

*katy*  
**parent**

# Holiday Traditions

AND FUN FAMILY ACTIVITIES



**CHEERS TO A  
NEAT NEW YEAR**

**8 TIPS TO AVOID  
HOLIDAY STRESS**

**SILLY ELVES**

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# HOLI



# DDAY

# cuties



**NOTE FROM THE EDITOR**

As we look forward to 2022, I hope we are able to take time to reflect and be thankful for this past year. Although the world is far from peaceful at this time, we can make a commitment to bring peace to our homes, our families and friends, and the community around us in as many ways as we can. Whether that is in a smile to a stranger, helping a neighbor put holiday lights on their house, feeding the homeless, or scrolling on past a social media post we don't agree with... we are in control of our own actions, and we can choose to bring joy instead of conflict. Let's all choose to bring more Peace and Joy to 2022, and start building toward a better future for our children.

*Wishing you all a Merry Christmas,  
Happy Holidays, and a Happy New Year!*



Kim Carlisle, Editor



**COVER CUTIES**

- Peyton - age 9
- Ellie - age 7
- Skylar - age 5
- Sydney - age 3
- Daniel - age 15 months

The 4 girls are learning Spanish (the oldest 3 girls attend Spanish immersion school) and hope to one day all become fully fluent. They stay active with Cub Scouts, Girl Scouts, choir, handbells and art among other activities. Daniel loves to snuggle, play with his sisters and is just starting to take his first few steps. Hopefully by the holidays he will be walking well enough to keep up with his busy sisters!

The kids' favorite holiday tradition is to decorate the Christmas tree together as a family. The kids over the years have made a lot of handmade ornaments for the tree and they love looking back on all their creations.

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Under 11 and up \$140.00

[www.katyyouthsoccer.com](http://www.katyyouthsoccer.com)

# Silly Elves!





# CHEERS!

## TO A NEAT NEW YEAR

### A Clutter Free Holiday Gift Guide

By Beth N. Davis

If your children's toys are already creeping into every room of the house, the idea of more toys coming through the door during the holiday season might be enough to make you break out in hives. Your friends and family love your children. They want to dote on them and treat them to fun things during the holiday season. But you can't fathom where you are going to keep it all.

So many parents go through this clutter phobia during the holiday season. Help yourself and your generous family members by suggesting some of these fun non toy gift ideas for the kids in your family. The better you, and they, know the interests of a gift recipient, the better chance you will all have of making sure your gift doesn't wind up unused in a pile somewhere.

### EXPERIENCES

When you think back on holidays past, the best memories aren't about what you received as gifts but the time and unique experiences you had with the ones you care about. Harness that energy for your children and the ones on your list by gifting an experience they won't forget. A special ride on a classic train (Thomas perhaps?) or a trip in a horse and buggy around the city can offer an exciting memory that you will share for years to come. Whether it is a dinner out, an afternoon making cookies or building a bird house together, experiences are one way to reduce the accumulation during the holidays.

#### Other great experience gifts:

- Movie Tickets
- An afternoon of bowling
- Tickets to a theater performance
- An outing to a sporting event
- A day at the circus
- Ice Skating (indoor or outdoor)
- Mini Golf
- Concert tickets

On a similar note, you can gift an experience that can be re-lived by gifting season passes to a fun attraction in your area. Zoos, museums, aquariums, amusement parks and other attractions generally offer a flat fee membership for unlimited visits. If the child in your life has an affinity for one of these locations, season passes will be a welcome gift.

### CLASSES/LESSONS

Most kids are involved in after school activities but lessons can get costly. If a child in your life is interested in a particular topic, there is likely a class or series of lessons that they can be enrolled

in. For this type of gift, if you are giving to a child other than your own, be sure to consult the parent for scheduling reasons. Your own children will be thrilled to attend an intensive workshop or spend one on one time with a favorite instructor.

#### Some lessons and classes that are popular with kids:

- Swimming
- Sports (camps, 1 on 1 coaching, etc)
- Gymnastics
- Dance
- Karate
- Music lessons (instrumental or voice)
- Pottery or other art class
- Craft class (ie. Sewing, knitting, etc.)
- Horseback riding lessons

### ADVENTUROUS OUTINGS

For the older child (and even for adults), an adventurous outing might be the most exciting gift they receive. Whether you take a whitewater rafting trip or spend a day climbing trees, fun and adrenaline are both at play with these gifts.

