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THE YEAR!

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Directory**

Make time to
EXERCISE
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**ORGANIZATION TIPS
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NOTE FROM THE EDITOR

Happy New Year!

As we embark on a new year, may we embrace the possibilities that lie ahead. Make those resolutions, face the challenges they bring, and make this your best year yet! Our feature article will help you get there.

This month we also have tips for how to make time for exercise, and how to get organized and save your sanity! Don't miss our education directory. 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 it is you have on your resolution list, I'm confident you can do it. We wish you much success, happiness, and most importantly, good health, in 2024!



Kim Carlisle, Editor



COVER CUTIES

Featured on the cover this month are four year olds Ethan and Elizabeth. Ethan loves to spend his time racing his construction vehicles, and Elizabeth enjoys tea parties with her princesses and unicorns.

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KEEP YOUR **Sanity** ORGANIZATION

tips for **BUSY FAMILIES!**

Every family has one thing in common – life can be hectic. Whether you have one toddler or spend your time shuttling older kids to soccer, football or dance lessons, the following tips can save time and bring a little sanity back to your household.

Cleaning and Organization

- ✓ Each bedroom should have a garbage can and a hamper. This cuts down on dirty clothes on the floor, and waste that didn't make it to the kitchen garbage.
- ✓ Organize clothing items and toys according to kids' ages. Begin by putting socks and shoes, underwear and pajamas on the lowest shelves so they can be encouraged to dress themselves.
- ✓ For households with older kids, purchase one inexpensive laundry basket for each family member. Kids should be encouraged to help with folding. Items can be placed in each person's basket and taken to their room immediately to be put away.

Kitchen Details

- ✓ Making dinner? Make a double batch and freeze that extra casserole or lasagna.
- ✓ Cut down on dirty dishes by using paper towels or napkins instead of plates when serving sandwiches and snacks. Make your life easier by using paper plates or cups during the day – but don't forget to recycle!
- ✓ Have snacks ready to go. Growing kids are always hungry! Cut down on kitchen duty by keeping individual snacks where kids can help themselves. Place sliced vegetables, fruit, Chex mix, or goldfish crackers in little serving size baggies and keep them where kids can reach them. Individual yogurts you can drink as well as string cheese are also pleasers!

Homework, meetings and practice, oh my!

- ✓ A central calendar is a must for a busy family. As soon as backpacks are unloaded, put those dates on the calendar. If you really want to be organized assign each family member a color marker, and write their events in their designated color. Hang the calendar where everyone can see it, such as a kitchen.
- ✓ Don't knock yourself out providing transportation to every practice. Contact other team parents and organize carpools. If you find every day is filled with something, you might consider pulling back on the number of activities kids are involved in at any given point. Family time is very important, too!
- ✓ Keep the TV watching to a minimum. Families who make an effort to cut back on television watching are amazed at how much time this saves!

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THIS IS THE YEAR!

by Lane Krupicka



Now that the calendar has turned and you have a whole year before you, what will you do? Whether you favor New Year's resolutions or not, there's nothing like the positive image of possibility that lies in the fresh beginnings of January 1st. And tapping into that inspiration can take your family into adventures all year long, if you adopt the right mindset.

This Year I Will...

Try this exercise with your children: write (or print out) the phrase: This Year I Will...

Then have your children list out as many things as they can think of. If you need to, prompt your child with a few expected events, but also encourage them to consider new ideas or hopes they want to make happen. For example a child may write: this year I will turn six, start first grade, learn how to ride a two-wheeler, and go to Grandma's for my first long overnight without Mom & Dad.

Ask younger children to draw pictures of what they hope will come in the next year. Then you can write underneath a description of what each one depicts.

While your children are working on their lists, write your own. Again if it helps, start off with the occurrences you can be fairly certain will happen. Note any special events you are looking forward to. Then delve into your desires of what you would like to see take place during this calendar year.

Consider also creating a list that you can share together: This Year We Will... There may be overlap between your individual lists and the shared list. It doesn't matter. The important thing is that you take the opportunity to look ahead at how you will spend time as a family.

