

## MOPS Announcements-Jan. 20, 2012

Date	Food	Nursery Time
Jan. 20	Animalopoly	Checkers 2/24
Feb. 2	Life	

Sign up for freezer meals!

if Grandville public schools are closed on a day we have MOPS then our meeting will be cancelled.



**Jan. 31<sup>st</sup> Mom's Night Out at Rosa Parks Circle.** Carpool leaves the church at 7pm sharp or you can meet us there. Don't forget your ID if you want to rent skates. Bring a few bucks for skate rental and a hot beverage after skating.

### Around Town

Sat. Jan. 21st noon- Sun. Jan. 22<sup>nd</sup> @10pm The Great Skate at Rosa Parks Circle & Downtown Grand Rapids. Ice skating, zoo animals, ice sculpting and a family craft tent. <http://griffinshockey.com/greatskate/> for a schedule of events.

Sun., Jan. 22nd noon-5pm. Free admission to the Grand Rapids Art Museum, the Grand Rapids Children's Museum, the Gerald R. Ford Presidential Museum and the Grand Rapids Public Museum

Sat., Jan. 28th 10am Lowes Build & Grow Clinic. Free.

**Got way too many t-shirts? Check out this blog for cool ways to recycle them** <http://www.onegoodthingbyjillee.com/2011/12/recycling-t-shirts-into-useful-stuff.html>

**Snow Portraits-** have your kids lay down in the snow to make their body shape. Then let them decorate the form with birdseed, pretzels & fruit peelings. You can also fill up a squirt bottle or one of the condiment bottles from the \$ Store and put a few drops of food coloring in the water for them to decorate their creation.

### Snowman/woman Themed Eats-

Cut up slices of banana and either skewer or put on a plate. Add pretzel arms, raisin or craisin buttons and an apple hat topped with a grape. See what creations your kids can come up with.

## Great for kids or an adult ☺



**Can of Dates-** Check out

<http://www.mycreativestirrings.com/2010/05/creative-wedding-gift-idea-can-of-dates.html> for a list of 36 ideas you can use for your own can. Also, the writer lists other ideas you can add to the can as well!

## **Mailbox Love-**

Create a new tradition by writing notes to your kids or other family members starting a month or so

before Valentine's Day. You can get the mailboxes from Michaels (use your coupons) and have each kid decorate his/her box. When the flag goes up, "you've got mail". Who doesn't love a little love note!



## **Cheesy Quinoa Bites**    Makes ~28 bites    Courtesy of [soveryblessed.com](http://soveryblessed.com)

- 2 cups cooked quinoa
- 2 large eggs
- 1 cup shredded carrot
- 2 stalks green onion, diced
- 2 cloves garlic, minced
- 1/4 cup chopped fresh cilantro
- 1/2 cup grated Parmesan cheese
- 2 Tbsp. all-purpose flour
- 1/2 tsp seasoning salt
- 1/4 tsp freshly ground pepper

Preheat oven to 350 degrees. Mix together quinoa, carrot, egg, green onion, garlic, cilantro, cheese, flour, salt and pepper. Distribute mixture into a greased mini muffin tin, filling each cup to the top (1 heaping Tbsp. each). Bake for 15-20 minutes.

*Jesus replied, "You do not realize now what I am doing, but later you will understand."*

*1 John 13:7 NIV*