#### Examples of these types of outings are:

- Hot air balloon ride
- Zip lining
- Skiing or tubing
- Rock Climbing
- Camping
- Road trip

This is another instance where you will need to double check with the recipient's parents (if the child is not yours) before giving.

### USEFUL GIFTS

While kids thrive on the fun, there are many essentials that, when purchased as a gift can be just as exciting. The promise of a redecorated bedroom, for example, can be the most exciting thing a teenage girl receives.

#### Some examples of useful, fun gifts are:

- Kid furniture
- New bedding
- Bike
- Scooter
- Roller skates/blades
- Basketball hoop
- Trampoline
- A swing set
- Jewelry box

Kids can use these items year-round and most of them can be stored outside or in a garage

### LEARNING TOOLS

Who says learning isn't fun? For the budding scientist in your life, a chemistry set will be more useful than any toy or game that will wind up as clutter in a corner.

#### Some great examples of learning tools as gifts are:

- A telescope
- Strong Magnet
- Science Kit
- Gardening tools
- Chalk or whiteboard with materials
- Bug-catching tools
- Binoculars
- Globe

Gift cards, books and other standard non-toy gifts are also appropriate for the family that is looking to de-clutter. Whether you are looking to be respectful to a minimalist family you know or are trying to keep from adding to the clutter in your own home, these gift ideas will have you ringing in a neat New Year.

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# 8 TIPS TO AVOID HOLIDAY STRESS!

by Dr. Prakash Masand MD

It's supposed to be the happiest time of the year, but the holiday season can also be one of the most stressful. However, with a little planning and by following some important steps, the holidays can truly be enjoyable for all.

## SCHEDULE SOME ALONE TIME

The holidays can be a chaotic time with friends and family and it's ok to schedule some alone time. Ask your spouse to watch the kids for an hour and go to the spa, or go hit a bucket of golf balls. Seeking some solitude is both healthy and necessary to reduce stress.

## DON'T PROCRASTINATE

There's so much to do: buying presents, cooking, decorating and more. Saving it all for the last minute will raise your stress. Start ahead of time and do a little at a time. Making a list from most important to least important will also help.

## ELIMINATE FINANCIAL STRESSORS

Every parent wants to buy that perfect holiday gift for their child, but big ticket items can take a toll on your wallet and your stress level. Make a budget when it comes to holiday shopping and stick to it.

## EXPECT THINGS TO GO WRONG

Your son may hate his Christmas gift; your daughter might get sick; you may overcook the ham. The point is things will go wrong. Appreciate the season for the time spent with loved ones and create new memories, and don't sweat the small stuff.

## RESIST CONFLICT

Holidays are not the time to resolve family conflicts. Many individuals use the holidays to try to resolve long standing conflicts with family members often with disastrous consequences. Leave addressing those issues to a later time in a one-to-one conversation.

## LET OTHERS HELP

Don't feel like you have to be the hero of the holiday season. Ask each person to bring a dish to dinner, make decorating a family activity where the kids help out, and consider a grab bag gift exchange where each person buys only one gift to alleviate the stress of having to get something for everyone.

## DON'T FORGET ABOUT YOU

People get so caught up in the holidays that they forget to take care of themselves. Don't skip meals, get plenty of sleep, drink lots of water and stick to your exercise routine.

## MAINTAIN YOUR HEALTH ROUTINE

Stay on your medication and keep scheduled doctor's appointments. If you're under the care of a psychiatrist or other mental health professional for anxiety or depression, make sure and keep your doctor's appointments this time of year and don't taper medication until after the New Year if your doctor recommends it.

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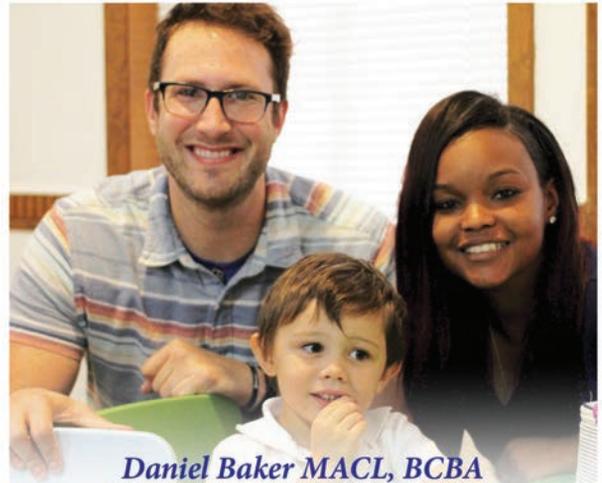
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# December

## FAMILY FRIENDLY EVENTS

**Dec 2, 9 and 16th**

### **FORT BEND** Holiday Nights A Small Town Christmas Experience

Food Shopping and Fun!

