

New Business in Englewood

Victoria Lynn, Business owner of Move Freely Bodyworks is excited to share that Mindful Movement, Massage, and Bodywork is now working out of Englewood Massage Therapy office alongside long time resident Alice Bray. She offers a variety of services including Relaxation and Therapeutic Massage, Myofascial Release Therapy for chronic pain and fascial issues, Somatic Healing for facilitating a deeper mind-body connection (helpful for PTSD), and yoga services. Victoria's mission is to empower people to MOVE FREELY by developing their own unique "mindful movement medicine."

Move Freely LLC was birthed through her own transformative healing journey from PTSD and the powerful ways in which receiving and utilizing massage, bodywork, yoga, and somatics brought about a deep peace, freedom, and purpose.



She says, "I do believe working with the body is more than, working with the body". "I believe movement in any form has the power to break mental, emotional, physical and spiritual barriers". When teaching yoga and Mindful Movement classes she invite her clients to truly learn how to express themselves and move in a way that is uninhibited. When working with clients as a body worker through massage, stretch therapy, energy work, yoga, and somatic therapies, we release the blockages that prevent one from moving more freely.

Come visit with Victoria at Third Fridays, or stop in for a yoga class on the 1st and 3rd Wednesdays of the Month at the WiNc Inclusion Center. Feel free to reach out with any questions at 214-518-0320 or movefreelybodyworks.com.



Electronic Newsletter for The Englewood Arts District: E Winner Road from Sterling through Ralston Avenue, Indep., MO 64052 englewoodartsdistrict.net If you would like to receive an electronic newsletter, please send an e-mail request to Kara Paris, the editor/owner of the ES Express.

e.s.express@att.net
816-682-5622

Follow us on 

Englewood
BUSINESS ASSOCIATION
SUPERIOR BUSINESS, ARTS & COMMUNITY

May 17th
5:30pm-9:00pm

DOG RESCUE DAY

- Pet Photo Opp
- Dog Treats (at participating locations)
- Vendors
- Food
- Art

3RD FRIDAY ART WALK



New Business in Englewood – Kimberly's Paw Spa

Kimberly, New business owner to our Englewood Arts District, of Kimberly's Paw Spa is a mother and life long dog lover. She has been blessed to have a career working with dogs. She moved to Missouri to be closer to family in 2018. She has 10 years dog grooming experience. She opened her spa in Raytown 2 years ago and now am excited to be making the Englewood Arts area home. Located in the Winner Plaza building at 10612 E 18th St S. Kimberly's Paw Spa is a small cageless grooming salon. There are playpens for dogs to stay in during pickup and drop off times. But she feels that having no crates, creates a less stressful environment and allows her to bond with the dogs she is working with. Kimberly accepts appointments Monday-Friday with a drop off time between 8-9 am and the 1st Sat of each month with drop off from 9-10 am. She is knowledgeable of all breeds standard trims and custom pet trims. She uses premium products to keep dog's coat and skin healthy. She grooms all dog breeds. The focus is to give all dogs the best experience possible. Grooming can be stressful and she aims to ease that stress with patience and kindness. The attention to detail and thoroughness is something Kimberly is very proud of. She enjoys putting together seasonal photo backdrops that allows her to be creative and it is a super fun way to showcase her work. A complimentary photo is sent to pet parents after each grooming. Kimberly's Paw Spa is very excited to gain relationships here in the Englewood Arts District!



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Book your grooming appointment for your fur Baby today 816-288-6190. Follow on facebook!



Englewood Arts will be open early with "Meet the Artist" Community Mural Paint Party from 4 — 7 pm, Followed by open Mic night and battle of Team Julianna vs Team Gordaniao, watch the performance by Studio 3V Dance Center, watch glassblowing demonstrations, purchase something from the glass garden, and grab dinner from Vegan Kingdom KC Food truck out front, and get a pet photo op the front patio.

Englewood Café is open until 8:00 PM serving great comfort food and drinks.

Frannie Franks Coffee Cakes will only be open until 6:00 PM, Will be selling Coffee Cakes and Pup Treats all day while supplies last.

Four Corners Framed Art will be open and featuring a gallery full of internationally known Artists!

KC Property Solutions will have local art in the front foyer, open until 8 PM.

Nirvana Coffee Bar & Game Lounge, will be open, Karaoke 8 — 12 am!

