

katy parent

10
Ways to
Simplify

Family
Dinner

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31

REFRESHERS

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katy parent

NOTE FROM THE EDITOR

Hope you're enjoying these occasional chilly days, because hot humid summer days are right around the corner. Which reminds me... have you planned what your kids will be doing this summer? I don't want to alarm you, but many camps fill up in March. Don't worry- we have everything you need to figure it out. Starting with our Camp Guide, you will find ideas ranging from local day camps to sleep-away camps...there's something for everyone. Whether it's robots, theatre, dance or horseback riding that interests your child, there is all that and more! And just in case you haven't planned what the kids will be doing for spring break, many of these camps are open that week as well.

Speaking of Spring Break...make sure you check out the Fun-Time Calendar where you will find family fun all month long! That week would also be a great time to plant a family garden. This issue can help get you started.

Use this spring to refresh your life...your self, your home, your family! We have 31 refreshers that take 15 minutes or less to get you started!

Wishing you all a Beautiful Spring!

Kim

Kim Carlisle, Editor

COVER CUTIE



Sophie is two years old. She is a bright little girl who loves gymnastics, swimming, and animals. When she's not chasing after her big brothers, she's zooming all over the place on her scooter or making fast friends with everyone she meets.

Cover Photo Courtesy of Lindsey Harper Photography

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FACT:

Sensory play helps fuel a child's curiosity about the world.



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10 Ways to Simplify Family Dinner



ONE-POT WONDERS. Simplify cooking with meals that require minimal cleanup, like casseroles or stir-fries. While you're at it, double the casserole recipe and freeze one for another night.

THEME NIGHTS. Designate each night of the week for a specific cuisine or ingredient, streamlining meal planning. Need more variety? Taco Tuesday could be ground beef style one week and fish tacos another, etc...

PRE-PREP INGREDIENTS. Chop vegetables and marinate meats ahead of time for quicker assembly, or purchase pre-chopped ingredients if you're short on time.

SLOW COOKER MAGIC. Set aside a few extra minutes in the morning to throw the ingredients in, and come home to delicious meals that have simmered all day for effortless (and delicious) dinners.

BUILD-YOUR-OWN. Offer a buffet-style spread with customizable options like sandwiches or salads.

FREEZER MEALS. Batch cook and freeze portions for quick reheating on busy nights.

STOCK UP. Stock up with plenty of supplies to help throw together a meal at the last minute if needed- spaghetti, bean burritos, or quesadillas are great last minute meals. Don't forget to add some veggies for balance.

ROTATING MENU. Create a weekly menu template and rotate favorite meals to simplify planning. Don't forget to get the kids involved in the planning.

SHEET PAN SUPPERS. Roast an assortment of ingredients on a single sheet for easy cleanup.

LEFTOVER REINVENTION. Transform yesterday's dinner into new creations to minimize waste and effort. Designating every 3rd or 4th night as left over night is a great way to clean out the fridge and minimize waste.

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<https://houston.clubscikidz.com>



Find the Perfect Camp!

IT'S AS EASY AS

123

by Claire Yezbak Fadden

As the daylight hours begin to stretch into early evening and the calendar pages head toward June, parents start thinking about how to best fill their child's summer days. The process of picking the best camp experience for your child doesn't have to be difficult. In fact, by taking the time to talk with your camper and answer these few questions, it can be as easy as 1-2-3. You can turn your child's school vacation into weeks of camaraderie, fun and discovery and enjoy your summer as well, knowing that your child is spending part of his days learning as well as being entertained.

1 Is my child old enough to go to camp?

What camps are best suited to his or her age? "Ask your child: Are you interested in going to camp?" says Peg L. Smith, CEO of the American Camp Association (ACA). "This is a family decision and the best way to determine if your child is ready is to learn firsthand if they want to go." To make for the best, age-appropriate experiences, camps breakdown their programs by age groups (4-7, 8-10, 11-13 and 14-16). This helps in choosing the right camp for your child's maturity.

2 How much will it cost?

Depending on what your expectations are, sending your child to camp can be a very affordable enrichment option. According to the ACA, there is a wide range of price options available, that depend upon the choice of camp, the facilities offered and your camper's needs. Remember that camp fees may be tax deductible as a childcare expense. Ask your tax advisor to see if you qualify.

3 What are my child's interests?

"There are traditional camp experiences that include campfires, telling camp stories and lots of free, unstructured play," says Smith. "There are also specialty camps that offer martial arts or gymnastics for example, as a way to sample a sport before making a longer commitment. Offer your child a few options to choose from as a way to find out what new interests he may have."