Power in Writing

Just having written those thoughts down will make a difference. As Henriette Anne Klauser says in her book, *Write It Down, Make It Happen*, "Writing down your dreams and aspirations is like hanging up a sign that says, 'Open for Business.'"

She goes on to explain how the act of putting a goal in writing stimulates a part of your brain (the reticular activating system or RAS) that filters out the unnecessary and non-urgent and latches on to what is relevant to the stated goal. "Once you write down a goal, your brain will be working overtime to see you get it, and alert you to the signs and signals that... were there all along," Klauser explains.

In practical terms, it means that you will pause and pay attention when information related to one of your "This Year I Will" desires comes up. If your intention is that this will be the year you take up watercolor painting, you will be more likely to notice the article in the local paper about a woman opening a studio to offer watercolor classes. Not only will you notice it, but you will be mentally prepared to take action – to check your calendar to see which class fits your schedule and then phone to register for the class. You will make it happen.

A Call to Celebrate

You and your children have listed what you look forward to this year. But consider this: those lists can also provide a reminder of what you want to celebrate – be it a milestone you anticipate or an accomplishment someone is aiming for. So while the year is young, think about how you would like to acknowledge special events. Will you have a party? Or will a certain reward correspond with crossing off a goal? Talk as a family about when and how this year you will commemorate those occasions.

If you can, post your lists out in the open where you can see them and be reminded regularly of where your family wants this year to take you. Commit to reviewing your lists once a month or so – perhaps as a family night activity. As you review, cheer each other on for any progress made toward attaining your goals, or milestones you have passed.

Unlike New Year's resolutions, where often we hope to break a bad habit or initiate a difficult one, "This Year I Will..." let's you look forward to all the new year will bring with anticipation. And it keeps generating enthusiasm long after others' resolutions have died.

So what will you do this year?



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Saturday, January 27

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January

FAMILY FRIENDLY EVENTS

January 6, 13, 20 & 27

Farmers Market at Imperial Park City of Sugar Land

Join us every Saturday for the Farmer's Market at Imperial Park, a vibrant community gathering featuring a wide array of local vendors offering the freshest produce, delicious ready-to-eat food, flavorful spices, farm-fresh eggs, grass-fed meats, golden honey, handmade jewelry, pet-friendly treats, and so much more!

9am-1 pm

www.fb.me/e/6p6dc1mj

January 6

45th Annual Lonestar Stampede Texas Exes Katy Chapter and Texas Exes Houston Chapter

To participate in the race, you must register on the runsignup website. RSVPs via facebook will not be signed up for the run.

Join the Houston & Katy Texas Exes for our 45th Annual Lone Star Stampede!

REGISTER HERE: <https://runsignup.com/.../2022LoneStarStampedeTexasExesHo...>

www.fb.me/e/80fCkngnn

January 9

Free Tuesday Houston Zoo

Free daytime admission to Houston Zoo is provided once a month, on the first Tuesday of each month, from open until closing.

Online reservations are required for all non-member guests at this time. Members are not required to make online reservations to visit the Zoo. Tickets will not be available at the gate.

www.houstonzoo.org/plan-your-visit/prices-and-discounts/free-tuesdays/

January 12

Pirates and Princesses Parent's Survival Night at Little Gym of Sugar Land/Missouri City

Ahoy pirates and princesses! Get ready to sail the deep seas as part of the Captain Jolly Roger's crew and enter a magical fairytale land along the way. Kids will have to work together to navigate choppy waters and show off their skills to escape the Evil Queen's castle. Will you help us find the hidden treasure?

Ages 3-12 years

6:30-10:30 pm

www.thelittlegym.com/texas-sugar-land-missouri-city/events-more/

January 13

Honoring Dr. Martin Luther King Central Green

Join us for our Martin Luther King Celebration

The endurance Quartet starts at 1pm

Ronnie Colman and Merlot 2:30 pm – 4pm

Community Art Project

Craft and Give Away Booths

Martin Luther Kings Speech

We will also have a DJ out for the day

*Event dates and times are subject to change.