Puppetry Arts Institute will be open from 6-9 pm see Spring theme marionette displays and go into the Gift Shop to purchase newly stocked items.

Three Trails Trading Post and Artisan Gallery will have a several of local Artists! **Sylvia Tanner**, beading Artist, **Judy Bliss**, artwork mostly paintings, fused glass Art and dishes by **Vira Dobbins**, ceramic vases, bowls, and cups by **Deb Sipes**, custom made birdhouses and feeders by the late **Rick Schlosser**, native American style art and flute music by **TerryLee Whetstone**, and Silversmithing, leatherwork, and jewelry by **Kara Paris**, business owner.

Vivilore has upstairs open for your perusing pleasure, two floors of art, antiques, jewelry, gifts, seasonal, boutique items, and napkins for every occasion, plus dinner and drinks,

inside, or out in the beautiful courtyard garden.

Whimsical Eats Desert Truck will be here! See next page!

WiNc Inclusion Center will be open 5 — 9 pm spotlighting Author and Illustrator, Heather Bell, with a book signing, for "Simply Skye" from 5—7 pm. Celebrate Dog Rescue Day with us. Adopt a Flag for Englewood here too!

Wine Down 109 will be open, with live music from Frank Reardon, from 6:30 - 9:00 pm, enjoy the music, a cocktail, and peruse the beautiful artwork by artist, **Karen Ann Polk**.



Guest Artists on our Sidewalks:

Earth Elements by Patti a Jewelry Artist in front of Massage Therapy.

Blue Vixen Design recycled Cigar Boxes in front of Wine Down 109.

Silver Smith Ricci will be in front of Three Trails Trading Post.

Deb's Pots will be here with her clay and pottery items in front of Three Trails Trading Post.

Food Truck Vegan Kingdom KC! From 5-8 pm

Hopefully more Guest Artists!

You an Artist? Join us next Month!

www.Englewoodbiz.org

New Monthly Addition to the 3rd Friday Art Walks - Whimsical Eats Food Truck

Whimsical Eats, a new, small locally owned confectionery dessert food trailer from right here in Englewood, here in Independence, Mo. They serve Huge Cotton Candy Cones that are bigger than your head, Cotton Candy Taco that has Ice Cream and as many toppings that you want inside of a freshly Spun Cotton Candy "Shell", Spaghetti Ise that is a German dessert that has Vanilla Bean Ice made to look like noodles topped with Raspberry or Strawberry drizzle and white chocolate or Coconut shavings. Also they serve Cotton Candy Glitter Bombs that will turn your clear drink into colorful glittery cotton candy flavored fun, and don't forget our Freshly Squeezed Lemonade. They will be here at our 3rd Friday Art Walks and they are also available for Birthdays, Reunions, Church events, Weddings, School Events, Appreciation Days, Corporate events, and so much more! Be sure to stop by this 3rd Friday Art Walk and check out one of their unique deserts!



Whimsical Eats
WHERE SWEET AND MAGICAL MEET

Cotton Candy Cone

Our Cotton Candy Cones are bigger than your head! Pick your flavor and be prepared to have your head spin by the size of our cones!

Spaghetti Ise

Spaghetti Ise is a German dessert made with creamy vanilla Bean Ice Cream, Strawberry or Raspberry drizzle and topped with either white chocolate or Coconut shavings.

Cotton Candy Taco

Our Cotton Candy Taco the shell is your choice of cotton candy topped with cotton candy ice cream, your choice of toppings, with whip cream, and a cherry on top.

WWW.WHIMSICALEATS.WEBLY.COM

Whimsical Eats

- Cotton Candy Cone** \$5
- Cotton Candy Taco** \$10
- Spaghetti Ise** \$10
- Fresh Squeezed Lemonade** \$4

The "Best Dessert Trailer in Town"

Book us for your next Event!
816-915-1162

Whimsical Eats
A PLACE OF SWEETNESS AND MAGIC

COTTON CANDY CONE FLAVORS

- Banana
- Birthday Cake
- Blue Raspberry
- Bubble Gum
- Cherry
- Grape
- Green Apple
- Green Watermelon
- Hot Cinnamon
- Lemon
- Lime
- Orange
- Pineapple
- Pink Vanilla
- Strawberry
- Wacky Watermelon

