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summer

**SUMMER
CAMP GUIDE**

Texas
ROAD TRIPS

14 FOODS

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5 Ways to Balance
Career & Family!

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NOTE FROM THE EDITOR

In celebration of moms this month, we have tips on how to stay healthy by not only balancing your diet, but also your work vs home life. Want a little balance this summer? Make sure you make good use of our Summer Camp Guide so you can experience a little peace while the kids are off at camp! As always, check our Fun-Time Calendar, in this magazine and online, for loads of family fun!

This month, we have also have a list of gift ideas for the fabulous moms in your life, and a nice list of Texas resorts for your summer vacation planning. Here's a great idea, plan a nice little get-away for Mom for Mother's Day!

Don't forget to follow us on Facebook for current events and fun freebies. I hope you all have the best Mother's Day ever!

Kim Carlisle, Editor



COVER CUTIE

Brinley

Brinley is 6 years old and loves all things summer! She loves to swim, play with friends at the playground and spend time at the beach digging in the sand. She likes to go to the park and play with her mom.

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PRACTICALLY Perfect PRESENTS FOR MOM

By Rhonda Franz



1. **Courier service.** For inside the house. Let her take a break from her usual frenetic pace. Whenever she needs anything from any room, run and get it for her, all day long.
2. **(Bed) Room service.** After you have let her sleep in, of course.
3. **A night out, a night off.** With girlfriends, with Daddy, with family—whatever she wants.
4. **A magazine subscription.** The magazine she always picks up to read in a store, but never buys a subscription to.
5. **Fine art.** Not Picasso. Special, personal art from her children: a collection of watercolors and finger paintings placed in a scrapbook or something they brought home from school—framed and ready to hang on the wall.
6. **A hobby gift basket.** Think about what the mom in your life likes to do outside of work, family and household. An artistic mama might need some new tools and art supplies; a knitter or seamstress, perhaps new patterns or yarn. A reading mom would always welcome books.
7. **A game app for her smartphone.** Just in case she needs an excuse to sit around and play a bit.
8. **Subscription to a flower delivery service.** A perfect way to welcome spring and summer.
9. **A totally frivolous new pair of shoes.** A kind she wants and likes, but absolutely does not need (and wouldn't ever buy for herself).
10. **Ditto for a new piece of jewelry.**
11. **Subscription to a grocery delivery service.**
12. **Business cards for her profession as "Mom."** Fun contact cards for any mom, whether she works at home or away from it.
13. **No sibling rivalry for at least one day.** (For the moms with children at home.) Fair warning: if you give a mom one day of no sibling rivalry, she is certain to ask for more.
14. **Her favorite drink.** A pound of coffee, a box of gourmet spiced tea, a bottle of her favorite wine (chilled and ready to drink).
15. **Her favorite snack.** More than just a serving size, folks. Perhaps enough to last her a few days?
16. **Cash.** Skip the gift card and hand over some crisp bills. Kids, don't let her spend it on your next field trip.
17. **A personal service she would never purchase herself.** A manicure with nail art, bold highlights in her hair—henna tattoo (or perhaps a real one). Moms get to have fun, too.

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Little Sprouts

Ages: 3-5, Saturdays
Time: 10:30 – 11:15 a.m.



Summer Camps

Acting Camps

Ages: 7-14
Time: 1:00 – 4:00 p.m.
Price: \$350 Per Show
Dates: June 6-17
June 20-July 1



Musical Theatre Camp

Ages: 7-14
Time: 1:00 – 4:00 p.m.
Price: \$350 per Musical
July 11-22
July 25-August 5



Little Sprouts Musical Camp

Time: 10:00 – 11:15 a.m.
Price: \$125
Ages: 3-5, July 11-15
Ages: 6-8, July 25-29



Guitar Camp

Ages: 7-14 Price: \$150
Time: 10:00 – 11:30 a
Dates: June 27-July 1

For More Updates Follow us on:



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GALVESTON

Fun in the Sand! Pack some shovels and pails for hours of play. Don't forget the sunscreen, it can get mighty hot!

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Find out more at www.galveston.com

NEW BRAUNFELS

Whether you're floating the Guadalupe, the Comal, or the rides at Schlitterbahn, you won't be disappointed on this fun trip.

Don't miss a visit to Gruene. A short drive away, grab a bite at The Gristmill, enjoy some live music at Texas' Oldest Dance Hall and stroll through the shops.

