

# Tot Spot Café Newsletter

Issue 5 - June 2008



## **Happy Summer Everyone!**

Believe it or not, the 1st day of summer is just a few weeks away... of course, you wouldn't believe if you looked out your window lately! When the sun finally does make an appearance and those temperatures are soaring, remember that we have air conditioning!

## **Nate is Gonna be TWO!**

My son Nate will turn 2 on July 5th (I still can't believe it!). I'd like to invite our newsletter and meetup.com members to his birthday party on Saturday the 5th from 1-4pm. Please email me at [kat@totspotcafe.com](mailto:kat@totspotcafe.com) and let me know if you plan on coming so I can have enough cake!

## **Toddler Tunes Dance Party Friday June 20th from 6 to 8 PM**

I am super-excited about this one! I thought it would be great if we got all the toddlers together for a Dance Party. I am creating the DJ mix now with some rockin' oldies. This event will be geared for the under 3 set and feature Toddler snacks and drinks and creative dances. Charge will be \$10.00 per child (siblings \$5.00).

## **Announcements**

I've got some pretty cool things lined up for the summer, including workshops and classes that start during Open Play hours. You can always check our online calendar at <http://www.totspotcafe.com/calendar> for the latest offerings, but here is a sample of what's in the works...

### **Classes:**

*Potty Training* - Molly Strand will be conducting her 2-Day Potty Talk Seminar at the Café on June 11th and 12th at 4.30. It is not too late to sign up. The cost is 45.00 per Family and includes all Tot Spot Admission Charges and Siblings are welcome! Call or email the Café to reserve your spot.

*Post-Partum Fitness* - Core Fitness instructors will be on-hand at 3pm on Friday, June 13th. Whether you are looking to lose that baby fat or wondering how you can fit a workout into your busy schedule...They will be discussing the options for exercise for new moms and just plain busy moms. They will also touch on nutrition and the way to build healthy eating into your busy schedule.

*Meditation* - On July 12th, our friends at Kadampa Meditation Center have offered to host a Meditation Class here at the cafe starting at 2.45. Tot Spot Admission fees will apply for the kids, but the class itself is free for the adults. Extra Playroom monitors will be available.

# Tot Spot Café Newsletter

Issue 5 - June 2008

*Money Matters for OLDER KIDS!* - July 16th - This fun, one hour class for kids 5-8 years old will help children learn important money concepts and financial skills that will last a lifetime. All children will receive a Moonjar bank (Winner of a 2004 Global Learning Initiative Award) and other nifty surprises! This class is \$5 at the door and will be held on Wednesday, July 16 at 4:30 pm at The Tot Spot Café. Class size is limited so please register under events at [www.wholefamilyfinancial.com](http://www.wholefamilyfinancial.com) or contact Debbie Gianelli, CFP at 425-424-2222.

*Baby Wearing* - Stop by for a fun and informational class on the benefits and ease of baby-wearing, how to use your carrier and where to find what you've been searching for. Lerin Mann has offered to come to the cafe and present her Baby-wearing Basics for Busy Parents class on Tuesday, June 24th at 2pm. She will show you what is current and hip...and let you try them out for yourself!

If you have any other requests for classes or workshops, please let me know!

## **New menu items - You asked for it!**

A lot of you have requested more healthful choices on the menu so we've added a new Tot Spot Wrap... it comes with chicken, black beans, veggies, cheese and is wrapped in a whole wheat tortilla. You can add a side of our new Red Pepper Tomato Soup, too!

## **Tooting my Own Horn...**

I've been nominated for a Parents' Pick Award from Nick's ParentsConnect program!!

Go here and vote for Tot Spot under Best Indoor Playspace!

<http://gocitykids.parentsconnect.com/ParentsPicks/register.htm>

I hope to see you all soon!

Best,  
Kat Stremmlau  
Tot Spot Café  
[www.totspotcafe.com](http://www.totspotcafe.com)