Annual Got Talent Show featuring local families and their 3-5 minute acts.

Location: Windsor

Ages: All ages

7:00pm to 10:00pm

Motherhood is THE GREATEST SHOW ON EARTH

In celebration of SRMC turning 25, we are hosting a special evening for our members and those interested in joining our Club.

Location: Santa Rosa

Ages: Adults and babes in arms

7:00pm

"THE PATH TO CYGNUS X-1" Show at the SRJC Planetarium

Some 6,100 light years from Earth lies a once strange object discovered in 1964 in a constellation called Cygnus. Being located in Cygnus and emitting X-Ray radiation the object was named Cygnus X-1. Today we realize Cygnus X-1 to be a stellar black hole. But what are they? We'll find out as we trace the path to Cygnus X-1 and others from stellar formations to stellar black holes.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

SATURDAY, FEBRUARY 27

10:00am to 12:00pm

Michael's Kids Club: Personalized Bracelet

Drop-in arts & crafts for kids at Michael's

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

10:00am to 2:00pm

Family Farm Day at Slide Ranch: Spring Birds

Family Farm Days are exciting four-hour programs featuring a wide variety of activities related to the day's theme.

Location: Mill Valley

Ages: All ages

10:30am

Abracadabra Magic Show

A 25-min interactive magic & comedy show that takes place every Saturday morning.

Location: Santa Rosa

Ages: Ages 3 and up (ages 2 and under are FREE)

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

2:00pm

Village Rhythms with Onye Onyemaechi

Join us for an exciting program musical program with master drummer Onye Onyemaechi! Onye will use rhythm, music and instruments to journey with children and families exploring the beauty and soul of the drum in African village life.

Location: Windsor

Ages: 3 years and up

SUNDAY, FEBRUARY 28

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

MONDAY, FEBRUARY 29

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

TUESDAY, MARCH 01

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, MARCH 02

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, MARCH 03

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

FRIDAY, MARCH 04

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

7:00pm

FREE First Friday Night Sky: "THE PATH TO CYGNUS X-1" Show at the SRJC Planetarium

Some 6,100 light years from Earth lies a once strange object discovered in 1964 in a constellation called Cygnus. Being located in Cygnus and emitting X-Ray radiation the object was named Cygnus X-1. Today we realize Cygnus X-1 to be a stellar black hole. But what are they? We'll find out as we trace the path to Cygnus X-1 and others from stellar formations to stellar black holes.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

SATURDAY, MARCH 05

9:00am to 12:00pm

Toddler Days at Slide Ranch

Enjoy milking a goat, holding a warm egg from the chickens, and hearing the baa of the sheep. There are many tastes, colors, and smells living in our organic garden, and we use all of our senses to explore the farm.

Location: Muir Beach

Ages: Families with toddlers

10:00am to 12:00pm

Michael's Kids Club: Kids Club® Potted Cactus

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

10:00am

Jack and the Beanstalk

Children and families will be delighted by this contemporary, fractured adaptation of the timeless tale following Jack on his adventure featuring Broadway-style songs, dancing, comedy, magic and surprises.

Location: San Rafael

Ages: 3 years and up

9:30am to 11:30am

11:00am to 2:00pm

Petaluma Parent Nursery School's annual Kid's Cowpoke Carnival

Come join in the fun at Petaluma Parent Nursery School's annual Kid's Cowpoke Carnival! Play games, pan for "gold" and spend it at the general store, enjoy crafts, a cakewalk, food, raffle, silent auction and much more!

Location: Petaluma

Ages: 2-8 years

SUNDAY, MARCH 06

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

MONDAY, MARCH 07

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

TUESDAY, MARCH 08

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

SRMC Calendar of Events: February & March 2016, continued....

WEDNESDAY, MARCH 09

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, MARCH 10

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

FRIDAY, MARCH 11

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

7:00pm

"THE PATH TO CYGNUS X-1" Show at the SRJC Planetarium

Some 6,100 light years from Earth lies a once strange object discovered in 1964 in a constellation called Cygnus. Being located in Cygnus and emitting X-Ray radiation the object was named Cygnus X-1. Today we realize Cygnus X-1 to be a stellar black hole. But what are they? We'll find out as we trace the path to Cygnus X-1 and others from stellar formations to stellar black holes.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

SATURDAY, MARCH 12

10:00am to 12:00pm

Michael's Kids Club: Bunny Frame

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

SUNDAY, MARCH 13

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

3:00pm

GERSHWIN'S MAGIC KEY

Create musical memories for your children and grandchildren by treating them to the Santa Rosa Symphony's popular Sunday afternoon family concert series. In collaboration with Sonoma Paradiso Foundation, our orchestra and zany, colorful guest artists present three performances that pique imaginations, and delight one and all.