5-8 pm in Historic Downtown Rosenberg

[www.rosenbergtx.gov/648/Holiday-Nights-A-Small-Town-Christmas-Ex](http://www.rosenbergtx.gov/648/Holiday-Nights-A-Small-Town-Christmas-Ex)

**Dec 3-5**

### **48th Annual Dickens on the Strand**

For 48 years, Galveston Historical Foundation's Dickens on The Strand festival has highlighted downtown Galveston's Victorian-era architecture while providing a one-of-a-kind holiday destination filled with the sights and sounds of Charles Dickens' work. This year's event continues that tradition with new entertainers and events, returning favorites, and family-friendly programming.

[www.galvestonhistory.org/events/dickens-on-the-strand](http://www.galvestonhistory.org/events/dickens-on-the-strand)

**Dec 3**

### **FORT BEND** Mom & Tot Playdate Olympia Gymnastics and Tumbling

Join us once a month for our Mom & Tot Play Dates! Open gym, activities, and lots of fun!

Dads, grandparents, guardians...all are

welcome to come romp around with your tots!

3 and under parent participation required

9 am-11 am

\$8 pre-registration and \$10 day of even

[www.olympiatrix.com/mom-and-tot-play-dates](http://www.olympiatrix.com/mom-and-tot-play-dates)

### **KATY** Toddler Time at Westwood Gymnastics

[www.westwoodgym.com/events-calendar](http://www.westwoodgym.com/events-calendar)

### **KATY** Open Gym at Westwood Gymnastics

Kiddos run jump and play for 4 hours of FUN!

Pizza & Snacks will be available for purchase throughout Open Gym. The purchase of food and beverages is completely optional.

Ages 3 & Up

7-11 pm

\$16 pre-register, \$20 at door

[www.westwoodgym.com/open-gym](http://www.westwoodgym.com/open-gym)

**Dec 3**

### **FORT BEND** Parents Night Out Olympia Gymnastics and Tumbling

Children will run, jump, and play at Olympia for 4 hours of FUN!

Ages 4 and up

7-11 pm

\$18 Pre-registration, \$20 day of event

<https://www.olympiatrix.com/parents-night-out>

### **KATY** Republic Gymnastics and Dance Tumble Clinic

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic offered one Friday a month from 7-9pm.

Ages 5 and up

Pre-Register \$18 or at the door \$25

7:00pm - 9:00pm

[www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

### **FORT BEND** Christmas Tree Lighting Held at Sugar Land Town Square

This year's tree lighting celebration will be a festive Winter Wonderland! Bring your family to enjoy some of the community's most popular musical performances and theatrical acts at this holiday celebration. Crafts, activities, strolling characters and a variety of holiday treats will make this annual city tradition a night to remember!

5-8 pm

[www.sugarlandtx.gov/918/Christmas-Tree-Lighting](http://www.sugarlandtx.gov/918/Christmas-Tree-Lighting)

**Dec 3**

### **FORT BEND** Sugar Creek Baptist Creek Kids Country Christmas

6-8:30 pm at George Ranch Historical Park

Arena. Mark your calendars for an awesome

way to kick off your Christmas Celebrations

with hundreds of your closest friends. Invite your

neighbors and school friends. This is a FREE

family fun event with photo opportunities, petting

zoo (with a Camell!), hot cocoa, s'mores, crafts,

tram rides, Christmas caroling, and so much

more! Make sure to Register to let them know

you are coming!

[www.sugarcreek.net/event/country-christmas](http://www.sugarcreek.net/event/country-christmas)

**Dec 4**

### **FORT BEND** Fort Bend County Nutcracker Market

Come and Shop til you drop! Held at the Stafford Centre.