Please check our Facebook page for updates @WFDDCentralGreenPark.

Please no glass, alcohol, balls, or pets on the green.

1-4pm

www.centralgreenpark.com/event/martin-luther-king-celebration/

January 14

125th Depot Anniversary City of Katy /MKT Depot

2-5 pm

www.cityofkaty.com/government/city-departments/parks-recreation/events-calendar

January 15

Story Time Central 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.

*Event dates and times are subject to change.

Please check our Facebook page for updates @WFDDCentralGreenPark.

Please no glass, alcohol, balls, or pets on the green.

www.centralgreenpark.com/event/story-time-3/2024-01-15/

January 19

Movie Night/Trolls 2 Central Green

Come out and join us for Movie night. We will be showing the Movie Trolls.

Show begins at dusk!

*Event dates and times are subject to change.

Please check our Facebook page for updates @WFDDCentralGreenPark.

Please no glass, alcohol, balls, or pets on the green. 7-9 pm

www.centralgreenpark.com/event/movie-night-2/

January 20 & 21

Monter Jam at NRG

Enjoy big-time family fun at Monster Jam®,

where the world's best drivers and their 12,000-pound monster trucks tear up the dirt in wide-open competitions of speed and skill. Witness massive stunts, big-air, backflips and fierce head-to-head battles for the Event Championship. You'll be on the edge of your seat watching the world's most popular trucks like Grave Digger®, Max-D™, Megalodon® and more push the limits in Freestyle, Skills and Racing competitions. Make memories

to last a lifetime. Monster Jam. As Big As It Gets!™

Saturday, January 20, 2024

– Pit Party Open – 1:30 PM

– Stadium Doors Open – 4:30 PM

– Start Time – 6:00 PM

Sunday, January 21, 2024

– Pit Party Open – 11:30 AM

– Stadium Doors Open – 1:30 PM

– Start Time – 3:00 PM

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

January 24-28

Houston Auto and Boat Show NRG

For the third year, the Houston Auto Show and the Houston Boat Show are bringing land and sea lovers together for the Ultimate Surf & Turf event. On the Houston Boat Show side, more than 200 vendors will showcase the latest in boating and outdoor sports technology, the finest equipment, and accessories along with current trends of the boating lifestyle. Current boat and RV models from some of the industry's biggest brands will be represented at the show boasting the best offers and pricing you will see all year. There will also be manufacturer specialists to talk with about your favorite brands along with

fishing demonstrations and how to stay safe on the water.

Who doesn't love dreaming about their next vehicle? The Houston Auto Show is where automotive enthusiasts and curious minds alike come together to celebrate vehicles and their cutting-edge technology. Come see a variety of new vehicle models from some of the top auto brands and be the first to feast your eyes on the latest designs, features, and technologies that these manufacturers have to offer. Take this chance to visit one of many Ride-&Drive opportunities at this year's event. Also, don't miss the heart-pounding adventure of Camp Jeep, where you can experience the off-road capabilities of Jeep vehicles in a thrilling ride-along experience.

With a diverse lineup of auto brands and an array of interactive experiences, the Houston Auto Show promises an automotive adventure like no other.

www.fb.me/e/1D9brU9vu

January 26

Homeschool on the Green Central Green

Home School on the Green starts at 10 am. Children are allowed to participate even if they are not in homeschooling. Abakadoodle

nurtures creative thinkers. Our art environment unleashes creativity in children through our curriculum based on Process Art – Art that places emphasis upon the learning taking place rather than the finished product.

Kids will bring an art project home every class. Join us for a free Art Class at WFDD Central Green located inside La Centera. Events dates may change due to weather. Please NO alcohol, glass, balls, or pets in the park. Thank you

10 am-11 am

www.centralgreenpark.com/event/home-school-on-the-green-9/2024-01-26/

Around the World Parent's Survival Night

Little Gym of Katy

Travel around the world right here at The Little Gym. We'll meet animals in Antarctica, participate in the Wimbledon Championship, and so much more as we learn about the art and culture of different countries! Kids will leave this immersive experience with a renewed wonder for their world.

