

buzzworthy

have you heard about...



Mo' Music

Need a new CD to rock out to with your kids? Off-Broadway lyricist turned mommy-rocker Melissa Levis (aka Moey) has a new album, *Moey's Music Party*, that's full of funky songs kids will love. (Check out tracks like "I Gotta Go Potty!" and "Sushi Symphony.") Fans can even catch her live—replete with her band of banjo, keyboard, drums and guitar—at *Gym Time Rhythm & Glues*, where she hosts *Moey's Music Party* (a 45-minute Mommy and Me class) every week. Themes include everything from pirates to pajamas, and kids can play instruments, wave magic wands and more. For more info: www.moeysmusicparty.com or www.gymtime.net.

Dealing A Healthy Hand

Busy moms and moms-to-be interested in integrating mini-workouts into their daily grind will appreciate *Sane Fitness Cards*. The series' Quick Start card set offers up exercises women can do at home, with each card depicting a different workout position for women up through their first trimester. A new deck, *Preggers*, is due out in November and is geared toward second- and third-trimester moms and is

safety certified by an OB/GYN—the cards even include information about how a woman's body will change throughout pregnancy and the best way to modify a workout accordingly. Quick Start is available at Gym Source (40 East 52nd

Street, 212-688-4222), or visit www.sanefit.com to purchase either card set or get more info.

Boy Toys

Girls in New York have American Girl Place, but where do boys go for the ultimate toy experience? If you're willing to take a short drive, *ROBOTGALAXY*, a new kids' entertainment space with locations opening this month in West Nyack, NY (Palisades Center, 1000 Palisades Center Drive), and Freehold, NJ (Freehold Raceway Mall, 3710 Route 9), is definitely worth the trip. At this cool "space lab," kids can personalize their own robots from motorized parts and accessories and even add in programmable sounds, light and speech. Completed robots range from \$27 to \$80, and the space also hosts birthday parties. For more info, call 877-7TH-RING or visit www.ROBOTGALAXY.com.



Family Food Makeover

For harried parents who wish they could readily prepare healthy meals that their children would like to eat, Isabelle Krishana and Jessie Saunders have launched *Kitchen Cabinet*. Based on their experiences as a caterer and cookbook author (Saunders) and a foodie and mom (Krishana), the two New York women offer a personalized meal plan makeover that emphasizes organic and local ingredients and ease of preparation, as well as addressing a kitchen's organizational and equipment woes. For more information, visit www.kitchencabinetny.com.

Gag Me

Did you hear about the two antennae that met on a rooftop, fell in love, and got married? The wedding wasn't much, but the reception was amazing! This and other jokes, riddles and puns await in "*Jokelopedia: the Biggest, Silliest, Dumbest Joke Book Ever*," a kid-friendly comedy bible with more than 1,700 entries. The authors, all recent grown-ups with fond memories of being class clowns, also offer joke-telling tips and profiles of characters ranging from Jim Carrey to SpongeBob Squarepants.

