

katy
parent

Happy
New Year!



RESOLUTIONS AND
NEW EXPERIENCES!

EDUCATION DIRECTORY

WEIGHT LOSS AT ANY AGE

5 WAYS TO TURN A WALK
INTO AN ADVENTURE

IMPROVE YOUR CHILD'S
INTELLECT WITH BOOKS

BABIES TURNING
ONE THIS YEAR!

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BABIES





5 New Year Resolutions for New Moms



1. Sleep when they sleep.

You've heard it time and time again, but it remains the most valuable piece of advice given to brand new moms. You need the rest in order to be able to be the best mom you can be when your new baby is awake. Forget about the dishes, forget about the laundry, and take a nap!

2. Welcome help from others.

Neighbors want to cook you dinner? Yes, please! Sister in law wants to come over and hold the baby for three hours so you can take a break? Best Aunt Ever! One of the biggest mistakes new moms make is thinking that they have to do it all by themselves. There is no prize for the mom that does everything with no assistance from friends or family, so stop trying to win it, and be grateful for the help.

3. Don't forget your spouse!

One of the hardest years in a marriage is the first year after a baby is born. Babies demand a lot of attention, and at the end of the day, new parents don't have much energy left for anything else. If you're blessed enough to have a trusted friend or family member that can babysit, having alone time with your spouse is a vital part of marriage. By making each other a priority, you will not only improve your marriage, you will give your kids a healthy view of what a marriage should be as they grow up. Don't have anyone to watch the baby? Do your best to get baby on a schedule with an early bedtime, and then spend evenings getting creative with at home date nights.

4. Put your phone down!

We're all guilty of this, but even babies can feel when they are being ignored. Don't miss out on the bond you can form with your baby by playing peek-a-boo, making them laugh with your silly faces, and just the true love you will feel when their eyes light up to see you smiling at them!

5. Take care of You!

If mama ain't happy, ain't nobody happy! Take a little time each day to show yourself some love. Take a bubble bath, call a friend, have a neighbor over for coffee. When baby gets on a regular schedule, try to wake up 15-30 minutes earlier so you can have some alone time-workout, read, scroll Instagram, etc... Make yourself a priority!

katy parent

NOTE FROM THE EDITOR

By now, most of us have made our resolutions. Unfortunately, research says most of us will break them after just two short months. Let this be the year of success.

We recently asked you on our Facebook page what your family New Year's Resolutions are for 2022, and most of you are looking for more quality time with family- let us help you with that by checking out our Fun-Time Calendar each month for lots of fun family activities. Getting healthy and being more active also topped the list. We have articles every month that can help you with those goals as well.

This month, we have our education directory featured. Open houses and previews are happening now to get you prepared for the fall. If you are looking for a new school for your child, make sure you check out the advertisements in this issue.

Whatever your resolutions may be, make sure you set short term goals along the way. You will feel great when you reach them, which will keep you working toward the ultimate goal.

We wish you much success, happiness, and most importantly, good health, in 2022!



Kim Carlisle, Editor

COVER CUTIE

Darla

Darla is a sweet and adorable and loving baby.



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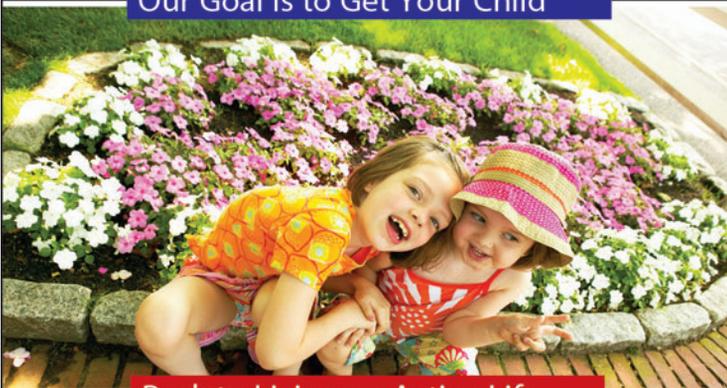
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WEIGHT Loss

in your 20's, 30's & 40's

By Sandra Gordon

Take charge of your weight fate with this decade-by-decade guide to staying fit.