Ages 3-12 years

6-9 pm

www.thelittlegym.com/texas-katy/events-more/



graphics by vecteezy.com

January 19th is National POP CORN Day!

See our
Pinterest board
for fun activities
and recipes like
**Rainbow
Popcorn,
Dancing
Popcorn, DIY
reusable
microwave
popcorn bag,
and more!**



Peanut Butter!

January 24th is National Peanut Butter Day PEANUT BUTTER PLAY DOUGH!

Ingredients

5 Tbsp Creamy Peanut Butter
11 Big Marshmallows
1 ½ Tbsp Powdered Sugar

Directions

Place marshmallows in a microwave safe bowl
Add peanut butter on top of marshmallows
Microwave for 10 seconds.
Remove from microwave and stir
Microwave 5-10 more seconds
Remove from microwave and stir well.
Add in the powdered sugar.

Set aside for a few minutes to cool. When cool enough to touch, knead the dough.

This dough is oilier than normal play dough but a fun treat to play with and eat!



Make TIME^{to} Exercise!

By: Jeannette Moninger

No Excuses!

You really meant to exercise more last year. Maybe you bought new shoes, purchased a gym membership or asked Santa for some Buns of Steel. And you did great. That first week. And then the kids got sick (and shared their germs with you). The weather turned frightful making mid-afternoon walks unsafe. Work got insanely busy and by the time you got home, fixed dinner and helped with homework, the only stairs you could master were the ones leading to your bedroom.

If the only thing standing between you and an active lifestyle are a list of excuses, then keep this article handy because we've eliminated the top reasons many of us give for choosing the couch over physical activity.

"I'm too busy."

With 1,440 minutes in a day, you'd think squeezing in 60 minutes of moderate daily physical activity (the amount recommended by the U.S. Department of Health and Human Services to prevent weight gain) would be a cinch. Unfortunately, most of us are long on excuses and short on time. Well, here's the good news: Studies show the activity doesn't have to be continuous in order for you to reap health benefits. That's right. You can accumulate those 60 minutes via spurts of physical activity throughout the day (think six 10-minute sessions or 10 six-minute ones). For instance, you can take the stairs whenever possible, get up and move (dust, fold laundry, march in place) during TV commercial breaks or while talking on the phone, or park far from your destination and walk. You'll likely find that once you get going for 10 minutes, you won't want to stop.

"I'm too tired."

It might sound counterintuitive, but you feel more energetic when you expend energy. In fact, one study suggests that a mere 10 minutes of brisk walking can give you up to two hours of increased energy. That's because exercise sends a rush of endorphins to the brain that boost your mood and produce what's commonly known as a "runner's high." Inactivity, on the other hand, promotes fatigue and lethargy. If you feel too drained to move at the end of the day, wake up 30 minutes early or work in some workout time during your lunch hour.

"I can't afford a gym membership."

Lace up your sneakers and walk around your neighborhood or see if your mall has a mall walkers program (this is particularly good during bad weather). Or give the bike a quick tune-up and start pedaling. Basic equipment, such as exercise balls

and bands, is relatively inexpensive and great for building muscle. And you can check out exercise videos free from your public library. For extra motivation, work out with a friend and buy a pedometer, which counts the number of steps you take in a day. Fitness experts recommend accumulating 10,000 steps a day or about 5 miles.

"I'm afraid I'll look like a professional wrestler with bulging muscles."

High testosterone levels help your man get pumped up, but it's nearly physically impossible for a woman to build those same bulky muscles. So why bother with weights at all? If you want to lose weight and look lean, muscle is your friend. It burns an estimated three times more calories than fat. Plus, it builds bone density and prevents osteoporosis. Experts recommend strength training for 20 minutes at least twice a week, but you don't have to hit the weight room. You can strength train at home with handheld weights, canned goods from the pantry, or resistance bands.

