



**Most Blessed Sacrament Senior
Ministry Presents a Special Workshop:**

**Nutritional Excellence: The Path to Good Health,
Longevity and Weight Loss!**

By David Wertheimer, MD

Wednesday, April 21st

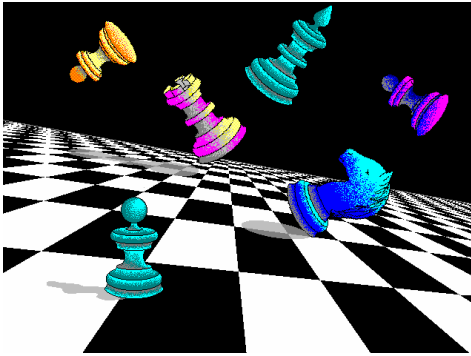
10:00 ^{am}

MBS Parish Center or Church

Dr. David Wertheimer, renowned cardiologist, nutrition expert and President of EatRightAmerica.org, a not for profit organization dedicated to educating children and families about the ways that food effects our short term and long term health and well being.

- Learn how to become an "Educated Eater" -someone who knows what foods to avoid and what foods to eat in large quantities!**
- Learn how to change your diet to help you avoid or reverse the chronic "diseases of affluence" including diabetes, high blood pressure, heart disease, cancer, & migraines.**
- Learn how to lose weight permanently without hunger and self-denial.
End your food cravings!**

Sign Up Sheet in the Narthex of the Church



N J Children's Chess School
862 DeGraw Avenue,
Forest Hill (North Newark),
NJ 07104
Tel: (973) 483-7927.
Web: kidschesscamp.com

Dear Parent:

Recent findings have indicated that instruction in chess offers number of advantages. The instruction helps build confidence, strategies' goals, identify and take responsibility for cause effect relationships and nurture a lifelong appreciation for intellectual exploration. Curriculums have been developed to bring chess instruction into the classrooms. Arkady Geller, a chess instructor in the United States and formerly in the Soviet Union, has over thirty years of experience in chess instruction. His competitive play has awarded him the title of National Chess Master. Coaching Positions:"Geller Kids" Chess Camp (Forest Hill); New Jersey Children's Chess School (Forest Hill); Apple Montessori School (Wayne); Academy of the Most Blessed School and Woodside Ave. School in Franklin Lakes; 2 schools in Short Hills; 2 schools in Kinnelon; Gould Avenue School in North Caldwell.

Academy of the Most Blessed Sacrament School is offering morning chess program on Wednesdays from 8:00 to 8:45 AM.

Following 8 sessions are 4/21, 4/28, 5/05, 5/12, 5/19, 5/26, 6/02 & 6/09/2010. If student will miss any session it is possible to make up @ NJCCS on any Friday from 6:30 to 9:00 PM.

Please sign the registration form and attach payment. Checks are payable to Children's Chess, 862 DeGraw Avenue, Forest Hill, NJ 07104.

Very truly yours, **Αρκαδιος Γελλερ** *Arkady Geller*

My child _____ will attend eight chess classes beginning April 21, 2010. Enclosed please find payment of \$200 (or \$184 for second child)

Phone -----home-----cell

Phone (work) -----E-mail-----

Parent's signature _____

SPRING PROGRAMS FOR TEENS

FRANKLIN LAKES PUBLIC LIBRARY ~ WWW.FRANKLINLAKESLIBRARY.ORG

Volunteer Opportunities!

Advisory Council for the Community by Teens (ACCTs)
For Grades 7-12, meets every other Wednesday, 7-8 p.m.
For those with an interest in promoting teens and libraries
through community services projects.

Homework Helpers need high school volunteers to work
with elementary-aged students, Tuesdays and Thursdays,
4:15-5:15 p.m.

Fright Nite 2010! Those in Grade 5+ are invited to an
Interest Session on Wednesday, May 19, 4:15-5:15 p.m.
to learn more about the library's annual haunted library
festivities to take place on October 22, 2010.

We're especially seeking those with an interest in acting
and behind-the-scenes work.

Poetry Contest!

Due: Monday, April 5, 2010

**Grand Prize: \$50 American Express Gift Card
Grades 7-12**

Original entries should be no longer than 250 words.

Submit entries to the library or by email.

Winners announced during National Library Week!

Just-for-Fun Writers Group

Tuesdays, March 2-March 30, 4:00-5:30 p.m.

& special session on April 6, 7:00-8:00 p.m.

with a guest author appearance!