10 am- 5 pm

[www.facebook.com/Fort-Bend-County-](http://www.facebook.com/Fort-Bend-County-Nutcracker-Market-101434228438307/)

[Nutcracker-Market-101434228438307/](http://www.facebook.com/Fort-Bend-County-Nutcracker-Market-101434228438307/)

### **KATY** Katy Old Fashioned Christmas Hosted by Katy Market Day

The 11th Annual "Katy Old Fashioned Christmas

Festival" located in Historic Downtown Katy,

will feature produce, arts and crafts, antiques,

clothing, accessories, jewelry, gifts, handmade

goodies, delicious food trucks, entertainment, a

beer garden, petting zoo, face painting and...

50,000 LBS OF SNOW for the kiddos! We will

have 185 vendors, food trucks, entertainment,

beer garden, inflatables for the kids, Santa

and lots of surprises! Our awesome local shops

will all be open for your holiday shopping too!

Please take time to visit them all, support local

this Christmas! We are super excited and are

planning a great free family event! Proceeds

will go to Katy Christian Ministry please bring

canned goods for their pantry!

11 am- 6 pm

[www.katymarketday.com](http://www.katymarketday.com)

# Worship Guide

## **KATY** Candy Cane Market held at Cane Island

50 + Outdoor Vendors and food and spirits from The Oaks Kitchen and a visit from Santa!

Free Admission

11 am -4 pm

[www.caneisland.com/news-events](http://www.caneisland.com/news-events)

## **FORT BEND** Alpha Omega Gymnastics Parent's Night Out

PNO is a great way for mom and dad to go out and have a night on the town while the kids have fun at the gym. It is once a month on a Saturday evening and we will even feed the kids dinner. The children will get to do gymnastics, play games, make arts and crafts, participate in science experiments and watch a movie.

5:30-9:30

Members \$25 per Child, \$20 per Sibling

Non-Members \$35 per Child, \$30 per Sibling

\*Extended Care \$10 per Child

[www.missouricity.alphaomegagymnastics.com](http://www.missouricity.alphaomegagymnastics.com)

## **Dec 5**

### **Katy First Tree Lighting**

Tree Lighting in the Patch, 5-7pm

Outdoors, Ave. A & 4th Street., Hot Chocolate Caroling, Live Music, Family Activities

[www.katyfirst.org](http://www.katyfirst.org)

## **Dec 7**

### **FREE Admission at the Houston Zoo**

Free daytime admission to the Houston Zoo is provided once a month, on the first Tuesday of each month, from open until closing. Online reservations are required for all guests and members during this time. Tickets will not be available at the gate.

9am-5pm

[www.houstonzoo.org](http://www.houstonzoo.org)

## **Dec 9**

### **FORT BEND** Sounds of the Season with Fort Bend Christian Academy presented by Sewell Audi Sugar Land

Enjoy the sounds of this sacred season with musical performances by the Fort Bend Christian Academy Band and Upper School Worship Team,

6:30- 8:30 pm

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

## **Dec 10**

### **KATY** Westwood Gymnastics Flip Flop Clinic

A two hour tumbling clinic that will include a warm up, basic tumbling, cross tumbling, standing back handsprings and backtucks, round off back handsprings, layouts, fulls and more. We will separate tumblers by their ability level, beginners through elite tumblers are welcome. Come Flip flop till you Flop.

Ages 6 & Up

7-9 pm

Pre-Register-\$20 or \$25 at the door

[www.westwoodgym.com/flip-flop-clinic](http://www.westwoodgym.com/flip-flop-clinic)

## **KATY**

### **Central Baptist Katy**

Christmas Eve Services

6-7 pm

[www.cbc.live](http://www.cbc.live)

### **Katy First**

Early Christmas Eve, December 23

7PM, Contemporary Service - Big Band

Christmas Eve, 4PM Children & Family Service

6PM Traditional Service, Candlelight, Communion

8PM Traditional Service, Candlelight, Communion

[www.katyfirst.org/advent](http://www.katyfirst.org/advent)

### **St. Peters United Methodist Church**

2- 3PM Courage Christmas Eve Service, Asbury - All

3-4PM Christmas Eve Family Service - Traditional, Sanctuary

3-4PM West Campus Christmas Eve Family Service, West Campus Worship Center

4:30 - 5:30 PM The Element - Christmas Eve Service, Lott Fellowship Hall

5- 6PM Christmas Eve Service - Traditional, Sanctuary

5- 6PM West Campus Christmas Eve Service, West Campus Worship Center

6- 7PM The Element - Christmas Eve Service, Lott Fellowship Hall

7-8PM Christmas Eve Service - Traditional, Sanctuary

7-8PM West Campus Christmas Eve Service, West Campus Worship Center

11- 11:59 PM Christmas Eve Service - Traditional, Sanctuary

Saturday, December 25th

9AM - 1:30PM Tree of Life Messianic Congregation Shabbat Svc.