"The gym intimidates me."

A session or two with a personal trainer can help and is crucial if you want to learn the safest way to use equipment such as weights. Most fitness centers provide a couple of free sessions designed to familiarize members with the equipment. You also can partner with a friend and split the cost of a personal trainer.

"I'm so large and out of shape. I'm embarrassed to go the gym."

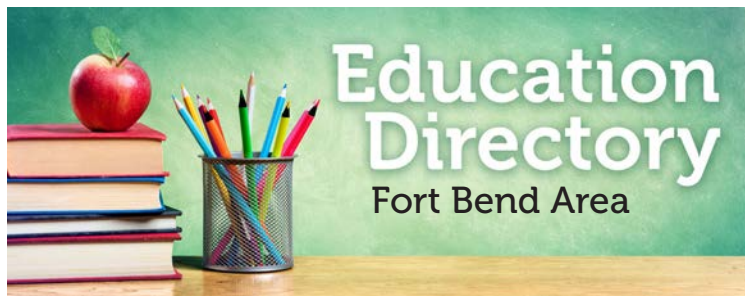
You don't need a gym in order to get fit; however, women's-only fitness centers are a great option if you want to lose weight, but are concerned about how you'll look while sweating on the treadmill. To boost your confidence, you might start off with a home fitness regimen before signing up for a gym membership (try walking, aerobics or pilates DVDs, and some strength training). While at the gym, don't compare yourself to trimmer gym members; instead, think of them as motivation to help you stay on track.

"Yawn. Exercise bores me."

Boredom is a top reason people quit exercising, but you don't have to do the same routine day after day for months. Shake things up with ballroom dancing, yoga, pilates, kickboxing, rock climbing or martial arts. Experiment with new moves from health and fitness magazines. Sign up and train for a fundraiser walk-a-thon or bike ride. Make exercise sessions pleasurable by listening to music or audiobooks, watching TV, or reading a magazine while you're on the recumbent bike. Break up the monotony by doing something different every workout: Walk one day, strength train the next, take a water aerobics class on the third day.

"I feel guilty taking time away from my family."

With one-third of American kids today overweight, making exercise a family affair makes good sense. Make family walks or bike rides part of your everyday routine. If your children are into sports, don't just sit and watch. Walk the length of the field (or all the way around). Climb up and down the bleacher stairs. And of course, park far from the sporting venue. Other ways to keep active as a family: Wash the car, rake leaves (and jump into them!), dance while doing the dishes or cleaning the house, play tag, shoot hoops – be creative and have fun!



Education Directory

Fort Bend Area

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www.benedictinetutors.com
832-588-4408

Calvary Episcopal School

www.CES-Richmond.org
281-342-3161

Club Sci Kidz Houston

(713) 589-8958
www.houston.clubscikidz.com

Club Z

www.ClubZTutoring.com
281-674-5296

Divine Savior Academy

www.DivineSaviorAcademy.com
281-778-3003

First Colony Montessori South

www.Montessori.com
281-980-6100

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

Kids R Kids

www.KidsRKidsFortBend.com
Greatwood/Canyon Gate 281-343-5437
Missouri City 281-261-6442
New Territory 281-494-5437
North Sugar Land 281-575-0011
Sienna Plantation 281-778-3600
Stafford 281-240-1111
Riverstone 281-881-0889
Richmond 281-491-4090
Waterside/Pecan Grove 832-451-1111
Bella Terra/Parkway Lake 281-232-9333

Kumon

www.Kumon.com/Richmond-
Waterside-Estates
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