Find out more at www.nbcham.org

SAN ANTONIO

Home to Shamu, you will enjoy meeting him and friends at Sea World, the world's largest marine life adventure park.

Don't miss taking a drive through Natural Bridge Wildlife Safari. While you may feel like you're on an African safari, you're still deep in the heart of Texas!

And, of course, always Remember the Alamo! It is

just a couple of blocks off the Riverwalk, where you'll find lots of good food and shopping.

Find out more at www.sanantoniocvb.com

AUSTIN

Also known as The Live Music Capital of the World, Austin is home to our State Capital and The University of Texas. Blessed with 300 days of sunshine a year, you can vacation here year round.

Don't miss the bats! From April through October, 1.5 million Mexican free-tail bats live under the Congress Avenue Bridge. Stand along the shores nightly at dusk to see them emerge from beneath the bridge.

Find out more at www.austintexas.org

SOUTH PADRE ISLAND

More fun in the sun and sand! Enjoy the beautiful Texas beach, or visit the island's own fun waterpark.

Don't miss dolphin watching! The Gulf of Mexico is the playground for these beautiful creatures. Numerous dolphin watch boat tours are available.

Find out more at www.sopadre.com

Travel Tips

KNOW BEFORE YOU GO

Research the city you will be visiting in advance. Check websites and get a basic action plan so your vacation time isn't spent organizing. But remember things come up, so don't be disappointed or worried if you are unable to stick to the schedule. The idea is FUN!

ZAP THOSE SNACK CRAVINGS

Be prepared! Health conscious families will want to pack a small cooler of snack filled sandwich baggies. Have them sorted and ready to hand out at a moment's notice. Berries, pretzels, yogurt covered raisins, and carrot sticks are great options. Be sure to remember to have bottles of water available.

TAKE BREAKS

Sitting for a long time can be uncomfortable, especially for little ones in car seats. Make use of those rest stops to run around and stretch. Consider bringing a ball or Frisbee. Set a break schedule - every hour or so for small children, while older kids can sit for a couple of hours at a time.

TAKE TIME TO LOLLYGAG ON THE WAY HOME

While you will want to focus on arriving at your destination in a timely manner, try to leave extra time for the ride home. Road trips are a great time to discover little out of the way places - from small museums to interesting historic spots.

MAKING MEMORIES

If your budget allows it, provide each child with a disposable camera to capture photos of the vacation. Older ones can use their cell phones. It is fun to see the trip for everyone's own perspective. Fill up a scrapbook or family photo album when you get home.

CURB THE "I WANTS"

Consider providing children with a certain amount of money to be used at their own discretion during the trip. In this way they can decide if they truly want that stuffed armadillo at the truck stop, or if they prefer to save it for a Shamu toy. Kids tend to be more careful with their own money.

ROAD TRIP ENTERTAINMENT

Many cars are now equipped with DVD players, and for those we say, "Yeehaw!" For families without this option, consider checking out books on tape at the library, guaranteed to make imaginations soar.

CAR GAMES

These are a lot of fun and help encourage learning and imagination, from 20 Questions to the memory game "I'm Going On a Picnic"- where each player has to name what they are taking PLUS all of the items from previous turns.

TRAVEL JOURNAL

Have each child keep a record of their day. These are fun to look through later, and you'll find many funny or interesting things happened that might have been forgotten otherwise.



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SUMMER CAMP GUIDE

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www.benedictinetutors.com/katy-summer-camp
832-588-4408

● BUSHI BAN INTERNATIONAL

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www.BushiBan.com
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● CAMP ALLEN

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Musical Theatre Camp - Ages: 7-14 ,July 11-22
-Beauty and the Beast, July 25-August 5 -Moana Jr.
Guitar Camp- Ages: 7-14, June 27-July 28
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www.centuryfinearts.com

● CHALLENGE ISLAND

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June 13-17 Summer CI Games
June 27-July 1- Summer of Sci-fi
July 18-22 Summer I ran the Zoo
July 15-29 Summer of Artistry
www.challenge-island.com/nwhouston-katy/program/camps

● EVERBROOK ACADEMY

Spend your summer at Camp Everbrook! Campers enjoy fun and learning all summer long, with a variety of weekly camp themes and interesting visitors. With our theme experiences, you can be an artist, explorer, zoologist, time traveler, or anything you want to be!
www.everbroomacademy.com/programs/summer-camp
832-239-1748