YOUR 20'S

Tip: Beef up your calcium intake to protect your bones and your waistline.

WHAT'S HAPPENING NOW:

First, the good news. You're burning more calories than ever, thanks to a naturally speedy metabolism. But getting pregnant—something many women do in their twenties—can change all that. If you gain more than the recommended 25 to 35 pounds, the extra weight can pose a long-term obesity risk. Another potential pitfall: With children comes an abundance of kiddie food—think French fries, chicken fingers, birthday cake. You may feel compelled to finish your toddler's half-eaten meals or nibble your way through the day.

WEIGHT-LOSS RX:

Invest in your health by exchanging your bad habits with a few good ones. "Your twenties should be about setting up your life for the next 60 years," says Cathy Nonas, R.D., author of *Outwit Your Weight*.

Make half your plate fruits and vegetables. While you're at it, cut down on red meat and junk food and boost your intake of whole grains, too.

Lift weights. Strength training offsets the effect of a sedentary job and maximizes your body's natural calorie-burning power by building muscle. Choose a weight that fatigues your muscles after 12 repetitions, and strive for one set of 8 to 12 repetitions for each of the eight major muscle groups (chest, arms, back, outer thighs, inner thighs, butt and abs).

Fit in mini workouts. Do what you can around your home or office, using your own body weight as resistance. Take the stairs, instead of the elevator whenever possible. Do a set of 10

squats in your office cubicle 3 times a day. Or stand and do 30 raised push-ups on the edge of your desk every day.

Get more calcium. Get 1,000 milligrams of calcium a day from low-fat dairy products or calcium supplements or a combination of the two (for best absorption, take a calcium supplement with food). Besides reducing your risk of osteoporosis, calcium can help keep your weight in check.

Practice portion control. Try putting your portions in perspective. "The palm of your hand is the right amount for meat, chicken or fish," says Kathleen Johnson, R.D., a consulting nutritionist in Tucson, Arizona. A serving of peanut butter or mayonnaise would be about the size of the last joint of your thumb, and a standard serving of ketchup or salad dressing equals an Oreo. A portion of pasta or grains should take up the space of a quarter of your plate.

YOUR 30'S

Tip: Too busy for a sit-down meal? Choose a healthy meal-replacement bar instead.

WHAT'S HAPPENING NOW:

Unfortunately, your thirties are prime time for putting on the pounds. Unless you were lifting weights throughout your twenties, you're naturally starting to lose muscle—and gain fat—at a rate of about 2 percent per decade. This subtle muscle-to-fat ratio change makes it tougher to maintain your ideal weight as time goes on. As your muscle mass shrinks, your calorie requirement decreases. Unaware

of this subtle changes in your body, you're probably still eating the same way you did in your twenties. Complicating matters, you may also be having babies. The inevitable weight gain from pregnancy, coupled with the added responsibilities of a burgeoning career and a family, makes it difficult to stay in shape.

WEIGHT-LOSS RX:

Make time for yourself instead of worrying about everyone else's life. Exercise. Eat right. Now's the time to regroup and rediscover yourself and your needs. After all, the happier you are, the happier everyone is. What's more, setting a good example is especially important now if you've got others following your lead. "Women set the pace for healthy eating in a family," says Nonas. Here's how to be a great role model:

Make exercise a daily priority.

Getting to the gym can be tough if you've got a family and a career, so it's important to find ways to be active throughout the day. If you've got kids, burn calories by joining in on their games. Walk everywhere. Mow the lawn. Do anything you can to get your heart rate up for about an two and a half hours each week.

Know your body mass index.

"Your weight could be at a dangerous level and you might not even know it," says Fernstrom. To calculate your BMI, log on to the Web site for the National Heart, Lung and Blood Institute at

<http://nhlbisupport.com/bmi>. Or do it yourself by multiplying your weight in pounds by 705. Divide the result by your height in inches, then divide that result by your height in inches again. A BMI over 25 is considered overweight; over 30 is obese. Both classifications can up your risk of chronic conditions like cancer, heart disease and type 2 diabetes.