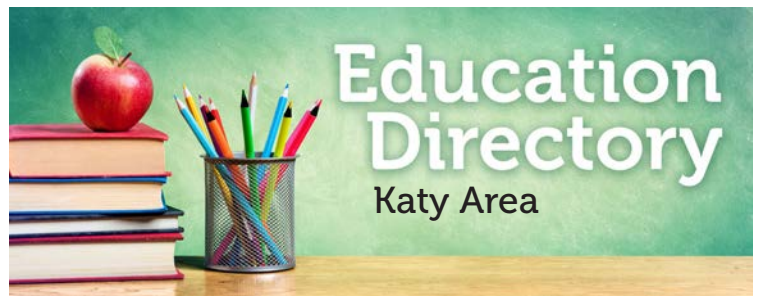
www.TheHonorRollSchool.com
Riverstone Campus: 2 years - Kindergarten 281-916-4500
Sugar Land Campus: 2 years - 8th Grade 281-214-8215

The Tutoring Center

www.Richmond.TutoringCenter.com
Richmond 832-449-3286
www.SugarLand.TutoringCenter.com
281-980-1242

Village Tree Learning Center

281-302-5080
www.villagetreeourway.com



Education Directory

Katy Area

Adventure Kids University

www.AdventureKidsPlaycare.com
281-769-2398

Benedictine Tutors

www.benedictinetutors.com
832-588-4408

Central Baptist Church

www.cbchou.org
281-492-2689

Challenge Island NW Katy

www.challenge-island.com/
nwhouston-katy
281-901-1034

Childrens Lighthouse Learning Center

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

Club Sci Kidz Houston

(713) 589-8958
www.houston.clubscikidz.com

Club Z

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281-558-CLUB (2582)

Counter's Tutoring Connection

www.CountersTutoring.com
832-341-6621

Five Star Montessori School

www.FiveStarMontessori.com
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Katy 281-578-1616

Guide Post Montessori

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Katy ABA Center of Texas

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Kids Developmental Clinic & Kids Developmental Therapy

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www.KidsDevelopmentalTherapy.com
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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

Speech Center of Katy and Bridging the Gap of Pediatric OT

www.SpeechCenterofKaty.com/
281-758-8793

Sugar Creek Montessori School

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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

Texas Young Autism Project

www.TexasYoungAutismProject.com
713-353-0254

The Goddard School

www.GoddardSchool.com
Cinco Northwest 281-392-1133
Cinco Village Ctr. 281-392-1912
Ranch Point 281-392-1200

The Tutoring Center

www.TutoringCenter.com
832-437-0635

Fort Bend ONGOING EVENTS

Sundays

Sugar Land Town Square Sundays in the Square Yes Yoga

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.