● INSPIRATION STAGE

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www.inspirationstage.com

● KATY YOUTH SOCCER

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www.KatyYouthSoccer.com
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● PRIMROSE SCHOOLS

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www.PrimroseSchools.com
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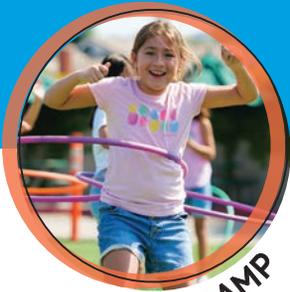
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www.victorycamp.com
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14 FOODS

Moms should eat every week!

By Sandra Gordon

These sound bites will boost your energy, prevent disease, and help you look—and feel—years younger...

1. MILK.

Just one eight-ounce glass of skim or low-fat milk supplies one-third of your daily requirement of calcium, which is vital to strong bones and teeth. A diet rich in calcium can cut your risk of hypertension, colon cancer, and breast cancer, as well as ease PMS. Milk is a valuable source of vitamin D, vitamin A, riboflavin, niacin, and vitamin B12. Drinking the white stuff also sends a healthy message to your kids: A recent study found that mothers who drink milk regularly have daughters who do the same—and who consume less nutrient-empty soda.

2. BROCCOLI.

It's low-cal and loaded with vitamins A and C, beta-carotene, folate and fiber—which help reduce your risk of heart disease and certain kinds of cancers. Enjoy raw or lightly steamed.

3. BANANAS.

At about 100 calories each, bananas are good source of fiber and vitamins B6 and C. They're also loaded with potassium—a mineral that helps regulate blood pressure and is essential to muscle function. Eat one after a workout (when potassium levels are at their lowest), mix into smoothies, or add to your cereal for an all-day energy boost.

4. ORANGE JUICE.

A stellar source of vitamin C (just one eight-ounce glass supplies 120 percent of your daily requirement), orange juice is also full of folate—which helps prevent birth defects and colon cancer—and potassium. Opt for the calcium-fortified kind to benefit your bones.

5. SALAD.

Tossing together a variety of greens (romaine and spinach are rich in vitamin A and folate, while iceberg has fiber), along with tomatoes, carrots, and cucumbers, is the smartest way to sneak vegetables into your

diet. Studies have shown getting at least three servings of veggies a day can reduce your risk of cancer, heart disease, and diabetes. (Just be sure to steer clear of high-calorie dressing!)

6. PEANUT BUTTER.

Don't feel guilty swiping part of your kid's sandwich. Peanut butter is chock full of protein, fiber, zinc and vitamin E. It also contains mostly unsaturated fat, which lowers both total and LDL ("bad") cholesterol. "Peanut butter and jelly on whole-wheat bread with a glass of skim milk is a perfect meal," says Therese Franzese, R.D., director of nutrition at Chelsea Piers Sports & Entertainment Complex, in New York City. But don't go for the reduced-fat version. "The fat is replaced with sugar, so it has the same calories as the regular stuff," Franzese explains.

7. SWEET POTATOES.

These spuds should be a staple in your diet, not simply a holiday treat. They're an excellent source of potassium, fiber, vitamin C, and cancer-fighting antioxidants such as beta-carotene.

8. WHOLE-GRAIN CEREAL.

One bowl of fortified cereal typically supplies ten or more vitamins and minerals, as well as complex carbohydrates (for energy), disease-fighting phytochemicals—non-nutrient plant chemicals that help prevent disease. Choose cereals with at least five grams of fiber per bowl.

9. LEAN RED MEAT.

Women, especially those who have given birth within the last two years, are at risk for low iron levels, which can lead to anemia. Red meat is an excellent source of iron that's easily absorbed by the body. Stick with lean cuts—anything with loin or round in the name—for their lower saturated-fat content, and eat no more than one two-ounce serving (about the size of your palm) each day.

10. YOGURT.

A good source of bone-strengthening calcium (an eight-ounce carton

contains about 35 percent of your daily requirement), low-fat or nonfat yogurt also supplies protein and potassium. Choose plain yogurt, since the flavored kinds are often high in sugar, and make sure the label says the brand contains "live and active cultures," since those bacteria have been shown to benefit your gastrointestinal tract and may help prevent yeast infections.

