

Pleasant Hill/Walnut Creek Mothers' Club

Sub Clubs

The views, topics and opinions expressed in the descriptions of the following groups do not necessarily represent the views of the Pleasant Hill/Walnut Creek Mothers' Club as a whole.

ATTACHMENT PARENTING SUB-CLUB – Do you practice Attachment Parenting? Or have you ever felt that the way you are raising your children is different from that of other parents? How about being a part of a support group? Some people define Attachment Parenting as a philosophy based on the practice of nurturing parenting methods to create a strong emotional bond between children and their parents. Some of the methods of Attachment Parenting are breastfeeding, co-sleeping, baby-wearing, and positive discipline. Would you like to learn more about this? We are in the beginning stages of putting a support group together.

BABYSITTING CO-OP SUB-CLUB III – Do you have a doctor's appointment coming up? Or, maybe you need to run some errands. Would you like a date with your husband? The co-op is a great way to meet moms and get the extra help you need. We are an exchange club that works on a point system where moms get credited for sitting and debited for using a sitter. You never have to accept a sit or a sitter that doesn't meet your needs. Our meetings alternate days and evenings each month to accommodate all schedules – working and at-home moms are welcome.

BIBLE STUDY SUB-CLUB – Contemporary women face challenging issues such as infertility, caring for aging parents, singleness, materialism, and the role of women in ministry. We're not alone. Women in the Bible had all of these struggles. Learn how you can make a difference in your family, your church and your community by studying the examples of scriptural women who were just like us in so many ways. We are using a guide called *Women Like Us: Wisdom for Today's Issues*. It can be found at Western Christian Bookstore in Pleasant Hill. Please feel free to join us with or without your children. We usually meet at different members' homes on Fridays at 9:30 am.

BOARD GAME SUB-CLUB – Have you found it hard to get enough family or others interested in playing your favorite board game? If so, let's get together once a month and have some fun. Some ideas are Pictionary, Taboo, Balderdash – or any other games members enjoy. Spouses are welcome!

BUNCO SUB-CLUB – Take an evening to cool off with some fellow members and play the coolest game around, BUNCO! Bunco is a dice game that is easy to learn. Even if you haven't played before, there are plenty of us to teach you. Remember, all you need is a delicious appetizer and \$10 for the jackpot.

CARD GAME SUB-CLUB – Do you like to play card games like Gin Rummy, Poker, etc.? If so, a few moms are interested in starting a "Card Game Club" that would meet monthly (perhaps, the second Tuesday of the month) and rotate playing different games. We could have a jackpot for each game to make it even more interesting!

CHICK FLICK SUB-CLUB – We will be meeting every month to see a movie (place, time and movie to be determined).

FOOD & FICTION SUB-CLUB II – We meet every six weeks and are always open to newcomers. Drop in anytime! Our book for the summer is Jhumpa Lahiri's *Interpreter of Maladies*.

HIKING & ADVENTURE SUB-CLUB – Want to get out with your curious explorer and venture someplace new each week? We will mostly have outdoor adventures -- hiking on trails, climbing on rocks, and being out in nature but sometimes we'll explore places like Pixieland, the Oakland Zoo, the Lindsey Wildlife Museum or any other place worth exploring. This Club is for three- and four-year-olds, siblings, and their grown-ups who are willing to walk at a slow and easy pace for about an hour. We will meet on Thursdays at 3:15 pm.

PARENTLESS MOTHERS SUPPORT GROUP – Come share your heartfelt stories and insights with others who have also experienced the loss of their mother or father. We meet once a month for dinner, and, sometimes once a month at a park with the kids. This is a great way to deal with issues that arise when a parent has passed away.

PROFESSIONAL REFERRAL SUB-CLUB – It seems that many of the moms in our organization are running their own business ventures while also caring for their families. With so much on our plates, who has enough time to get out there and market themselves as much as they should? Let's start our own networking and referral club to help each other out! Like most true business networking clubs, we will limit ourselves to only one representative from a given profession and plan monthly get-togethers to discuss topics such as creative marketing strategies, advertising opportunities, and, of course, the constant struggle of family vs. career!

SCRAPBOOKING SUB-CLUB – What are you doing with all of those photos you've taken of your children? Take them out of boxes and Costco sleeves and learn how to organize and creatively display them in safe photo albums! Come to this month's scrapbook club get-together and get some pages done in your album. There is plenty of room in the studio with all the tools and layout ideas available. Not only will you work on your album, you'll also meet new friends and have an evening to yourself!

STAMPING SUB-CLUB – Do you enjoy rubber-stamping for cards, scrapbooks or other projects? Come join other members who share your interest/obsession and have an evening away from home/kids/husband, full for fun and conversation.

STAY AT HOME DADS SUB-CLUB – This Sub-Club was created for dads who either stayed home as the primary caretaker of their children, or dads with jobs outside of banker's hours, to get together with other dads and their kids for fun and support. The group kicked off last year and had a good initial turnout. Family barbecues and trips to parks and the Alexander Lindsay Jr. Museum were among the outings. The dads shared laughs and like experiences, all saying that it was nice to know they weren't the only ones out there performing their role in the family. Scheduling conflicts and normal attrition have stopped regular weekly meetings, but growing interest shows promise for the future.

WEEKLY STROLLER WALK SUB-CLUB – Join fellow moms for a little exercise as we take our weekly stroller walk. We meet on Thursdays at 10:00 am at various locations throughout the area. We usually walk for 40-60 minutes. Meet at the play structure at each park. If the forecast is for 95 degrees or higher, there will be no walk.

WORKOUT SUB-CLUB – Interested in getting back into shape, taking your current workout to a new level or finding a workout partner? If you are interested in local gyms or activities such as yoga, triathlons, biking, skiing, aerobics, hiking, etc., this sub-club can use your energy. We have information on an excellent personal trainer that works with women pre-, during and post-pregnancy. We all have too little time and too many extra pounds to deal with after having kids, but working out is something that we all need to do for our emotional and physical benefit.