For more information about summer camp, visit...

AMERICAN CAMPING ASSOCIATION • www.acacamps.org
NATIONAL CAMPING ASSOCIATION • www.summertimecamp.org

4 Where can I find out about all the options?

Whether it's traditional day camp, specialty camps or residential camps, there are lots of alternatives. Check the Camp Directory in this issue where you'll find lots of information about local camps.

5 What's an average day like?

The daily schedules of each weeklong day camp vary. Some run from early morning until late afternoon (with extended day care, if desired). Others offer a combination of half-day or full-day sessions. You can send your child for the entire summer or select a few weeks here and there.

6 Whose camping experience is it anyway?

"Too often we get kids in camps that their mom or dad wanted them to attend," says camp counselor Shawn. "I can't stress enough the importance of choosing camp activities that your child is interested in," he adds. "If your daughter doesn't want to play soccer, you're better off enrolling her in a different camping experience. Everyone will be much happier by the time the end of the summer rolls around."

7 Can your camper use more exercise?

With the focus on the increasing number of overweight kids, summer camp is a chance to move your child away from the video games

and introduce her to a new sport, maybe one that will hold her interest throughout the year. According to Smith, 63 percent of campers who learn a new activity continue on with it after camp ends. "Campers use this opportunity to get outside, turn off all those electronic devices and reconnect with nature." Smith adds, "It's a chance to see if your child can develop a jump shot or learn to pirouette."

8 What else can my child learn at camp?

There's another kind of education that goes on at camp says Christopher Thurber, author of *The Summer Camp Handbook*. It's a place for kids to "relax and learn life skills — such as making friends and playing fair — that will serve them and the people whose lives they touch." Thurber adds, "At camp, young people bond with positive adult role models whose integrity and leadership-by-example tower over those of celebrities or sports heroes. High quality camps are places where young people not only realize their potential in athletic or artistic pursuits; they realize their potential to do good in the world."

9 Keep the Focus on FUN!

"Fun should rule during June, July and August," reminds Y camp counselor Lefty. Even though parents want every experience for their children to be worthwhile and educational, it's important to remember that it's summertime, and there's a lot of learning that happens while you're having fun!



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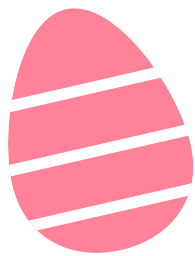


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March



FAMILY FRIENDLY EVENTS

March 1

Movie Night at Wessendorff City of Richmond

The City of Richmond has organized these outdoor films to provide a Free family event for residents and visitors. Rotary club of Richmond pops free popcorn for all and the city provides free water. We encourage everyone to bring their own chairs and blankets. Watch City of Richmond TX Facebook page for updates.

6:45-8:15 pm

www.richmondtx.gov/Home/Components/Calendar/Event/8337/19?curm=3&cury=2024

Tumble Clinic

Republic Gymnastics and Dance

Don't miss your chance to get extra tumbling practice in at our Tumbling Clinic.

Ages 5 & up

7-9pm

www.republicgymnastics.com/special-events

Tumble Clinic

Parent's Day Out

Ages 3 and up (Bathroom Independent)

9 am-1 pm, or 9 am-4 pm with extended care

www.olympiatrix.com/

March 2

Bank of America's Screen on the Green: Barbie

Discovery Green

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. 2023 116 minutes. CC Spanish

7-9 pm

fb.me/e/aIGA5ql60

Retro Rewind

Historic Town Square City of Katy

7-10pm

www.cityofkaty.com/Home/Components/Calendar/Event/19085/161?curm=3&cury=2024

Parent's Night Out

Stars Gymnastics Katy

Drop your kids off for a fun filled night of gymnastics, games, pizza and snacks while you enjoy a kid free evening! Boys and girls ages 3-12 are welcome. Must be fully potty trained. Register online or give us a call! 713-364-2631 5:30-10:30

\$40 Registered, \$45 at the door

www.starsgymtx.com/katy/pno

March 5

Toddler Tuesday

La Centerra

10-11 am

www.lacenterra.com/events/toddler-tuesday/

March 8

Open Gym

Westwood Gymnastics

Open Gym Offers Parent's a Night Out and Kiddos 4 Awesome Hours of FUN!