11. EGGS.

They're versatile and packed with the protein moms need to help build and repair weary muscles. Eggs are also a good source of vitamin D, which helps the body absorb calcium. Still, because egg yolks are high in cholesterol, moderation is key. "It's fine to have one a day," says Felicia Busch, R.D., author of *The New Nutrition: From Antioxidants to Zucchini*.

12. VEGETABLE SOUP.

You get a slew of vitamins and minerals when you eat soup loaded with veggies such as carrots, potatoes, and onions. Even better, because it's mostly water (and also contains fiber), soup will fill you up on relatively few calories.

13. TOMATO SAUCE.

Loaded with lycopene, it's a powerful antioxidant that has been shown to help keep arteries clear and reduce your risk of heart disease. Most jarred sauces also contain fiber and vitamins A and C. Be sure to heat it up in a cast-iron pot: The acidic sauce will leach small amounts of iron from the pot, giving you an iron boost.

14. BEANS.

Canned or dried varieties, such as kidney, black, garbanzo, and navy beans, are a low-fat source of protein, iron, and soluble fiber, which can help lower your blood-cholesterol level. "You'll may any meal healthier—from soups and stews to salads and pasta dishes—by adding a can of beans to it," Blake says. However, since canned beans can be high in sodium, rinse them well in cold water or buy the no-salt kind.

SMART SNACKS

Need a quick pick-me-up? Munch on these.

CHEESE QUESADILLA.

Get a calcium, fiber, and vegetable fix in less than a minute: Fold a slice of low-fat Monterey Jack into a whole-wheat tortilla. Heat for 45 seconds in the microwave, and top with salsa.

VEGETABLE JUICES.

The blends contain lycopene, antioxidants, fiber, and other vitamins, minerals, and nutrients that protect you against everything from cancer to high blood pressure. Even better, they often contain vegetables you might not otherwise get—like beets and watercress.

DRIED FRUIT.

For a fast nutrient boost, try a small handful of dried apricots, cranberries, or plums. They're a convenient source of fiber, vitamin A, and phenols—antioxidants that help prevent heart disease and cancer.

INSTANT OATMEAL.

Didn't eat enough at lunch? Fill up on oatmeal for a fiber-rich midafternoon nosh. (Make it with skim milk instead of water for a calcium boost.) Studies have shown that eating oatmeal regularly can help cut your cholesterol.

ENERGY BARS.

When you really need to "grab it and go," reach for an energy bar that's low in calories and fat and contains a healthy dose of vitamins C and E, iron, and calcium. "They're a lot better for you than eating a candy bar!" Franzese says.



5 Ways for Working Mothers to Balance Career & Family

By Pam Molnar

Today's working mother struggles to split her time between her career and her family. The demand of her two worlds can be a constant battle. A successful working mom does not strive for perfect balance, but in fact, lives her life like a teeter-totter. Although every rider tries to achieve perfect balance at some point, most find it more fun to enjoy the ups and downs.

Make a plan but be flexible.

A working mom will tell you that spontaneity is overrated. It is much better to plan ahead. Each day, make a list of what you hope to accomplish. Prioritize your to-do list, but keep your schedule flexible enough to change things if you need to. The little surprises that come up in your day can really make it feel like that teeter-totter ride.

Keep the lines of communication open.

The key to success in today's busy world is to know the ever-changing plan of attack. "My husband and I tend to communicate every morning about what the evening will bring," says Anna Kooi, working mother of three. "Our children are very active, so communicating about the evening schedule is crucial – who has taxi service, who will be home when the kids get home from school, and what activities are going on for the evening."

Limit work at home.

Whenever possible spend uninterrupted time with your family by shutting off your phone and computer. If you cannot avoid it, try not to let it eat into family time by putting in work hours while your children are otherwise engaged. "I try to fit in my work around their schedule," says Sally Mueller, single mother of teenagers and a project manager. "I often sit with my laptop and answer emails while watching TV with my girls or while they are doing their homework."

Learn when to multi-task and when to ask for help.

In order to get everything completed on your to-do list, the working mother has to multi-task. Multi-tasking works best with things that do not require your full attention. For example, a mundane chore such as folding towels or doing dishes can be combined with returning phone calls. Don't do too many things at once though- you will likely forget a step. Do what you can, but know when to ask for help. Outsourcing projects at home or work may give you the extra time you want to spend with your family.