[www.stpkaty.org](http://www.stpkaty.org)

## **FORT BEND**

### **St. John's United Methodist Church**

Christmas Eve Services 4-5 pm (Family Friendly), 6-7 pm, and 11-11:45 pm

[www.stjohnsumc-richmond.org](http://www.stjohnsumc-richmond.org)

## **FORT BEND & KATY**

### **Lakewood Church**

Christmas Eve Service (Online and in person) 6 pm

[www.lakewoodchurch.com/schedule](http://www.lakewoodchurch.com/schedule)

### **Parkway Fellowship**

Candlelight Christmas Eve Services

2:45, 4:00, 5:15, & 6:30 PM

[www.parkwayfellowship.com](http://www.parkwayfellowship.com)



### **KATY Parent's Night Out at Republic Gymnastics and Dance**

Do you need a night out without the kiddos; are you looking for an exciting and safe environment for the kids to have fun, run, jump & play? Parent's Night Out is on select Friday nights from 7-11pm.

7:00pm - 11:00pm

Ages 3 and up

Pre-Register \$18 or at the door \$25

[www.republicgymnastics.com/special-events](http://www.republicgymnastics.com/special-events)

### **KATY Westwood Gymnastics Play Date**

Pre Register Online - \$16.00 (closes 24 hr prior to start of event)

Register at the Door - \$20.00 (cash or check only)

[www.westwoodgym.com/events](http://www.westwoodgym.com/events)

### **FORT BEND Polar Express Night at Olympia Gymnastics and Tumbling**

Open play, crafts, hot chocolate, concessions available. Drop-off event.

Ages 3-6 (Fully Potty Trained)

5-8 pm

[www.olympiatx.com](http://www.olympiatx.com)

### **Dec 11**

#### **FORT BEND Movie under the Moon Sponsored by First Colony Church**

Bring your family, friends and lawn chairs to the Plaza to enjoy a Free Movie Under the Moon! This month's showing is the fun-loving, Abominable.

6:15 pm-8 pm

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

#### **Bilingual Christmas Play at Central Green**

5:30-6:30 pm

[www.centralgreenpark.com/event/community-christmas-play-rehearsal/](http://www.centralgreenpark.com/event/community-christmas-play-rehearsal/)

#### **FORT BEND Holiday Dance Showcase presented by Today's Vision Sugar Land**

Come out to enjoy a holiday dance showcase featuring a brilliant array of themed costumes and festive performances by local dance companies!

11 am - 3 pm

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

### **Dec 12**

#### **Opry on the Square**

8:30 pm

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

### **Dec 17**

#### **FORT BEND Parents Night Out Olympia Gymnastics and Tumbling**

Children will run, jump, and play at Olympia for 4 hours of FUN!

Ages 4 and up

7-11 pm

\$18 Pre-registration, \$20 day of event  
[www.olympiatx.com/parents-night-out](http://www.olympiatx.com/parents-night-out)

### **KATY Westwood Gymnastics Parents Day Out**

Kiddos run jump and play through 4 hours of FUN!

9 am-1 pm (Extended care available)

Ages 3 and up

\$16 pre-register or \$20 at the door

[www.westwoodgym.com/parent-s-day-out](http://www.westwoodgym.com/parent-s-day-out)

### **KATY Open Gym at Westwood Gymnastics**

Kiddos run jump and play through 4 hours of FUN!

Pizza & Snacks will be available for purchase throughout Open Gym. The purchase of food and beverages is completely optional.

Ages 3 & Up

7-11 pm

\$16 pre-register, \$20 at door

[www.westwoodgym.com/open-gym](http://www.westwoodgym.com/open-gym)

### **KATY Little Gym of Katy Parents Survival Night**

The Little Gym offers drop-in programs and special events filled with super fun games, activities, and loads of laughter. Designed with your family's needs in mind, drop-in programs and events are scheduled at various times throughout the month.