Location: Rohnert Park

Ages: All ages

MONDAY, MARCH 14

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

TUESDAY, MARCH 15

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, MARCH 16

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, MARCH 17

5:30pm to 7:00pm

Childrens Museum of Sonoma County presents: Chemical vs. Green

Children 10 and older and their families are invited to the Children's Museum every THIRD Thursday evening of the month. Scientists working in many exciting fields will be on hand to talk about their work and answer questions.

Every month brings a new topic. Join us for fun evenings of learning about topics like plants, sea snails, coral reefs and more!

Location: Santa Rosa

Ages: Ages 10 and older

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

FRIDAY, MARCH 18

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

7:00pm

"THE PATH TO CYGNUS X-1" Show at the SRJC Planetarium

Some 6,100 light years from Earth lies a once strange object discovered in 1964 in a constellation called Cygnus. Being located in Cygnus and emitting X-Ray radiation the object was named Cygnus X-1. Today we realize Cygnus X-1 to be a stellar black hole. But what are they? We'll find out as we trace the path to Cygnus X-1 and others from stellar formations to stellar black holes.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

SATURDAY, MARCH 19

10:00am to 12:00pm

Michael's Kids Club: Craftable Eggs

Drop-in arts & crafts for kids at Michael's.

Location: Petaluma, Santa Rosa, and Napa

Ages: Ages 3 and up

10:00am to 2:00pm

Family Farm Day at Slide Ranch: Sheep to Shawl

Family Farm Days are exciting four-hour programs featuring a wide variety of activities related to the day's theme.

Location: Mill Valley

Ages: All ages

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

SUNDAY, MARCH 20

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

MONDAY, MARCH 21

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

TUESDAY, MARCH 22

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, MARCH 23

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, MARCH 24

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up

SRMC Calendar of Events: February & March 2016, continued....

FRIDAY, MARCH 25

2:00pm to 4:00pm

Every Friday at Bodega Bay Marine Lab

A marine aquarium that contains many colorful local fishes and invertebrates.

Location: Bodega Bay

Ages: All Ages

7:00pm

"THE PATH TO CYGNUS X-1" Show at the SRJC Planetarium

Some 6,100 light years from Earth lies a once strange object discovered in 1964 in a constellation called Cygnus. Being located in Cygnus and emitting X-Ray radiation the object was named Cygnus X-1. Today we realize Cygnus X-1 to be a stellar black hole. But what are they? We'll find out as we trace the path to Cygnus X-1 and others from stellar formations to stellar black holes.

Location: Santa Rosa

Ages: Show content is designed for a more mature audience; not recommended for very young children.

SATURDAY, MARCH 26

11:00am to 12:00pm

Every Saturday Read to a Dog at the Library

Children get to read a storybook to a dog. What could be cuter than a smile on your kids face while they read to a dog wagging his tail in happiness.

Location: Santa Rosa

Ages: All ages

11:00am to 11:30am

Every Saturday Story Time at Barnes Noble

Kids enjoy a great story surrounded by books.

Location: Santa Rosa

Ages: All ages

1:00pm to 4:00 pm

Science Saturday

Families are welcome to stop by and join a Discovery Center naturalist for fun, hands-on activities with a different theme each month.

Location: Santa Rosa

Ages: All ages

SUNDAY, MARCH 27

10:30am to 12:00pm

Every Sunday Snoopy's Home Ice Skating Parent and Puppy Practice

Parents and their kiddos enjoy a group lesson in ice skating. You'll get a chance to see Snoopy too.

Location: Santa Rosa

Ages: 12 year and under (with parent)

MONDAY, MARCH 28

9:30am to 11:30am

Open Skate Every Monday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

10:00am to 12:00pm

Museum Mondays Schulz Museum

Explore a different theme every week with stories, movement games, crafts and a movie.

Location: Santa Rosa

Ages: Ages 1 to 5

10:00am to 3:00pm

Every Monday Mrs. Grossman's Sticker Factory

Close up look at how stickers are made and the kids get free stickers. Tour ends with a one-of-a kind sticker project.