Take time for you.

Splitting yourself between two worlds can be stressful. Working moms must find time for themselves as a way to recharge. Much needed "Me Time" can be as simple as a bubble bath, a walk around the neighborhood or a workout at the gym. It is also vital to include your partner in recharge time. Spend time doing something you both enjoy or simply catch up over a glass of wine after the kids have gone to bed.

As the saying goes, "This, too, shall pass." Your kids will get older, life will slow down and one day it won't seem like such an effort to make it all work. Relish your time as a working mom. Every once in a while, stand in the middle of the teeter-totter and see if you can get it to balance. Then sit back down, throw your head back and enjoy the rest of the ride.



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July: 25- 29th: Summer I Ran Zoo

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May



FAMILY FRIENDLY EVENTS

May Events at Westwood Gymnastics and Dance

Playdate

May 13th

Toddler Time

May 6th

Open Gym

May 6th
May 20th

www.westwoodgym.com/events-calendar

Fridays in May

Friday Fun Night

Fun and Fitness Gymnastics
7-10:30 pm

Members \$15, Non-Members \$20

www.funfitgym.com/friday-fun-night/

May 1

Warbird Weekend at West Houston Airport

10 am-4 pm
\$20

www.houstonwing.org

Lone Star Symphonic Band Presents Let's Dance

Holy Covenant United Methodist Church
Whether you actually are a dancer, or maybe just a "toe-tapper", you are going to enjoy this concert featuring various dance styles, customs, cultures and eras. This "intersection" of history, geography, time and music provides musical enjoyment for everyone!

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May 2

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10-11 am

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May 3

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. Online reservations are required.

9am-5pm

www.houstonzoo.org

May 5

Cinco De Mayo Street Dance

City of Rosenberg
in Historic Downtown Rosenberg! Come out and dance the night away to the sounds of a live Mariachi Band. This event is free and open to the public! Our downtown restaurants and food trucks will be open and on-site for your evening dinner and drinks. Be sure to grab a special margarita from Ol' Railroad Cafe!

6-9 pm

Free

www.rosenbergtx.gov/674/Cinco-De-Mayo

May 6

Movies At Wessendorff Featuring Tom & Jerry

We want you in Downtown Richmond on May 6th! We begin our evening with our

monthly Farmers Market in Wessendorff Park from 3pm to 7pm! We then bring MOVIES AT WESSENDORFF Free Outdoor Film featuring Tom & Jerry at Wessendorff Park! We have organized these screenings to provide a Free family event for residents and visitors. Rotary club of Richmond will provide free popcorn and the City will provide water. We encourage everyone to bring their own chairs and/or blankets. Food trucks will be on site for food purchase., but attendees are welcome to bring their own food and drink!

So grab your family, friends, and lawn chairs and meet us in the park as we watch the commotion Tom & Jerry create together. See you at the market and the movie!

8:15-9:45 pm

www.richmondtx.gov/Home/Components/Calendar/Event/7704/313?curm=5&cury=2022

Sing Along Karaoke Sugar Land

Warm up those vocals, because it's Karaoke time in the Plaza! We're giving you a chance to be the star and sing your heart out on the big stage. Grab your singin' family and friends and come hang out with us for a fun and interactive evening. (microphone will be sanitized between each performance)

7:30-9:30 pm

www.sugarlandtownsquare.com/events/

Republic Gymnastics 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

www.republicgymnastics.com/special-events

May 7

Adult Beginner Spanish

Central Green

Adult Beginner Spanish is a free class on the first Saturday of each month from 10 am to 11 am. Come learn Spanish at Central Green Park! www.centralgreenpark.com/events/

Corvette Owners Club of Houston Spring Show

Are you a car enthusiast? This is just the event for you! Fulfill your need for speed and come check out the Corvettes on display along Plaza Drive and in the surface lot along Town Center Blvd.

10 am - 3 pm

www.sugarlandtownsquare.com/events

Tai Chi on the Green

8:30-9 am

FREE

www.centralgreenpark.com/events

May 7-8

May the 4th Art Festival

City of Missouri City

10th Anniversary Show

Join us for original artwork, artist market, Live DJ, Family Friendly Complimentary Beverages from our Vendors.