COTTON CANDY TACOS TOPPINGS

- Cotton Candy Ice Cream
- Mini Chocolate Chips
- Mini Marshmallows
- Mini M&M's
- Butterfinger
- OREOs
- Mini Reeses Pieces
- Heath Bar
- Gummy Bears
- Sour Patch Kids
- Fruity Pebbles
- Whipped Cream
- Cherry on Top
- Sprinkles
- Chocolate, Strawberry or Raspberry Drizzle

SPAGHETTI ISE

- Whipped Cream
- Vanilla Bean Ice Cream
- Strawberry or Raspberry Drizzle
- Shredded Coconut or Grated White Chocolate
- Waffle Chip Garnish

**TO BOOK YOUR NEXT EVENT
CALL OR TEXT 816-915-1162**



Englewood Business Association

Adopt-A-Flag

This is a fundraiser for the Englewood Business Association. Funds raised will support the EBA and ensure that the Flags of the United States of America fly proudly in Englewood! Any additional funds raised will be used for community beautification needs.

For a minimum \$25 donation, Adopt a Flag in the name of a service person or a loved one.

Thank you for your support!

(Applicant Information)

Name: _____

Email: _____

Phone: _____

Name of Service Person: _____

Branch of Service: _____

Rank: _____

OR

Name of Loved One: _____


Flags will be hung on or before Flag Day and will fly through July. A banner with the names of honorees will be on display in the parkway.

Cash or Check accepted at 10920 E Winner Rd. Independence, Mo 64052.

Checks payable to Englewood Business Association.

Pay with card with the following link:

<https://app.autobooks.co/pay/englewood-business-association>



A BANNER WILL BE CREATED
WITH ALL THE NAMES AND
PUT ON DISPLAY.

FOR
\$25.00
EACH

Honor a Service Person

Up Coming Events

May 19, 1—5 PM, Englewood Arts - Indy Quilting's Annual, Free!

May 19, 1—6 PM , Nirvana Coffee Bar and Game Room, Board Game Day!

May 20, 5:30 PM, and 7:30 PM, WestiNd Connection, Support Group, Young Adult (14-20 @ 5:30), Adult group @7:30.

May 21, Tuesdays, 6:30 – 8:30 PM, WestiNd Connection, Queer Kung Fu and Allies too Weekly Tuesday's, 28, June 4, 11 & 18, at the Inclusion Center.

May 23, 6 PM, and 7 PM, WestiNd Connection, Book Club, Monthly Book Club, meets the last Thursday every month, Young Adults at 6 pm Adults at 7 pm at the Inclusion Center.

May 24, 7 PM, Englewood Arts, Live Jazz, The Pete Fucinaro Trio \$15 purchase on line today.

May 24, 8—11:55 PM , Nirvana Coffee Bar and Game Room, Karaoke!

May 25, 12—2 PM, WestiNd Connection, Crafting Club, BYOM to Inclusion Center.

May 25, 8—11 PM , Nirvana Coffee Bar and Game Room, Performance by John & Stephanie.

May 26, 1—6 PM , Nirvana Coffee Bar and Game Room, Board Game Day!

May 27, 7 PM, WestiNd Connection, Art of the Drag, at Englewood Arts Center. \$20 Admission buy tickets on line.

May 31, 6—8 PM, Englewood Arts, Mini Quilt Block You will create two 5" x 5" blocks. \$50 purchase your ticket on line today.

May 31, 9—11:55 PM , Nirvana Coffee Bar and Game Room, Drag Show! \$5 entry fee!

Follow US ALL on facebook!

Up Coming Events

June 1, 10 AM—2 PM, Englewood Arts - Vinyl Swap, PM, First Saturdays.

June 1, 8 PM, Englewood Arts - Zava X Zee, \$15 must be 21+, purchase tickets on line today.

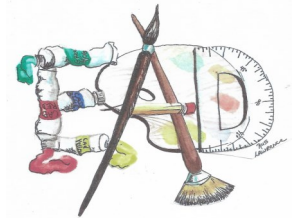
June 3, 5:30 PM, and 7:30 PM, WestiNd Connection, Support Group, Young Adult (14-20 @ 5:30), Adult group @7:30.

June 8, 12—2 PM, WestiNd Connection, Crafting Club, BYOM to Inclusion Center.

June 8, 7 PM, Englewood Arts - Bill Abernathy, \$15 purchase tickets on line today.