Stock your pantry. Make sure you always have healthy food, such as whole-grain bread, fruits, vegetables and low-fat dairy products, on hand. You'll be less prone to order takeout for the family on busy nights, which can increase your calorie load and downgrade nutritional value.

Don't skip meals, even when you're busy.

It only leaves you vulnerable to cravings. "When you're on the run, a balanced meal-replacement shake or bar is definitely better than fast food," says Nonas. And, according to a study published in the *Archives of Internal Medicine*, meal replacements can promote long-term weight loss because they're an easy way to keep track of calories.

YOUR 40'S

Tip: Antioxidant-rich meals—like salads and sushi—are required eating.

WHAT'S HAPPENING NOW:

Your self-esteem is at its peak—and so it should be. You're more accepting of the body flaws that drove you nuts in your twenties. However, you're still losing metabolism-boosting muscle mass, only now it's at a rate of 5 percent per decade. And perimenopause, the 8 to 10-year period before menopause, may be settling in. With it comes declining estrogen levels and, possibly, mild depression, says Shari Lusskin, M.D., director of reproductive psychiatry at New York University School of Medicine. Depression can be linked to weight gain.

WEIGHT-LOSS RX:

Fight back! Don't accept mid-life weight gain as a fact of life. If there's one thing you've learned by now, it's that for every problem, there's a solution. Here are four:

Keep your heart rate up.

Moderate aerobic exercise—30 to 60 minutes most days of the week—is crucial for offsetting your body's natural metabolism decline. It can also prevent the depression that may accompany perimenopause.

Build muscle.

If you haven't begun strength training yet, start now. "It will help preserve the muscle you have and build even more," says Cunningham. To learn proper technique (and avoid the risk of injury), invest in a couple of sessions with a personal trainer.

Protect against soreness.

You're more vulnerable to everyday aches and pains, so don't push yourself too hard. Gradually work up to a

challenging routine, so your muscles and joints have time to get used to the added stress. If you haven't already done so, boost your intake of protein and antioxidant-rich fruits and vegetables; the nutrients will promote muscle repair and ward off soreness by destroying free radicals formed during exercise, according to Liz Applegate, Ph.D., director of sports nutrition at the University of California at Davis.

Take aim at osteoporosis.

Unfortunately, if you haven't been strength-training or eating a calcium-rich diet throughout your twenties and thirties, you may be at risk for this deadly disease. But starting a strength-training program—and taking calcium supplements—now can help prevent further bone loss. Take 500 milligrams of calcium three times daily, with food for the best absorption. And get yourself a set of dumbbells, and use them, today.



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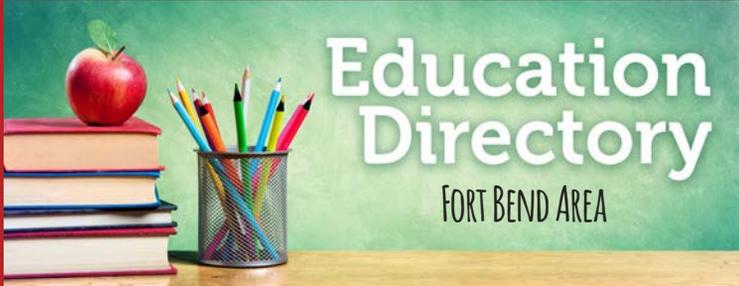
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281-674-5296

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www.DivineSaviorAcademy.com
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www.Montessori.com
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Fort Bend Christian Academy

www.FortBendChristian.org
281-263-9143

Greatwood Montessori School

www.Montessori.com
281-343-1888

Holy Cross Kids Preschool

www.HolyCrossKids.org
281-633-2000

Katy ABA Center of Texas

www.KatyABAofTexas.com
281-574-4226

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www.KidsRKidsFortBend.com
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www.Kumon.com/Richmond-
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281-232-6789