Entry Fee \$10, Kids 12 and under FREE

www.facebook.com/events/1220357335154563/?acontext=%7B%22event_action_history%22%3A%7B%22surface%22%3A%22external%22%7D%2C%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref_notif_type%22%3A%22%7D

Cinco de Mayo Festival

Join the City of Brookshire Saturday, May 7th, 2022 9:00 a.m. Parade Line up will begin at Brookshire P.D. 10:00 a.m. Parade Will begin and end at Hovas Park 11:00 a.m. - 4:00 p.m. Celebration in the Park (Youth Advisory Council Field Day) Mariachi Band Rock Climbing Mechanical Bull Riding Moonwalk Tug-a-war Food booths and more! Sunday, May 8th, 2022 Hovas Park 12:00 p.m. - 8:00 p.m. Live music all day provided by local talent Food booths, Craft booths SOCCER TOURNAMENT Children's rides For more information, please contact: Lyndon Stamps 832-418-5146 www.brookshiretexas.org/community/page/cinco-de-mayo-festival-1

May 13

Movie on the Green

7-9 pm

www.centralgreenpark.com/events

Parent's Night Out Republic Gymnastics

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.

7-11 pm

Ages 3 and up (Potty Trained)

www.republicgymnastics.com/special-events

May 14

Katy Market Day

10 am - 4 pm

www.katymarketday.com

Movie Under the Moon sponsored by First Colony Church of Christ

Bring your family, friends, and lawn chairs to the Plaza to enjoy a free Movie Under the Moon! This month's showing is Disney's Encanto! Come early for a surprise and be sure to have those phones charged to take some pictures.

7:45 pm - 9:45 pm

<https://www.sugarlandtownsquare.com/events/>

May 14-15

May the 4th Art Festival 2nd Weekend 10th Anniversary Show

Join us for original artwork, artist market, Live DJ, Family Friendly Complimentary Beverages from our Vendors. Entry Fee \$10, Kids 12 and under FREE

www.facebook.com/events/1220357335154563/?acontext=%7B%22event_action_history%22%3A%7B%22surface%22%3A%22external%22%7D%2C%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref_notif_type%22%3A%22%7D

May 16

Storytime on the Green

From toddlers to 3rd-grade storytime with Ms. Maria is always a fun adventure.

Award-winning author Maria Boucher keeps the kids engaged through expressive storytelling, songs, and crafts.

10-11 am

www.centralgreenpark.com/events/

May 20

Opry on the Square

Come out to enjoy Country Now and Then, featuring country favorites that will appeal to all generations of country music fans.

7:30-9:30 pm

www.sugarlandtownsquare.com/events

Parent's Survival Night

Little Gym of Katy

3-12 years

6-9 pm

Members \$36 Non-Members \$42

www.thelittlegym.com/KatyTX/events-more-fun/drop-ins-events#schedule

May 21

Parent's Night Out

Code Ninjas of Riverstone

You deserve a night on the town. Meanwhile, your kids want to play and have fun. That's why we offer Parent's Night Out - a win-win evening for families. 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

Mommy and Me Fair

Sugar Land Town Square

South Houston Moms is thrilled to invite you to our Mommy + Me Fair sponsored by Houston Swim Club! Bring your little ones along and join us for a morning of family fun!

9 am - 1 pm

www.sugarlandtownsquare.com/event/mommy-me-fair-hosted-by-south-houston-moms/

May 25

Sugar Land Jr. Superstar 2022 Auditions

4:00 pm - 7:00 pm

Sugar Land's Junior American Idol-like competition is kicking off another summer by showcasing local talent with open auditions! Think you have what it takes? Join us for auditions on May 25, 2022 from 4:00 - 7:00 p.m. Contestants must be between the ages of 9-13 years and full time residents of Fort Bend County to be eligible. All participants will need to bring their soundtrack on a cellphone and must arrive during their selected time block. Limited spots are available.

www.sugarlandtownsquare.com/event/sugar-land-jr-superstar-2022-auditions/

May 27

Fit Friday at La Centerra sponsored by Next Level Urgent Care

Join us on the fourth Friday of the month for a free fitness class in Heritage Square

9 am Class is for 45 minutes

www.lacenterra.com/event/Fit-Friday-Presented-by-Next-Level-Urgent-Care/2145558058/

May 28

Parent's Night Out

Star Gymnastics Katy

5:30-10:30 pm

\$40 preregistered, \$45 at the door

www.stargymtx.com/index.php?componentName=textBody&scid=105123



IMAGE BY WWW.VECTEEZ.COM



HAPPY MOTHER'S DAY



VBS Guide

Registration required for ALL VBS's. Some Fees May Apply. Please contact the Church for details.