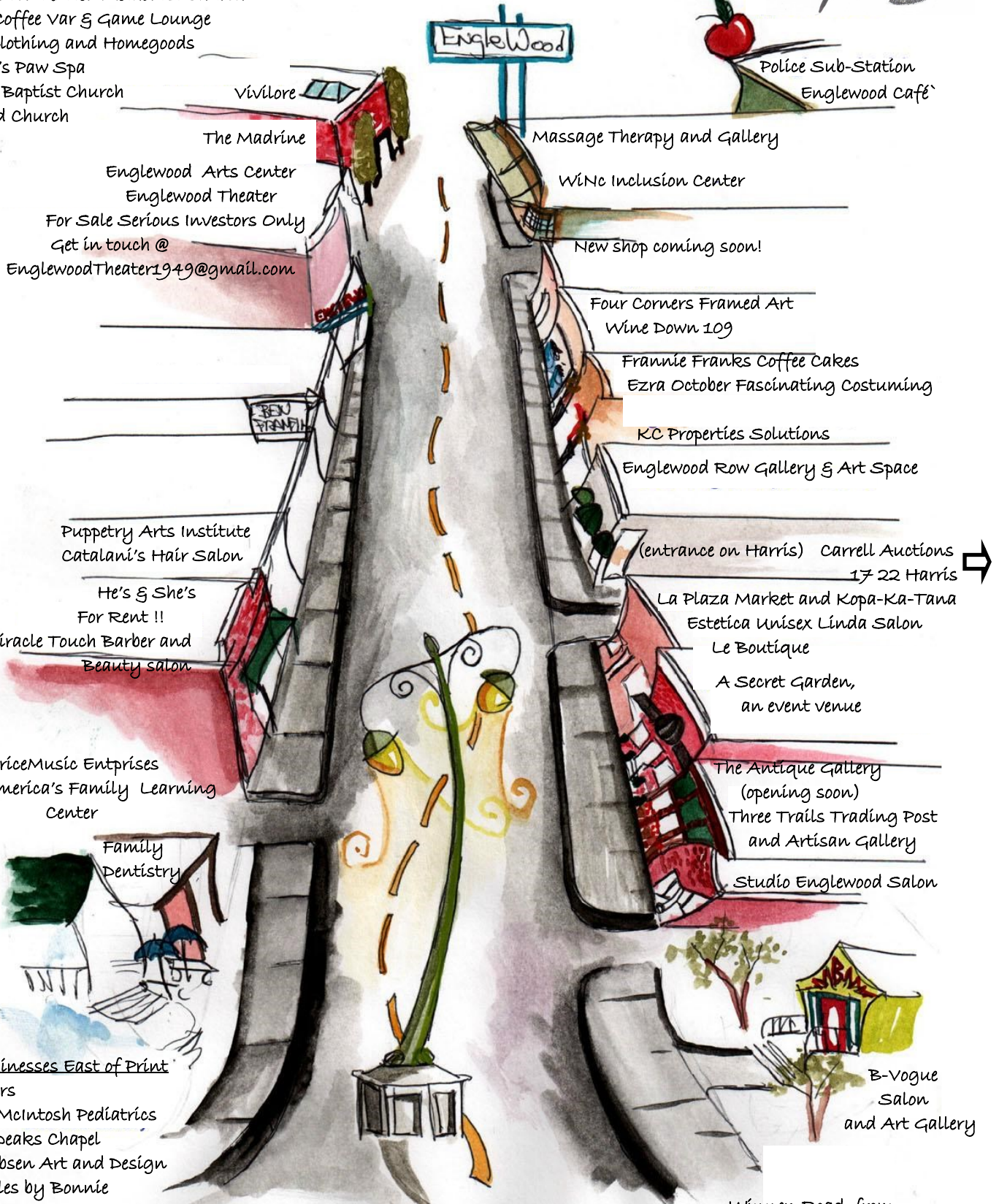
June 12, 6 PM, WestiNd Connection, BINGO night \$20, 5 rounds & 2 chances to win each round!

Englewood Arts District



Other Businesses West of Print

Northern Blvd United Methodist Church
 Nirvana Coffee Bar & Game Lounge
 Parami, Clothing and Homegoods
 Kimberly's Paw Spa
 Maywood Baptist Church
 Englewood Church



Other Businesses East of Print

Hill Flowers
 Cockerell McIntosh Pediatrics
 Carson-Speaks Chapel
 Amie Jacobsen Art and Design
 Estate Sales by Bonnie

Where the Arts Live

Winner Road from Sterling to S. Ralston Ave.