Learning Stages

www.LearningStages.com
281-240-0480

New Territory Parks and Recreation Early Learning Preschool

281-565-1070, <https://newterritory.org/page/12798~1033238/>

Kids-Education-Center Reading is Critical

www.ReadingIsCritical.com
832-520-3261

Sharp Minds Academy

www.SharpMindsAcademy.com
832-242-2477

Spanish Schoolhouse

www.SpanishSchoolhouse.com
281-565-0390

St. Laurence Catholic School

www.StLaurenceSchool.org
281-980-0500

St. Theresa Catholic School

www.StTheresaCatholicSchool.org/
281-494-1157

Sugar Creek Montessori School

www.SugarCreekMontessori.com
Katy 281-693-7267
Fulshear 281-394-9797
Sugar Land 281-261-1000

Texana Children's Center for Autism

www.TexanaCenter.com
281-239-1497

The Goddard School

www.GoddardSchool.com
281-232-5353

The Honor Roll School

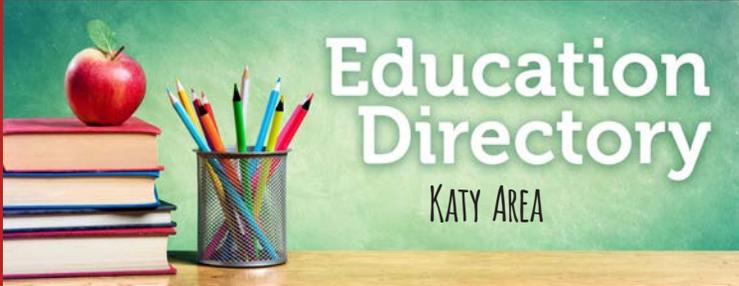
www.TheHonorRollSchool.com
Sugar Land 281-265-7888
Missouri City 281-499-7214

The Tutoring Center, Richmond, Texas

www.Richmond.TutoringCenter.com
Richmond 832-449-3286

Tutoring Center Sugar Land

www.SugarLand.TutoringCenter.com
281-980-1242



Education Directory

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Central Baptist Church

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281-492-2689

Challenge Island NW Katy

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nwhouston-katy
281-901-1034

Childrens Lighthouse Learning Center

www.ChildrensLighthouse.com
Cinco Ranch 281-395-4466
Clay Rd. 281-492-2688

Club Z

www.ClubZTutoring.com
281-558-CLUB (2582)

Counter's Tutoring Connection

www.CountersTutoring.com
832-341-6621

Five Star Montessori School

www.FiveStarMontessori.com
West Houston 281-556-6078
Katy 281-578-1616

Guide Post Montessori

www.GuidePostMontessori.com/
Katy
281-972-8999

Ivy Kids Silver Ranch

www.IvyKidsSilverRanch.com
832-487-3001

Katy ABA Center of Texas

www.KatyABAofTexas.com
281-74.4226

Kids Developmental Clinic & Kids Developmental Therapy

www.KidsDevelopmentalClinic.com
www.KidsDevelopmentalTherapy.com
713-668-6690

Learning RX Katy

www.LearningRX.com/Katy
281-394-5533

Little People's School

www.katyfirst.org/lps/
281-391-6577

Primrose Schools

www.PrimroseSchools.com
Cinco Ranch 281-693-7711
Kelliwood 281-828-1600
N. Mason Creek 281-492-7400
West Cinco Ranch 281-347-1212
Woodcreek Reserve 281-371-0099

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www.SpeechCenterofKaty.com/
281-758-8793

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Texana Children's Center for Autism