JUNE 6-9

KATY'S FIRST BAPTIST

9 am- 12 pm

Ages- kids who are entering 1st-6th grade. We will have an actioned pack time filled with games, music, teaching and of course, snacks! It's GAME TIME! VBS FAMILY DAY - June 12th! You are invited to join us for church all focused on our week of VBS. We will have an exciting time for your kid during Sunday Morning Bible Study, an interactive time with kids in our worship service, and then a time of celebration from 11:30 AM-2 PM. We will have water inflatables, food trucks, and more!
www.katysfirst.org/vbs

JUNE 6-10

RIVERBEND

Monday -Friday 9 am-Noon

SPARK imagination and get creative during Spark Studios VBS at River Bend!

Kids will learn that God is actively at work designing a life filled with purpose for your child. The Master Artist is working to redeem, reclaim, and transform us—His creation—to the design He planned for us. Kids will learn that they are God's workmanship as
www.riverbendbc.org/calendar/special-events/

FOUNDRY CHURCH JONES ROAD CAMPUS

9 a.m.-12 p.m. Cost is \$20.

For children completed Kindergarten -5th Grade.
www.rock.foundrychurch.org/event/87

JUNE 13-15

PARKWAY FELLOWSHIP

Make Waves VBS 2022

Registration and more details soon
www.parkwayfellowship.com/kids/

JUNE 13-16

GRACE FELLOWSHIP

Make Waves

9 am-12 pm

\$10 per child (includes one t-shirt and is non-refundable)
If you throw a pebble into water what happens? Waves form! They spread across the water. What if God made you to make waves that could spread across the world

around you?

Join us for an amazing week of VBS where your child will experience amazing worship, learn radical truths about the Bible, play some awesome games, make some crazy crafts and have lots of fun making waves!!!
www.whatisgrace.org/kids-summer

FAITH UNITED METHODIST

Make Waves

\$30/Child Ages 3 years -completing 5th grade.

9 AM - NOON

REGISTRATION IS FULL. WAIT LIST SPOTS ARE LIMITED - REGISTER NOW!

We think kids can create a ripple effect that will impact the world around them in ways they will never forget. Through Faith Kids VBS 2022: MAKE WAVES kids and volunteers will grow in their faith as they learn how what you do today can change the world around you. \$30/child.
www.faithrichmond.shelbnextchms.com/external/form/c7dfa810-8ffa-4b93-b6c6-1c0552585783

JUNE 13-17

FOUNDRY CHURCH FRY ROAD CAMPUS

9 am-12 pm

\$20 For children completed K-5th Grade.

www.rock.foundrychurch.org/event/88

JUNE 20-23

ST. PAUL'S EPISCOPAL

Spark Studio VBS

VBS registration is now open. \$25 per participant/maximum of \$80 per family. Kindergarten-5th grade

www.stpaulskaty.org/children-youth

JUNE 20-24

KINGSLAND BAPTIST CHURCH

Spark Studios VBS

9 am -noon

www.kingsland.org/vbs2022

JUNE 27, 28, 29

KATY CHURCH OF CHRIST

Make Me a Servant

7 pm to 8:30 pm

Ages: 3 yr old through 5th grade (plus a class for adults)

FREE

How Daniel and His Friends Served God
www.katychurchofchrist.com - registration opens in May but specific date not yet known.

JUNE 27-30

GRAND LAKES PRESBYTERIAN

9am - Noon

God's Word will come to life as we walk Jesus' path through Jerusalem that led to the cross! This VBS is filled with incredible Bible-learning experiences kids see, hear, and touch. Fun games, cool Bible songs, and exciting Bible stories are just a few of the activities that help faith flow into real life.
www.grandlakespc.org/vbs

JUNE 27-JULY 1

CHRIST CHURCH SUGARLAND VBS MONUMENTAL

9:15 AM- 12:15 PM

Give kids a grand-new perspective! Go off-road for a Monumental adventure through the colorful canyons and sunbaked trails of the southwest. By exploring God's awesomeness, kids form a rock-solid faith for the road ahead!
www.christchurchsl.org/events/vbs-registration-open-now

JULY 11-15

TRINITY BAPTIST CHURCH KATY

Spark Studios

9:00 am - 12 noon

Enjoy fun-filled Bible exploration, crafts, games, Worship, and more. VBS is a highlight of the summer for our church and community in Katy, TX and the surrounding area. For Children who have completed grades K-6. FREE! Registration Opens May 15, 2022
www.trinity-katy.org/vbs

CELEBRATE LIFE CHURCH

6-8:30 pm Free

www.wecelebratelife.org/vbs

Celebrating 43 Years of Soccer in Katy area in Fall 2022!



