

## Our Top Picks for New York City

### Our Pick of the Week

#### A Friend at seeds Is a Friend Indeed

When the economic meltdown started, we sent out a call to some of our favorite city spots to ask if they'd be willing to **provide some free play time** to help parents cope. The first to jump (not step, *jump!*) up to the plate are Allison Schlanger, Craig Schlanger, Bobby Berna, and Alison Qualter Berna - moms and dads themselves and owners of [apple seeds](#). They've generously (and enthusiastically!) offered **free playtime** at their gorgeous [Madison Square Park](#)-area facility to a limited number of families on **Monday and Friday afternoons**. The offer can be used only **once per family**. To request a playtime, send an email to [parentsconnect@appleseedsnyc.com](mailto:parentsconnect@appleseedsnyc.com) with "ParentsConnect Playtime, Please" in the subject line. Please include your name, the date and time you'd like to book, and contact information (email or phone). And don't forget to say "thank you" to Allison, Alison, Bobby, and Craig and their wonderful staff!



**SUNDAY, 11/23**

#### Ray Date

Kids are invited to **rock out with Mr. Ray** for free as he performs tunes from apple seeds' new music program, *songs for seeds*, and enjoy a **free breakfast** party, too! Space is limited; RSVP by phone to hold a spot 212.792.7590 <http://www.appleseedsnyc.com>

**Location:** [apple seeds](#), 10 West 25<sup>th</sup> Street; NY, NY 10010 (Manhattan - Chelsea/The Village)

**Cost:** Free

**Ages:** all ages

**SONGS FOR SEEDS™**