www.TexanaCenter.com
281-239-1497

Texas Young Autism Project

www.TexasYoungAutismProject.com
713-353-0254

The Goddard School

www.GoddardSchool.com
Cinco Northwest 281-392-1133
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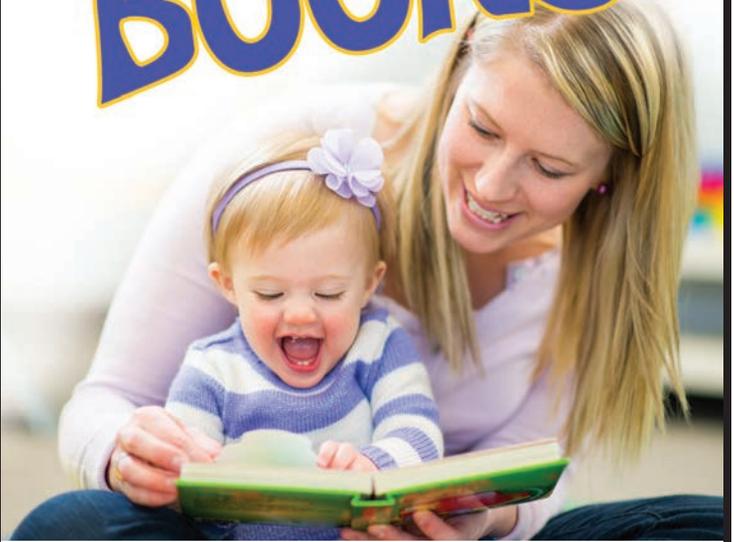
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FUN WAYS TO IMPROVE YOUR CHILD'S INTELLECT WITH BOOKS!



If you aren't reading with your children on a regular basis, you're missing a great chance to spark their imagination and enhance learning skills.

"Books encourage children to think," says Sandy Parker, mother of two and author of the children's book "What Month is it?" She adds, "Books can take you somewhere else and stimulate imagination. They help children see beyond what is there." Sandy incorporates the use of phonics, games, activities and crafts to make the reading come alive. Visit www.JustThinkBooks.com to download a page of activities that will enliven your Storytime.

Here Sandy shares five ways you can use books to ignite children's creativity and sharpen their intellectual skills.

1. Improve literacy by using picture books. Select one particular letter of the alphabet and encourage children to find objects on the page that start with that letter.
2. Foster creative thinking by pausing after each page and asking, "What do you think will happen next?"
3. Teach children about geography by selecting a book set in a different state or country. Using a map, show children where the place is located and talk about different or unique cultural aspects of the place.
4. Practice mathematical skills by having children count a selected item from a page in the book.
5. Develop discussion skills by asking your child to describe the main character of the book. Talk about what the character is like, and ask them to explain why.



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FAMILY FRIENDLY EVENTS

January 1-2

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www.dinostroll.com

January 4

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

January 7

Tumble Clinic - Republic Gymnastics

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic offered one Friday a month. Ages 5 & Up 7-9pm
www.republicgymnastics.com

Playdate - Westwood Gymnastics

Princess play dates are a day of awesomeness! Girls will play dress up, tea party, story time, craft time and much much more! We will separate girls into small groups by age and follow a rotation of events. Don't forget to pack a lunch! Ages 3(potty trained-5) 9 am-1 pm Pre-Register- \$20 or Register at the Door-\$25
www.westwoodgym.com/play-dates

Flip Flop Clinic - Westwood Gymnastics

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 till you Flop. Boys & Girls Ages 6 & Up 7-9 pm Pre-Register \$25 or Register at the Door \$30
www.westwoodgym.com/flip-flop-clinic

January 14

Parent's Night Out 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. Ages 3 & Up (potty-trained) 7-11pm
www.republicgymnastics.com

January 15

Parent's Night Out Code Ninjas of Riverstone

Drop off your kids at Code Ninjas, where they'll play games, assemble puzzles, build robotics, and more! Once you've had a chance to unwind, swing by to pick them up (please) and hear about all the fun they've had! Ages 7 and up; \$45; 6-9 pm
www.codeninjas.com/tx-sugarland-riverstone/parents-night-out

January 15-16

Fort Bend Home & Garden Show

Everything dedicated to home improvement, decorating and interior design, landscapes, outdoor entertainment, plus it features a Winter Gift Market, wine sampling, PLUS an entire building filled with food samples! Two incredible shows in one location! Fort Bend County Fairgrounds Sat. 10am-6 pm, Sun. 11am-5 pm, Admission \$7, children 12 and under FREE!
www.ftbendhomeandgardenshow.com

January 21

Parent's Survival Night Little Gym of Katy

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. 6-9pm
www.thelittlegym.com/KatyTX/events-more-fun/drop-ins-events