*Simply designed as a place for you to write . . .
and write . . .*

Celebrate Teen Tech Week, March 7-13, 2010

Digital Photography Wednesday, March 10, 4:15-5:30 p.m. (all
ages)

Kathy Moser Songwriting Thursday, March 18, 7:00-8:30 p.m. (Grade 7+)

Take a break from all the stress in May with the L
Guru ~



>>Book Discussions<<

TEEN BOOK CLUB for Grades 7-9
Usually meets the last Wednesday every month,
4:30-5:30 p.m.
Check the website calendar for a full schedule.



FOR MORE INFO, CONTACT KATE, TEEN LIBRARIAN

KATE_THELIBRARIAN@YAHOO.COM

201.891.2224

katethelibrarian.blogspot.com

SPRING PROGRAMS EXCLUSIVELY FOR GRADE 6

FRANKLIN LAKES PUBLIC LIBRARY ~ WWW.FRANKLINLAKESLIBRARY.ORG

Celebrate Teen Tech Week, March 7-13, 2010

Digital Photography for all ages on **Wednesday, March 10, 4:15-5:30 p**

Fright Nite 2010

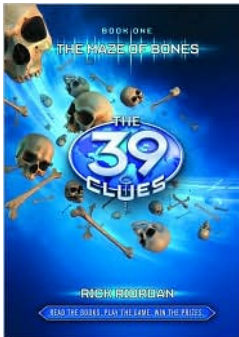
Those in Grade 5 and older are invited to an Interest Session on Wednesday, May 19, 4:15-5:15 p.m. to learn more about the library's annual haunted library festivities to take place on October 22, 2010. We're especially seeking those with an interest in acting and behind-the-scenes work.

Study Buddies

Space to do homework will be available to groups of 6th Grade students most Wednesdays, 3-4 p.m. Computers will be provided.
February 24-April 7; April 21-May 26
:: Register online or call 201.891.2224 ::

Re-Make Recycled Crafts

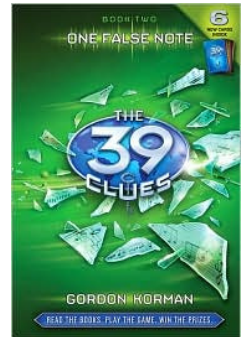
Make the old stuff new again on Tuesday, April 20, 4:00-5:00 p.m. We'll provide all supplies.



39 Clues Scavenger Hunt!

Thursday, May 13, 7:00-8:30 p.m.

Starting in the Teen Room!



>>Book Discussions<<

DOUBLE DIGITS for Grades 4-6

Usually meets the last Thursday every month,
4:00-5:00 p.m.

Check the website calendar for a full schedule.



FOR MORE INFO, CONTACT KATE, TEEN LIBRARIAN

KATE_THELIBRARIAN@YAHOO.COM

201.891.2224

katethelibrarian.blogspot.com

INFORMATION

- for boys & girls entering grades 2-9 in Sept. '10
- cost:
1st child: \$200.00
2nd child: \$180.00
3rd child: \$160.00
payable to Scott Moody
- time: 9:00am-3:00pm
- early drop-off and late pick-up available free of charge (please call if interested)
- certified trainer on staff all week
- free camp t-shirt
- snacks & drinks available for purchase at lunchtime
- giveaways all week- posters, gear, etc.
- lunch & transportation must be provided by the campers
- enrollment in each league is limited, please act fast!



for more information call:
Scott: (201) 681-6377
or
Craig: (617) 913-6437

Scott Moody
433 Greenwood Ave
Wyckoff, NJ 07481



10TH ANNUAL
**MOODY
BROTHERS'
BASKETBALL
CAMP**

For Boys & Girls

July 26-30, 2010

Don Bosco Prep
Ramsey, New Jersey

MOODY BROTHERS' BASKETBALL CAMP

Scott Moody

- assistant coach at Don Bosco Prep
- fourth grade teacher at Roosevelt Elementary in River Edge
- former captain for Drew University
- founder of the North Jersey Force AAU program which helped numerous student-athletes go on to play college basketball in Divisions I, II, & III

Craig Moody

- JV coach at Malden (MA) Catholic
- middle school teacher in Boston Public Schools
- former all county player at Ridgewood High School
- two year captain at Trinity College where he scored 1,104 career points
- led Trinity to two NCAA Division III tournaments and one Final Four

Counselors

- local college and high school coaches, both male & female
- area college & high school players including Don Bosco Prep players