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

Michaels Make Break

2-4 pm

www.michaels.com/instoreevents

Mondays

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-jolly-trolley/all/

Sugar Land Branch Library Middle School Program

3 pm

Sienna Branch Pajama Night Story Time

6:30 pm

University Branch School Age Programs

2:30 pm

Tuesdays

Mission Bend Middle School Program

1st and 3rd Tuesday at 2 pm

University Middle School Programs

2nd and 4th Tuesdays 2:30 pm

Cinco Ranch Pajama Story Nights

1st and 3rd Tuesdays 6 pm

Tuesdays and Wednesdays

Fulshear Branch Family Storytime

10:30 am

Fulshear Branch School Age Program

2 pm

Tuesdays, Wednesdays and Thursdays

Storytimes

Sienna Branch Family Storytime 10:15 am

First Colony Branch Family Storytime 10:15 am

Mission Bend Branch Family Storytime 10:15 am

University Branch Family Storytime 10:30 am

Tuesdays and Thursdays

Sugar Land Branch Library Family Storytime

10:30 am

Wednesdays

Sugar Land Branch Library Family Programs

5 pm

Mission Bend Branch Pajama Night Storytime Every Other Wednesday

6:30 pm

Albert George Branch School Age Programs

3 pm

Cinco Ranch Branch School Age Programs

2-3 pm

Wednesdays and Thursdays

George Memorial Branch Family Storytime

10:15 am

Albert George Branch Family Storytime

10:15 am

Cinco Ranch Branch Family Storytime

10:15 & 11:30 am

Thursdays

FREE Thursdays at Houston Museums

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

5-9 pm

www.mfah.org/visit/visiting-mfah-free

The Health Museum

2-7 pm

www.houmuse.org/visit/the-health-museum

Houston Museum of Natural Science

Permanent Exhibits Free on Thursdays

2-5 pm

www.houmuse.org/visit/houston-museum-of-natural-science/

Children's Museum Houston

5-8 pm

www.cmhouston.org

George Memorial Pajama Night Storytime

6 pm

First Colony Branch Middle School Program

Every Other Thursdays 3 pm

Mission Bend Branch School Age Programs

3 pm

Albert George Branch Middle School Program

2nd Thursday 2 pm

Cinco Ranch Branch Middle School Programs E

very Other Thursday 3 pm

Fridays

Free fitness in the Plaza

Sugar Land Town Square 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

HIIT (High-Intensity Interval Training) workout with F45 Sugar Land! Join F45 Training for a 45-minute HIIT workout that is fast, functional and results driven. The workout will include body weight exercises that are scalable to all fitness level.

Discounts on memberships will be offered to all participants – start your weekend on the right note with this FREE lunch-time workout!

Fridays at 11-11:45 am

www.sugarlandtownsquare.com/events

Saturdays

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

Kids Workshops at Home Depot

1st Saturday of the month

Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9 am - 12 pm from your local store or order online – while supplies last. 9 am-12 pm

www.homedepot.com/c/kids?cm_sp=vanity_-Kids-_JUL20

Katy ONGOING EVENTS

Sundays

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/

LaCenterra Farmers Market

2nd and 4th Sunday of the month.
11 am- 3 pm
www.lacenterra.com/events

Sunday Night Live

City Centre
Sunday nights are live in CITYCENTRE's plaza! Enjoy live music each Sunday with a line-up of inspirational artists. 3-6 pm
www.citycentrehouston.com/event/aug-7-sunday-night-live

Michaels Make Break

2-4 pm
www.michaels.com/instoreevents

Tuesdays

Library Story Times

Maud Smith Marks Preschool Storytime 10:15
Katy Branch Library Baby Storytime 10:30 am
Cinco Ranch Branch Pajama Story Nights
1st and 3rd Tuesdays 6 pm
www.hcpl.net

Wednesdays

Library Story Times

Maud Smith Marks Infant Storytime, 10:15 am
Katy Branch Library Potato Tots Storytime on 1st and 3rd Wednesday at 10:30 am
Katy Branch Library Preschool Storytime 2nd and 4th Wednesdays at 10:30 am
Cinco Ranch Branch, School Age Programs 2-3 pm (Starting June 8)

Wednesdays & Thursdays

Cinco Ranch Branch Family Storytime
10:15 and 11:30 am

Wednesday and Friday

Yoga on the Green

9 am
Yoga classes will be held every Wed and Friday at 9 am. Please check with your doctor before participating in these or any other exercise classes. Don't forget to bring your mat, a towel, and a bottle of water.
www.katy.com/events/event_details.php?event_id=5578&event_date_id=26714

Thursdays

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

Library Story Times

Maude Smith Mark Branch Toddler Storytime 10:15 am
Cinco Ranch Branch Middle School Programs
Every Other Thursday, 3 pm
www.hcpl.net

Fridays

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

FREE Yoga on the Green

www.katy.com/events

Fridays & Saturdays

Live Music in the Plaza

City Centre
Come enjoy live music in the plaza every weekend*! A new line-up with performance times is posted every week; enjoy a wide range of sounds, from smooth jazz to pop, and classic rock to country. 6-9 pm
www.citycentrehouston.com/event/aug-5-live-music-in-the-plaza

Saturdays

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

Katherine Tyra Branch Library at Bear Creek Family Storytime Wagging Tails with a Certified Therapy Dog!

Every Saturday at 10:30 am

Kids Workshops at Home Depot

1st Saturday of the month
Keep kids engaged with projects and activities. Pick up your free Kids Workshop Kit on the first Saturday of each month between 9am - 12pm from your local store or order online - while supplies last.
9am-12pm
www.homedepot.com/c/kids?cm_sp=vanity_-Kids_-JUL20



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