



Spring 2009

Hello Everybody,

April showers bring May flowers seems truer than ever this spring. They also say that when it rains it pours and that also seems truer than ever with Forever Making Music and More! Our spring semester is on its way and we have encountered some big changes. Our Huntingdon Valley site is now closed. While the space was custom made for us, there were many other factors that contributed to the close of this site. We are very appreciative to our families who have proven to be incredibly flexible and supportive. We are investigating new sites in Elkins Park and Ambler, so stay tuned for updates in our summer newsletter.

Our new mailing address is:
123 York Road, Willow Grove, PA 19090.
Our NEW phone number is:
215-346-2101.

Miss Clare had a baby girl on March 3rd. Margaret "Maggie" Rose has already started to work for Miss Kristen! Miss Clare will be back to teaching in the summer and looks forward to making music with you again!

Forever Making Music has launched a page on Facebook. Look for our name and add yourself to the list. We are considering going paperless and this will be a start for us. To help us with this switch, will you please send us an email with your email address so we can create an electronic address book? We have emails for many of you, but not everyone. We believe email will help us to better keep you informed of all that is happening with FMMM.

Dates to Remember...

May:

- 9th - Summer pre-registration begins
- 15th - Summer pre-registration ends
- 16th - Summer Open enrollment begins
- 25th - Memorial Day - No Classes

June:

- 8th - Spring semester ends
- 19th - Summer 8 week semester begins

July:

- 3rd - No Classes
- 4th - No Classes

August:

- 15th - Last Day of Summer Classes

September:

- 14th - Fall Semester begins

MT Referral Program Update...

For every NEW family you encourage to join Forever Making Music and More, Inc. you will earn \$10.00 off your NEXT Music Together session (good for six months from date issued). All your friend needs to do is put your name on their registration form in the "Referred by:" space. You do the same on your registration form in the "Referred a friend" space. Be sure to remind Clare or I that you are due a credit. We also keep a list in the office that we will refer to when you register. Go to the web to refer a friend...www.forevermakingmusic.com

MT Summer Semester News

Our Summer Session will be 8 weeks this semester. We will not be running summer camp due to a lack of staffing. The session will begin on Friday, June 19th. We will be closed on Friday, July 3rd and Saturday July 4th for the holiday weekend. The session will end on August 14th. Priority enrollment for summer begins May 8th. Open enrollment will begin May 16th. Pass it on!



"MT 10 Session Rule"...

The following families have earned a coupon this semester for half off their 11th semester...

Erica Brownstein, Sondra Canter, Jaime Hersh,
Kristen Katz, Beth Moran, Stacey Rathgeber,
Michele Rothstein

Almost there with 9 classes...

Christy Neirnberg
Amy Benjamin
Luba Star

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General guidelines for ALL locations:

Please no food or drinks!
Bottles are OK for a baby being fed by a parent
Sippy cups with water are OK, but children may not walk around the classroom with said cups.
Please take all diapers with you.
Turn off/silence cell phones.
If you need to take a call, please take it outside the room and take your child with you.
Do not bring sick children to class.

Specific location guidelines:

Penllyn Woods

Children must be accompanied at all times.

Please be sure to close the door behind you when you come in and when you leave.

Children are not to be in any of the Township offices.

If your child pulls the fire alarm and the fire company responds, you will be responsible for the fee that the Township incurs.

Please leave the building promptly. The township staff cannot leave until all persons have vacated the premises.

Bodyworx

Children are NOT allowed on gym equipment.

Children are not allowed in the gym without a parent.

Please take your shoes and coats off in the lobby.

Changing rooms are provided, but please take all diapers with you.

You may use the front or back door for entry/exit.

Leave all strollers in the car or the lobby.



**Why a Personal Trainer?
Why The Bodyworx Personal Training Studio??**

As a busy Music Together Mom of two busy children who are both going in different directions, I asked myself these very same questions. I looked in the mirror and realized how over weight and out of shape I was. I couldn't even keep up with my own kids. I had done Weight Watcher's before and I did well with it. I lost close to 50 pounds by eating and counting points and walking. I was younger then, and had more self motivation. Having a family seemed to put my needs on the back burner, I didn't have time to sit at meetings, I needed to move.

When I talked to the Owner of The Bodyworx, Bill Mitchell, Jr., I asked him the same two questions I had been asking myself. He explained that using a personal trainer in a private studio affords the trainee a much more personalized setting that is custom designed to fit the needs of the individual. As the trainee's needs change, the personal trainer can provide the exercises that are needed to meet those needs. After talking with Bill, I learned that not only would I be working out, but I would also start his Nutrition Plan, not a "diet" but a plan that would help me lose and maintain my weight for the rest of my life. He showed me the "B" Healthier Manual. I have changed my family's way of eating.

I started training the recommended 2 times per week, one hour each session. The pounds and inches started coming off. I sometimes had months where I wouldn't lose any weight but still I lost the inches. This amazed me; I have met my original goal and have now set new goals for myself, I have gone through my closet 6 times to remove the clothing that has gotten too big. I have found my training sessions challenging and motivating. I am able to keep up with my family now and challenge them to "B" healthier. I have taken charge of my life with the help of The Bodyworx and couldn't be happier.