Speakers

- various college & high school coaches throughout the week

Please complete the form below
and mail with payment to:

Scott Moody
433 Greenwood Ave
Wyckoff, NJ 07481

Name: _____

Address: _____

E-mail address: _____

Contact Phone: _____

Age: _____ D.O.B.: _____

Grade Sept. '10: _____

School - Sept. '10: _____

T-Shirt Size: Youth S M L

Adult S M L XL

Emergency Phone #: _____

As the parent/legal guardian of the child named above, I give my full consent and approval for my child to participate in Moody Bros. Basketball Camp. I understand that there are certain risks of injury inherent in the practice and play of basketball, and I am willing to assume these risks on behalf of my child. I hereby certify that my child is fully capable of participating in the camp's activities. In addition, I do hereby waive, release and hold harmless Moody Bros. Basketball Camp, its officers, coaches, sponsors, supervisors and representatives for any injury that may be suffered by my child in the normal course of participation in the camp and its activities.

Parent/Guardian Signature

Date

for more information call:

Scott: (201) 681-6377

or

Craig: (617) 913-6437



CAMP FEATURES

- certified trainer on staff at all times
- stations daily
- emphasis on the game's fundamentals
- guest speakers
- two games daily
- camp store at lunch - drinks/snacks

Prizes awarded in each league for:

- Hot Shot Champ
- Foul Shooting Champ
- One-on-One Champ
- Most Improved
- Mr./Ms. Hustle

Franklin Lakes Mayors Wellness Campaign - Kula in Motion
Sponsored by TeenKula

The mission of TeenKula for Karma is to inspire youth to make a positive impact in their community. Through outreach and collaboration, we work to raise awareness for Kula for Karma yoga programs that serve children with autism and other developmental disabilities; children and teens with cancer; and at-risk youth.

Community Walk/Fun Run
Saturday, April 24, 2010 (Rain or Shine)
Franklin Lakes Municipal Field
9:00 AM to 12:00 Noon



Mayor Maura DeNicola and the Franklin Lakes Mayors Wellness Campaign Committee invite your participation in Kula in Motion, a Community Walk and Fun Run.

***FAMILY YOGA * MUSIC * REFRESHMENTS**

FORM A TEAM!

Gather your classmates, friends, neighbors, or relatives and form a team!

Come up with a creative name & choose a team color to wear!

Teams of up to 10 people can register for only \$100 per group.

Prizes awarded for teens who raise the most money in pledges: pizza party; circus yoga; or ice cream party.

First 100 to register will receive a TeenKula for Karma gift bag of goodies!

DON'T MISS OUT ON THE FUN! SIGN UP TODAY!



Kula in Motion - Community Walk/Fun Run

Name: _____ Address: _____

City: _____ State: _____ Zip: _____

Phone Number: () _____ E-Mail: _____

Team Members: _____

Registration Fee: \$25 Individual \$35 Family \$100 Team Senior \$5 Total Amount \$ _____

I am unable to attend, but I would like to make a tax deductible donation of \$ _____

Make checks payable to "Kula for Karma" and mail form to: Kula for Karma, P.O. Box 820; Franklin Lakes, NJ 07417.

For more information contact:

1-888-k4k-yoga

www.kulaforkarma.org

e-mail: info@kulaforkarma.org

I agree to waive all claims which I, or any member of my family, or my heirs, executors or assigns may have against Kula for Karma or its agents for damages or injury sustained as a result of participating in a Kula for Karma activity.



The **PREMIER** Junior Golf Program

Spring Golf Classes at Academy of the Most Blessed Sacramento

Grades T/K - 6

Thursdays

April: 15 . 22

May: 6 . 20 . 27

June: 3

\$140/6 Weeks

3:30-4:30pm

AMBS Field/Gym

REGISTER ONLINE at

www.golftga.com

Kevin Rooney, Director

(201) 746-6410

krooney@golftga.com

Min Class Size: 5 Students

Maximum 8:1 Student-to-Instructor Ratio

Portion of Fee Given Back to AMBS

All Skill Levels Welcome

"Let's play golf!"



The **PREMIER** Junior Golf Program

Send Completed Form & Check to:

TGA of Bergen County
139 Nottingham Ct.
Montvale, NJ 07645
krooney@GolfTGA.com

or

Register Online!