\$27members \$32 non-members

6-9 pm

[www.thelittlegym.com/KatyTX/events-more-fun/](http://www.thelittlegym.com/KatyTX/events-more-fun/)

drop-ins-events

### **FORT BEND Holiday Neighborhood Nutcracker sponsored by Sewell Audi Sugar Land**

Join the Monarch Chamber players for the "Neighborhood Nutcracker," featuring Tchaikovsky's beloved Nutcracker Ballet score arranged for wind quintet and percussion, performed live in sync with the classic New York city Ballet Film.

6:15-7:45

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

### **Dec 18**

#### **KATY Polar Express Parent's Night Out at Stars Gymnastics Katy**

Music, games, ninja, pizza, gymnastics, prizes and more!

5:30-10:30

\$35 preregistered, \$40 at the door

[www.starsgymtx.com](http://www.starsgymtx.com)

### **FORT BEND Car Culture Invitational**

Grab some coffee and breakfast then race over to the Plaza to see some of the hottest cars on display, including a wide variety of makes and models from all over the Houston Area. Sponsored by Mercedes-Benz of Sugar Land, MSR Houston

and The Hadi Law Firm.

8 am- 10 am

<https://www.sugarlandtownsquare.com/events/FBP-Dec-19>

19th Annual Miracle On Morton Street

Join us for the 19th Annual Miracle On Morton Street offering Vendors, Kids Activities, Entertainment, Food Trucks and selfies with Santa! In Historic Downtown Richmond

10 am- 5 pm

[www.richmondtx.gov/Home/Components/Calendar/Event/7551/313?curr=12&cry=2021](http://www.richmondtx.gov/Home/Components/Calendar/Event/7551/313?curr=12&cry=2021)

### **Dec 20 & 21**

#### **FORT BEND Parent's Day Out Olympia Gymnastics and Tumbling**

9 am-1pm

Ages 4 & Up

\$18 Pre-registration, \$20 Day of Event.

[www.olympiatx.com/parents-night-out#ParentsDayOut](http://www.olympiatx.com/parents-night-out#ParentsDayOut)

### **Dec 20, 21, 22**

#### **KATY Westwood Gymnastics Parents Day Out**

Kiddos run jump and play through 4 hours of FUN!

9 am-1 pm (Extended care available)

Ages 3 and up

\$16 pre-register or \$20 at the door

[www.westwoodgym.com/parent-s-day-out](http://www.westwoodgym.com/parent-s-day-out)

### **Dec 28 & 29**

#### **FORT BEND Parent's Day Out Olympia Gymnastics and Tumbling**

9 am-1pmn • Ages 4 & Up

\$18 Pre-registration, \$20 Day of Event.

[www.olympiatx.com/parents-night-out#ParentsDayOut](http://www.olympiatx.com/parents-night-out#ParentsDayOut)



# ONGOING WEEKLY EVENTS

## Sundays

### **FORT BEND** Sugar Land Town Square

#### **Sundays in the Square Yes Yoga**

YESyoga is hosting Sundays on the Square each Sunday! These FREE yoga classes will be led by Erin Cummings, owner of YESyoga, and will be a 60 minute vinyasa based class open to all levels of yogis. Please bring your own mat and water, no mats will be provided. We ask you to honor all guidelines with setting up your mat for social distancing and wearing a mask if you are within 6 feet of others.

[www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all](http://www.sugarlandtownsquare.com/event/sundays-on-the-square-with-yesyoga/all)

#### **Jazzy Sundays in the Park**

Jazzy Sundays in the Park include free performances at The Water Works in Buffalo Bayou Park. The concert series, made possible by the Kinder Foundation, celebrates the legacy and evolution of jazz in Houston. Held at Buffalo Bayou Park

[www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/](http://www.buffalobayou.org/event/jazzy-sundays-in-the-park-buffalo-bayou-park/2021-11-14/)

## Monday

### **FORT BEND** Playtime in the Plaza with Jolly Trolley

The tremendous, tumbling, tossing, traveling trolley is coming to Town Square every Monday! Welcome aboard a trolley to enjoy a magical moment of play for up to two hours. Drop the kids off and enjoy some afternoon me-time while they watch your children.

12-2 pm

Ages 18 months to 5 years

Fee \$15 for 30 minutes, \$20 for 1 hour.