A healthier lifestyle does start here!



**FMMM Work Day
Forever Making Music and More**

By: Rianne Connelly

On Thursday April 23rd I missed one day of school to have the privilege of going to work with my Mom for national bring your child to work day. My Mom is the director of a child's music and movement program for age's birth to kindergarten. I helped my Mom teach 3 music classes. In my experience I learned how to lead a song, the importance of cleaning up after the music class, and how to make recycled shakers.

In my experience I learned how to lead a song. Before another song starts, the parents are usually talking and the kids are excited from the last song. So before continuing I had to get everyone's attention. I led a song called Two Little Black Birds. The way my Mom told me to get everyone's attention was by crowing like a little black bird or a crow. Most people would be embarrassed, but when you're doing it mostly for children who you aren't that familiar with instead of the parents who start singing with you then it's not that bad. My Mom told me it is very important that I sing the right notes and words and I be loud. Everyone started to sing with me. That is how to lead a song.

The next thing I learned was the importance of cleaning up after music class. There are young kids at these classes and most of them try to eat the items such as streamers, instruments, giant stretchy bands, and rubber balls we use. If these items aren't cleaned they will be handled by other children while dirty, the germs will spread, and everyone would be sick. If this happened my Mom would have bad business and she would lose all her customers, her and her employees salaries would be at \$0, and it would make a huge bad difference to all of the lives of the people who took part in the business and their families. We use alcohol wipes to kill all the germs. It dries fast enough that if another child tries to eat it later it won't hurt them.

Finally I learned how to make recycled shakers. First I got some empty, cleaned plastic bottles. Next I unscrewed the cap and filled the bottles about an inch from the bottom with rice. You can also use beads, beans or anything small. Then I got my Mom to help me with this step. She hot glued the cap to the bottle so it wouldn't come off. We have to glue the cap on so no one will open the bottle and try to eat the items inside because we don't want anyone to choke.

On Thursday April 23rd I missed one day of school to have the privilege of going to work with my Mom for national bring your child to work day. In my experience I learned how to lead a song, the importance of cleaning up after the music class, and how to make recycled shakers. I had a lot of fun helping my Mom that Thursday and I hope someday I can do it again.

Forever Making Music & More, Inc

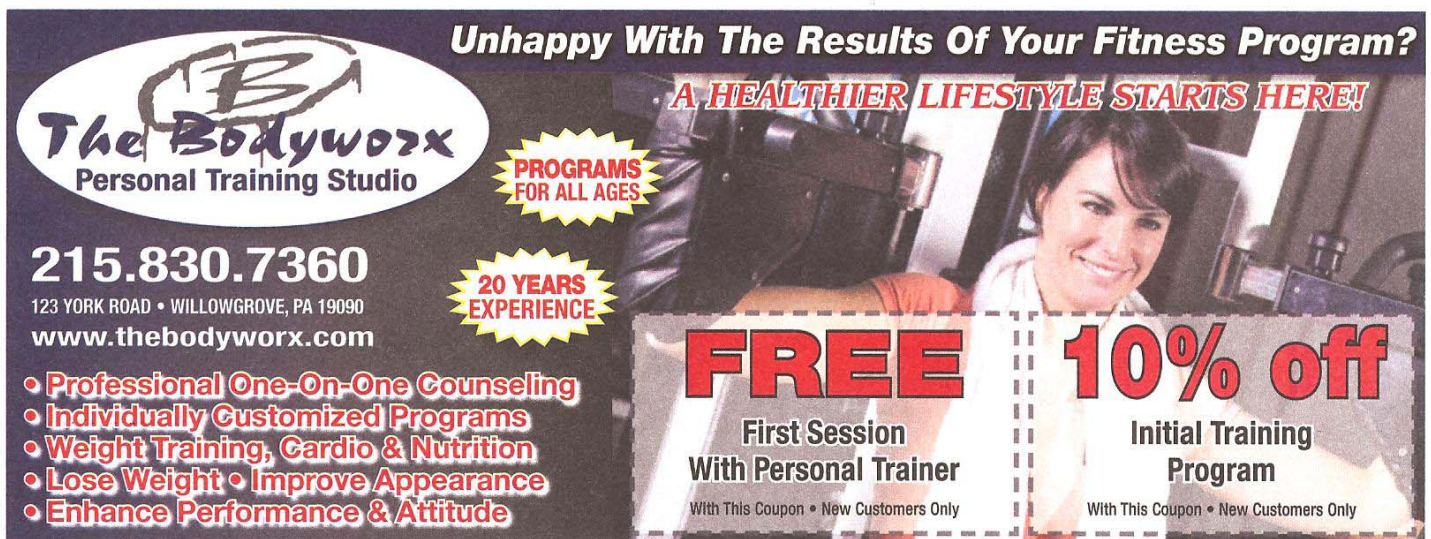
Director: Kristen Connelly

123 York Rd.

Willow Grove, PA 19090

www.forevermakingmusic.com

Time Sensitive: SUMMER registration information included!



The Bodyworx
Personal Training Studio

215.830.7360
123 YORK ROAD • WILLOWGROVE, PA 19090
www.thebodyworx.com

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