Cost:

\$140/6 Weeks

Name of Student _____ Male / Female

Address _____

Home Phone (_____) _____ - _____

Email _____

Grade: _____ Height: _____ Swing: ___Right ___Left

Level: ___Yellow ___Orange ___Red ___Blue ___Black

(ALL students begin in yellow level)

**Spring 2010
AMBS**

Consent and Release Form & Participant Agreement

While my child is participating in the Total Golf Adventures program, I acknowledge and assume all the foregoing risks on his/her behalf and likewise accept personal responsibility for any injury or damages that may occur. I release, waive, discharge and covenant not to sue Total Golf Adventures administrators, agents, sponsors, other participants, advertisers, and owners/lessors of premises used to conduct the activities. I have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily I give my permission for my child to be photographed, videotaped, and/or interviewed for promotional purposes while attending TGA's after school golf program.

Signature _____ Please Print Name _____ Date _____



TGA OF BERGEN COUNTY NEWSLETTER

PJGC 2010 Spring Break Sale

TGA of Bergen County's Premier Junior Golf Camp 2010 at Darlington is holding its first Spring Break Sale. TGA runs the only camp that allows children 8 years of age and younger on the golf course!



Camp runs for 9 separate weeks beginning the week of June 28, 2010. With a maximum of 12 campers allowed per week each golfer gets the individual attention necessary to improve his/her golf game. Campers that sign up for multiple weeks or with a sibling receive a 10% discount off the second week/child.

Use the coupon below to receive an additional \$40 off your week(s) of camp. Please do not hesitate to contact TGA with any questions. [Click Here to Register Today!](#)

Contact Info:
(201) 746-6410
krooney@golftga.com

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Camp 2010](#)

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for Tour](#)

[2010 TGA Parent/Child
Tournaments](#)

Quick Links

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[Become of TGA on
Facebook](#)

[Spring Enrichment
Schedule](#)

[2010 TGA Tour](#)

**Save
\$40**

Premier Junior Golf Camp 2010 Spring Break Sale!
Register by April 30, 2010 for TGA of Bergen County's Premier Junior Golf Camp at Darlington to receive \$40 off. Coupon can be combined with the multiple week/child discount. Register Online to receive the discount or send in registration form combined with this coupon. Registration must be received no later than April 30, 2010 to qualify for discount.
COUPON CANNOT BE USED IF YOU HAVE ALREADY SENT IN YOUR REGISTRATION DEPOSIT

Offer Expires: April 30, 2010

New Venue & Dates Added

to TGA Junior Tour

TGA of Bergen County & TGA of Rockland County are excited to announce the addition of 2 tour dates along with a new venue.

- Tour **NOW** includes [7 Tournaments](#) between May and August
 - Tournaments are both individual and team formats
 - Children ages 6 - 14 can compete in 1 of 3 divisions
 - Prizes to the Top 3 in each division
 - Lunch and goodie bags included for all golfers
 - All tournaments take place at Minerals Golf Course, Cascades (Both at [Crystal Springs Golf Resort](#))*, & now...
- * 2 NEW TOURNAMENTS HAVE BEEN ADDED FOR JUNE 19 AND JULY 24. THESE 2 TOURNAMENT WILL TAKE PLACE AT [MONROE CC](#)**

Space is limited so sign up early to reserve your spot in the Premier Junior Golf Tour in North Jersey/New York. [Register Now!](#)

Contact Kevin Rooney For Questions:
(201) 746-6410
krooney@golftga.com

2010 TGA Parent/Child Tournaments

Along with TGA's summer camps and Junior Tour we are excited to announce the 2010 Parent/Child Tournaments. Last year we ran 2 successful tournaments at Anchor Golf Land in Whippany, NJ. This year, with TGA's Partnership with Crystal Springs, we will be holding two Parent/Child Tournaments at Minerals Golf Course.

Come out to see what your children have learned in TGA golf enrichment classes/camps. Join us on June 5, 2010, and if you cannot join us for that event we will be holding a fall Parent/Child on September 25, 2010. Each event will be a funfilled family day at the beautiful Minerals Golf Course and Spa. After playing the golf course myself, it is a great venue for a fun, relaxed day with your family. Pay \$100 and TGA will take care of the rest. For the price you will receive:

- 2 Tee Times for an adult and child
- Golf Cart
- Lunch & Beverage
- Goodie Bag
- Prizes
- AND A GREAT EXPERIENCE!!!

[Click Here for Details & How to Register!](#)

If you have any additional questions please do not hesitate to contact me or visit our [website](#).

Keep Swinging!

Kevin Rooney
Territory Owner
(201) 746-6410
krooney@golftga.com