[www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolley-trolley/all/](http://www.sugarlandtownsquare.com/event/playtime-in-the-plaza-with-the-jolley-trolley/all/)

## Tuesdays

### **FORT BEND** Baby Talk Tuesdays, beginning September 14th at 9:30 am

A program specially designed for our youngest patrons and their significant others. We'll share rhymes, simple stories, songs, and a puppet or two and throw in some early literacy tips. Recommended for 0 - 24 months.

[www.rosenberg-library.org/events/library-events/#children-events](http://www.rosenberg-library.org/events/library-events/#children-events)

## Wednesdays

### **FORT BEND** Storytime

10:00 am

A playful program featuring singing, storytelling, movement, and more planned to promote early literacy development and to encourage one-on-one interaction between children ages 2 - 5 and their caregivers.

[www.rosenberg-library.org/events/library-events/#children-events](http://www.rosenberg-library.org/events/library-events/#children-events)

### **FORT BEND** Paws to Read

4:30 pm

Readers practice their skills by sharing stories with Diva, the book-loving dog. She's friendly and non-judgmental. Each reader gets an individual session with the therapy dog who is accompanied by a handler. Please sign in at Children's Desk upon arrival; availability for four (4) readers.

[www.rosenberg-library.org/events/library-events/#children-events](http://www.rosenberg-library.org/events/library-events/#children-events)

## Thursdays

### **KATY** Laughter Yoga at Central Geen

FREE 9-10 am

[www.katy.com/events/](http://www.katy.com/events/)

### **FREE Thursdays at Houston Museums**

The Museum of Fine Arts, Houston courtesy of Shell Oil Company

5-9pm

[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)

The Health Museum

2-7pm

[www.houmuse.org/visit/the-health-museum](http://www.houmuse.org/visit/the-health-museum)

Houston Museum of Natural Science

Permanent Exhibits Free on Thursdays

2-5pm

[www.houmuse.org/visit/houston-museum-of-natural-science/](http://www.houmuse.org/visit/houston-museum-of-natural-science/)

Children's Museum Houston

5-8pm

[www.cmhouston.org](http://www.cmhouston.org)

## Friday

### **FORT BEND** Sugar Land Town Square

#### **Free fitness in the Plaza every Friday**

Boot Camp with Cida Fitness 9-10:00 am, Mommy

& Me with Inspired Fitness 9:30 - 10:30 am,

Zumba with Cida Fitness 10 - 11:00 am

[www.sugarlandtownsquare.com/events](http://www.sugarlandtownsquare.com/events)

### **KATY** Fun and Fitness Gymnastics - Friday Night Fun!

7:30-10:30 pm

Bring the kids in for some Friday night fun!

Ages 5+, Members: \$15 Non-members: \$20

Team: \$10

[www.funfitgym.com](http://www.funfitgym.com)

### **KATY** FREE Yoga on the Green

[www.katy.com/events](http://www.katy.com/events)

## Saturdays

### **KATY** Saturday Farmers' Market Katy, TX

Free Farmers Market On Grand Parkway

Come meet the hands that feed you. We offer you local sustainably grown produce, locally raised meats, farm fresh eggs, local raw honey, freshly baked bread & baked goods, jams & jellies, spices, snacks, multi-cultural foods, Artisan crafts & gifts, handmade soaps & spa products, Texas-raised herbs, flowers, plants and much more!

We Grow It, Bake It and Make It! We are your friendly neighborhood Farmers' Market!

Leashed pets welcome.

[www.fb.me/e/1WaiEPSrh](http://www.fb.me/e/1WaiEPSrh)

### **FORT BEND** Saturday Farmers' Market Fulshear, TX

The Fulshear Farmers' Market offers a vast array of produce and food products that were grown or produced within a 200 mile radius of Fulshear.

The lineup includes seasonal vegetables and fruit, fresh seafood, Artisan breads, pastured Red Wattle pork, Dorper lamb, Certified Grassfed Wagyu beef, farm eggs, free range chicken, pies, cookies, pastas, granolas, dried fruit and nuts, Houston Chili Pepper Festival award-winning salsas, soaps, toiletries, Cold-pressed juices, local honey, fresh quail and quail eggs, pecans, local wines, kombucha, BBQ sauces, pickles and canned goods, Indian food, heat and eat meals, locally roasted and blended coffees, plants, and more. You will always find a delicious food truck or two, as well.

