

## ***Girls Night Out***

### ***Making Time for Mom***

By Deb Landry

Time, there's never enough, especially when you're a mom. There's the daily chores, laundry, dishes, meals, driving the kids around, paying bills, pets, oh and work, sound familiar?

One way to survive life's daily stresses is spending some fun time with the girl friends. No matter how old you are and what you like to do, girl time is essential. I have two groups of gals that I get together with on a regular basis. First is the breakfast group. Five of us get together occasionally over breakfast after we send the kids off to school to catch up and then once a month get together with another group of ladies for a fun evening of food, wine, girl talk and what ever comes up.

Sometimes it's even themed, like the January get together which is a Yankee Swap consisting of the most unusual, okay the worst gift we got for Christmas. Tonight it's the WAGN-SAGN, "***What Happens At Girl Night Stays At Girls Night***", pool party. Okay the name is much more intriguing than what really happens. My point is, a girls night out doesn't have to be expensive or out to bars. Take that extra time for yourself. It will put a smile on your face the next time you are carting the kids to their next game. Girl friends are necessary and fruitful, just ask ***Sex in the City*** author Candace Bushnell, now there's a gal that knows all about girls night out.

Here's a list of entertaining ideas for girls night out:

1. Get dressed up and go out to dinner to a nice restaurant or hire a chef to cook for the group.
2. A Spa party: hire a massage therapist, nail tech, hair stylist and enjoy an afternoon of relaxation or book out the salon.
3. See a chick flick, theatrical performance, or take a trip to a near by city to see a show. Include this in a weekend get away, what fun!
4. Christmas cookie swap, recipe swap or just start your evening with food and a healthy dish to share.
5. Tour a winery or have your own wine tasting party, and don't forget the cheese. Local wine and cheese is a great treat.
6. Sports parties, bowling, go to a baseball game, play tennis or racquetball.
7. A good old fashion poker game that will make the guys drool!
8. Have a Psychic Reading party, crystal balls, tarot cards and all.
9. Beer, Beach and Barbeque day
10. Shopping spree.