Join Katy Youth Soccer Club!

Soccer for ages 5-19 years old!



Register online for Fall 2022!

- ❖ Ages 4 and U19
- ❖ Teams formed by neighborhood schools when possible.
- ❖ Full Uniform provided.
- ❖ End of season awards to all players.
- ❖ Standings are recorded for U8 and up.
- ❖ All players will play a minimum of 50% playing time per game.
- ❖ Coaches receive free training and mandatory background checks.
- ❖ Most games on Saturday.
- ❖ Games played at Katy Soccer Park.
- ❖ Season starts Sept. 10 and runs until mid Nov..
- ❖ Registration opens May. 1, 2022.
- ❖ Walk up registration TBA



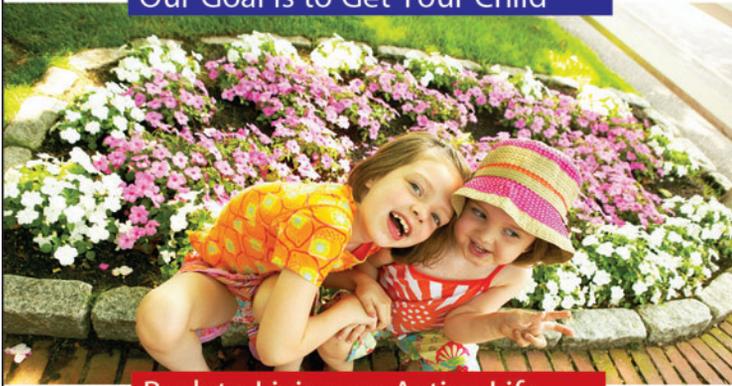
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Under 5 & 6 \$110.00
 Under 7 – 10 \$130.00
 Under 11 and up \$140.00

www.katyyouthsoccer.com

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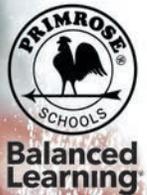
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ONGOING WEEKLY EVENTS

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/

Mondays

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

KATY Katherine Tyra Library at Bear Creek

Preschool Storytime Tuesdays 10:15-10:45

www.hcpl.net/branch/katherine-tyra-branch-library-bear-creek

Thursdays

KATY Laughter Yoga at Central Green

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

KATY Toddler Time Maud Smith Marks Branch Library

10:15-10:45

<http://www.hcpl.net/branch/maud-smith-marks-branch-library>

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



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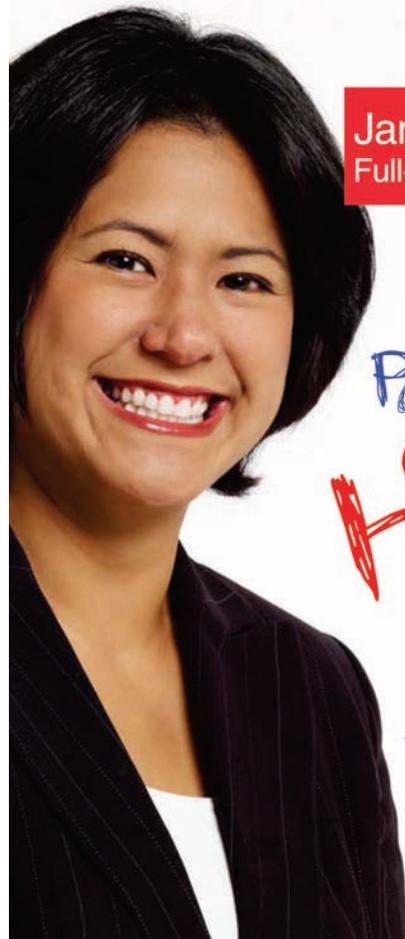
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