[www.fulshearfarmersmarket.com](http://www.fulshearfarmersmarket.com)

Rosenberg Library

### **FORT BEND** Saturday Stories

Saturday stories, now on demand! Come in to request a story read aloud by one of our children's staff members anytime between 10:00 and 11:00 am.

[www.rosenberg-library.org/events/library-events/#children-events](http://www.rosenberg-library.org/events/library-events/#children-events)

# HAVE WE OUTGROWN OUR CHRISTMAS TRADITION?

by Lisa A. Beach

Ever get to that point with a family tradition where you question whether it's past its prime? It might have been fun and memorable for years, but now, not so much.

For years, my boys looked forward to December 1, the day our Advent Calendar would "go live." For our countdown-to-Christmas, I would fill each little calendar pocket with a paper highlighting the day's special Christmas treat or activity. Ranging from "get peppermint milkshake" to "sleep under the Christmas tree," we did it all for 24 festive days. Twenty. Four. Days.

Twenty four days of baking and reading and singing and drawing and gluing and glittering ourselves into a Christmas frenzy. Now, I'm not crying "bah humbug" just yet, but that's a lot of Christmas spirit to pack into the tightly filled schedule of a busy family with two teens.

When the boys were younger and less busy, we could do any activity on any day. But as they got

older, and their schedules more complicated, the planning involved to just get together and bake some darn cookies is bringing out the Scrooge in me.

Hmmm, let's bake cookies on Monday after dinner. Wait, Parker's got a soccer game and won't be back until 8 p.m. and then he's got to eat and do homework. We'll do it on Tuesday. No, Trevor performs in a Christmas concert until 9 p.m. The scheduling conflicts go on throughout the week, until I silently scream, "Ho, ho, NO! I just want to bake some cookies with my kids!"

Um, no. Not gonna happen. But that doesn't mean we're nixing holiday fun altogether. We started merrily multitasking, watching Elf while we decorate the tree and drink hot chocolate. We plan fun stuff for the weekend, because "cramping in Christmas" makes it anything but the most wonderful time of the year.

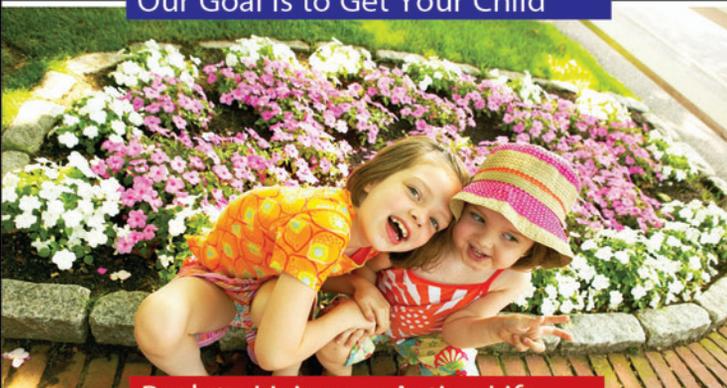
## ADVENT CALENDAR TEEN EDITION

Decorate a gingerbread house	→	Drink ginger tea to calm stress during final exams
Attend a Christmas concert	→	Watch Pentatonix Christmas video on YouTube
Take family Christmas photo	→	Photoshop individuals into collage because group photo is too hard to schedule
Drive around neighborhoods looking at Christmas lights	→	Point out blur of lights while zipping down highway to get to soccer game on time
Bake cookies	→	Eat cookie dough ice cream
Spend afternoon doing arts and crafts projects	→	Cut Mom's shopping list into paper snowflakes on the way home from running errands

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# Holiday TRADITIONS

Decorate a Tree



Get Crafty



Visit a Light Show



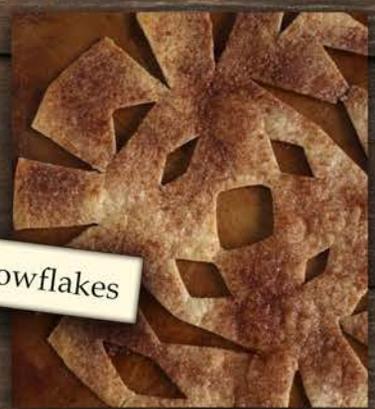
Make an Ornament





Decorate Cookies

Bake Something Yummy!



Cinnamon Snowflakes



Bake Cinnamon Rolls



Decorate Sugar Cones



Bake Brownies

Fudge with Grandma



Make Tamales



Make Gingerbread Houses or Cookies!



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