January 22

Parent's Night Out Winter Wonderland-Stars Gymnastics Katy

Movies, Games, Music, Pizza, and more! 5:30-10:30 \$40 preregistered
www.starsgymtx.com

PJ's and Pancakes Parent's Night Out-Alpha Omega Gymnastics Missouri City

Parent's Night Out 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. The children will get to do gymnastics, play games, make arts

and crafts, participate in science experiments have dinner and watch a movie. Ages 3-13 years 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/parents-night-out

January 26-30

Houston Auto and Boat Show- NRG Center, One NRG Park

Returning to its regular dates in January the Houston Auto Show is also bringing you a special treat and combining with the Houston Boat Show for a one-time special event. Wed-Fri Noon-9pm; Saturday- 10 am-9 pm Sunday 10 am-6 pm; \$15 General Admission, Children under 5 are FREE
www.houstonautoshow.com

January 28

Parent's Survival Night - Little Gym of Sugar Land and Missouri City

Enjoy some much needed adult time! 6:30-10:30 pm \$20 members, \$25 non-members
www.thelittlegym.com/SugarLandMissouriCityTX/events-more-fun/drop-ins-events#schedule

January 29

Celebrating the Lone Star San Jacinto Museum of History

The Lone Star Flag was officially adopted by the Texas Congress on January 25, 1839, becoming the second national flag of the Republic of Texas. It has been the symbol of Texas ever since. Celebrate our flag by learning more about how it came to be and some of the Revolutionary flags that pre-dated it. Kids (and crafty adults) can try their hand at making a flag, either from history or their own imagination. Drop in Between 12-3 pm Free with ticket to San Jacinto Monument
www.facebook.com/events/877581306275062/?acontext=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref_notif_type%22%3Anull%7D

Monster Jam - NRG Stadium

www.ticketmaster.com/monster-jam-tickets/artist/1542376?venueId=475596&brand=monsterjam

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

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/

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/

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

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

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

Thursdays

KATY Laughter Yoga at Central Geen

FREE 9-10 am

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

The Health Museum

2-7pm

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/

Children's Museum Houston

5-8pm

www.cmhouston.org

Fridays

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

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

KATY FREE Yoga on the Green

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

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.

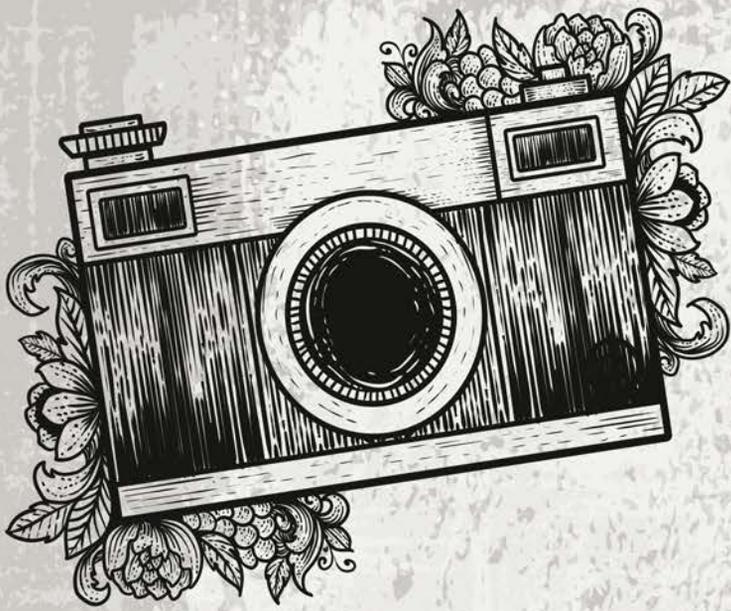
www.fulshearfarmersmarket.com

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



Favorite PHOTOS





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- Women-only weekends
- Family weekends