Location: Petaluma

Ages: All ages

10:00am to 1:00pm

Momnificent Mondays at Fundemonium

Have a Momnificent Monday at Fundemonium! Monday mornings Moms (Dads and Grandparents too) are invited to bring the kids to Fundemonium for free play and special treats from 10:00 am to 1:00 pm.

Location: Rohnert Park

Ages: For kids up to 18 years old

TUESDAY, MARCH 29

10:00am to 4:00pm

Every Tuesday Pacific Coast Air Museum

Kids love PCAM. The cockpit of a featured aircraft will be open for visitors to view and inspect.

Location: Santa Rosa

Ages: All ages

7:30pm to 8:25pm

Every Tues Family Lap at the YMCA

Circle swimming for the entire family.

Location: Santa Rosa

Ages: 13 years and older

WEDNESDAY, MARCH 30

7:30pm to 8:30pm

Every Wednesday Family Swim at the YMCA

Enjoy family swim time at the YMCA.

Location: Santa Rosa

Ages: All ages

THURSDAY, MARCH 31

9:30am to 11:30am

Open Skate Every Thursday Cal Skate

Rent your skates or bring your own for family fun at this open skate.

Location: Rohnert Park

Ages: Ages 2 and up

7:00pm to 9:00pm

Every Thursday Family Night at Double Decker

Enjoy a family night of bowling at Double Decker Lanes.

Location: Rohnert Park

Ages: 3 and up



SRMC Santa Rosa Mothers' Club

Come and 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.

*SRMC volunteers are celebrated at a special event annually, volunteers have dinner, receive gifts and win raffle prizes.

his 100th birthday. Here are some genius single-mom nuggets from this hot momma:

Always have your own money. When her love rang in his centennial birthday, his grubby daughter sent real estate brokers over to the condo to assess its value, intending to sell it. Joke was on her! "When we married, I had money saved from my practice and bought the place I wanted in cash. The house was in my maiden name. Always make sure you take care of yourself."

Marry for love. "Mr. Goldstein is the love of my life," she says. Before him, she dated a prominent lawyer for 12 years until he passed away. "But no one loved me like Mr. Goldstein."

Marry your financial and professional peer. "But Mr. Goldstein was doing very well for himself. Honey, you need someone who respects your career, and you respect his. Don't settle! And make sure you have your own money, in your own name."

Enjoy your body. "Honey, you're still young. You look great. Play the field."

But be careful. "That's great you're dating. But honey, be sure to protect yourself. Don't get pregnant." [Editor's note: Don't get a STD, either! Condoms, people, condoms!]

P.S. Enjoy your body. "When I went for my annual exam, the doctor said, 'You look like a young girl on the inside! You could still be having active sex!' When I asked her if she and her husband still had sex she said: "Oh no. Not any more." Did she miss it? "Sometimes. Honey, play the field."

Don't stop playing the field. "The other day I was in Pick 'N' Save and I ran into a doctor I knew 40 years ago. He told his daughter, 'I knew her years ago, and when her husband dies I'm going to marry her!'"

Daylight Saving Time for Moms: Expert Advice vs. Parenting Reality



One week before the time change, gradually move up your child's bedtime in 15-minute increments.

Spend that extra 15 minutes yelling at your child to GET BACK IN BED.

The night before the time change, put your kids to bed at the usual time.

Keep them up until 11 p.m. by blasting that Taylor Swift album, hope they'll be too exhausted to wake up early.

If your kids wake up earlier than usual, give them games or a puzzle.

Crawl out of bed and faceplant into some coffee while your kids try to flush the puzzle.

Put them down for a nap early.

Drink even more coffee while they jump on the bed, taking full advantage of your grogginess.

Don't let them nap for too long!

Whatever, let them sleep as long as possible while you pass out in a nest of laundry.

Keep your kids up until their regular bedtime (by the new clock) on Sunday.

Instantly lose track of this ridiculous clock-math, put them down whenever it starts to get dark.

Stick with your new routine, and their bodies should adjust within a few days!

Just give up. Your kids never wanted to go to bed at a reasonable hour anyway.

nickmom.
Every night at 10pm ET



Are you a Sonoma County mom?

Want to receive this magazine?

Join SRMC today at www.santarosamothersclub.org



Santa Rosa Mothers' Club
P.O. Box 9651
Santa Rosa, CA 95405-1651

mission statement:

provide an environment where mothers and young children can develop friendships and community, exchange information, and have valued opportunities for social interaction with other mothers, children and families.