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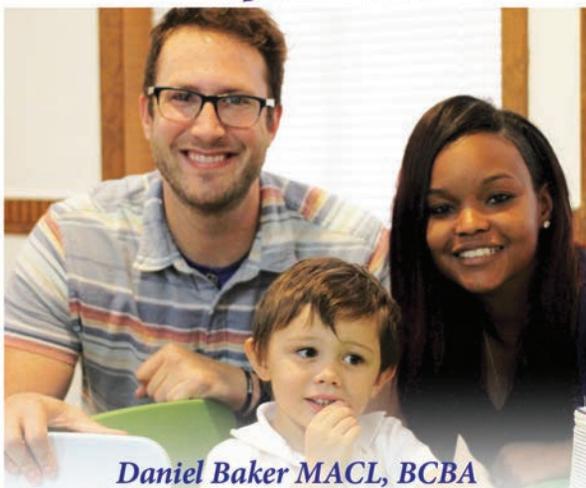
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5 WAYS TO TURN AN Ordinary Walk

into an

ADVENTURE!

by Tice Swackhamer



Like most families, we take our kids to amusement parks, the zoo, museums and county fairs, but the best times seem to be when we just take it easy and spend time together. One of our favorite activities is to take walks in our own neighborhood or local park. If suggesting a walk to your kids makes them grimace like they just tasted sour milk, try adding a twist and turn the ordinary into an adventure.

The Flashlight Walk

The best time for flashlight walks, besides the obvious nighttime requirement, is right after dinner in the fall or winter. It now gets dark as early as 5:30 p.m., giving you plenty of time upon return for baths and a reasonable bedtime. If possible, go out on a new moon when the sky is particularly dark and venture down unlit pathways to get the greatest effect. Always keep safety in mind, but given that you are in your own neighborhood the routes should be secure and familiar. Give each person their own flashlight and set out rules in advance, such as staying with the group and not flashing people in the face.

The Photo Walk

Today's digital cameras make it easier to allow kids to shoot away without concern over expensive development costs. Of course you may have other concerns, such as giving your small child free rein with your DSLR or even your point-and-shoot. If this is the case consider whether you have an older device the child could use – perhaps a phone or first generation digital camera forgotten in a drawer. The camera walk is an exploration and can produce some wonderful images. In any case, this is a slow walk with a lot of stops so if you are looking for exercise designate some no-stopping areas.

The Wagon Walk

When the kids are too tired or not excited about a walk, the wagon walk is a great alternative. Often times a little fresh air revives the reluctant participant, but if not there is no harm in putting a cozy blanket and small pillow in the wagon so the tired one can rest while the others explore. To avoid arguments over who rides and who pushes set the expectations before leaving the house. If your plan is to have everyone stay together then refrain from allowing other wheeled items along, such as scooters or inline skates.

I Spy a Butterfly Walk

... or a red door, or a snowman, or a prickly rose... or whatever you want to "spy" depending on the season. This one can get a bit competitive so one way to defuse the rivalry is to work as a team. Keep score as a team and on each new I Spy walk attempt to break the record from the previous walk.

The Destination Walk

Park to Park, follow the bus route or go to the grocery store, the destination walk is fun and can be a great learning experience. Bring along a map and challenge the kids to find landmarks while you watch them learn their way around town. Turn the walk into a productive outing by getting an errand done or drop in at the library for story time followed by a treat at a local yogurt shop or bakery for good behavior.

Add your own twist and transform the neighborhood walk into an expedition that your kids will want to go on again and again.

2 Great Shows - 1 Admission!



Winter Market



January 15-16

Fort Bend County Fairgrounds

Shop 'til you drop at this showcase of everything for the interior and exterior of your home - plus, fashion, decor & jewelry! Three Full Buildings! One with home and garden products, one with gifts and crafts and one entirely dedicated to wine & food sampling!

- CHARCUTERIE BOARDING SCHOOL
- GIFT MARKET
- ASK A MASTER GARDENER
- WINE & FOOD SAMPLING

HOURS & ADMISSION

Saturday	Jan. 15	10 - 6	Adults	\$7.00
Sunday	Jan. 16	11 - 5	Kids under 12	FREE

FREE PARKING! Cash Only

FortBendHomeandGardenShow.com

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Coupon good for a \$1.00 off a single adult admission ticket. Not valid with any other offer.



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HomeFortheHolidaysGiftMarket.com



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