Ages 3 and up (Potty Trained)

7-11pm

\$20 preregistered, \$25 at the door

www.westwoodgym.com/open-gym

March 10

Missouri City Soul Food Festival

Missouri City Community Center

Come out and eat from the best Soul Food Caterers in the South at the Missouri City Community Center. 12-6 pm

[www.fb.me/e/4hCjWlwph](https://fb.me/e/4hCjWlwph)

March 12

A Magical Moment with Dave and Jake Sugar Land Town Square

Magicians Dave and Jake are bringing a little extra magic to Town Square this Spring Break!

Join us on the Plaza for a fun, free, family-friendly magic show. Spring break is the perfect time for families to come together and create unforgettable memories, so make yours at Sugar Land Town Square this year.

11:30 am-1 pm

www.sugarlandtownsquare.com/events/a-magical-moment-with-dave-jake/

March 13

Extreme Dinosaurs

Sugar Land Town Square

WATCH OUT! Live dinosaur characters will soon roam the Plaza at Sugar Land Town Square! Make sure to bring your biggest ROAR to cheer along this interactive show.

Spring break is the perfect time for families to come together and create unforgettable memories, so make yours at Sugar Land Town Square this year!

11 am-12 pm

www.sugarlandtownsquare.com/events/extreme-dinosaurs/

March 16

Katy Market Day

Historic Downtown Katy

100 vendors, food trucks, free snow foam and inflatables for the kids and all our wonderful Antiques and Boutique shops will be open!!! Right in Downtown Katy 5717 second street will get you here! New Vendor Sign up in person at The Limited Edition Art and Antiques! 281-391-1993 no online booth rental only in person at The Limited Edition!

10 am-4 pm

<https://fb.me/e/1aABlfbBi5>

The Boho Market

Sugar Land Town Square

Wrap up Spring Break by spending the day outside, shopping from local vendors with friends and family.

Bringing local, hand-crafted, and vintage items together, The Boho Market features one-of-a-kind fun finds at each and every pop-up.

www.tinyurl.com/3xkxust

Downtown Wine and Beer Walk

City of Rosenberg - Historic Downtown

12-5pm

www.rosenbergtx.gov/214/Special-Events

March 18

Storytime

Central Green

Award-winning author Maria Boucher keeps the kids engaged through expressive storytelling, songs, and crafts. From toddlers to 3rd-grade story time with Ms. Maria is always a fun adventure.

10-11 am

www.centralgreenpark.com/event/story-time/

March 22

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?

Ages 3 and up(Potty Trained)

6:30-10:30

www.republicgymnastics.com/special-events

Crouching Tiger Hidden Ninja Parents' Survival Night

Little Gym of Katy

Do you have what it takes? If so, Karate awaits! This introduction to basic Karate movements & philosophies will transform the kids into the Ninja they imagine themselves to be! It's going to be a night of epic experiences!

6:30-9:30pm

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

Open Gym

Westwood Gymnastics

Open Gym Offers Parent's a Night Out and Kiddos 4 Awesome Hours of FUN!

Ages 3 and up(Potty Trained)

7-11pm

\$20 preregistered, \$25 at the door

www.westwoodgym.com/open-gym

Movie Night-Sing

Central Green

We will be showing the Movie Sing!! Show begins at dusk. We will also have some character mascots from the movie!

6-9pm

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

March 23

Easter Egg Hunt

City of Rosenberg Seabourne Creek

Nature Park

The City of Rosenberg's annual Easter Egg Hunt is back for children ages 12 years and younger. The free event includes thousands of eggs in age-specified hunting zones, the Easter Bunny to kick off each hunt, photo opportunities with the Easter Bunny, games, snacks and prizes. Pack an Easter Basket and a camera, and come out to the R.W. Lindsey Gazebo at Seabourne Creek Nature Park for a great time!

10am-noon

www.rosenbergtx.gov/216/Easter-Egg-Hunt

Baskets and Bunnies

City of Katy

9 am- noon

<https://www.cityofkaty.com/Home/Components/Calendar/Event/19089/161?curm=3&cury=2024>

International Art and Kite Festival

City of Sugar Land -Crown Festival Park

The International Art & Kite Festival is a free event that celebrates culture and community through art, music, dancing and food. Kite flying, art car showings and cultural performances are just some of the highlights of this colorful festival!

10 am-3 pm

www.sugarlandtx.gov/1719/International-Art-Kite-Festival

March 23 & 24

Katy Home & Garden Show

Katy ISD Ag Center

Discover the latest trends in home interior design and compare shop on everything from windows to doors, floors, outdoor living areas, landscapes, pools, kitchens, baths, and more.

www.fb.me/e/4twoSmQS5

March 29-31

Easter Weekend

Kemah Boardwalk

Head on down to the Kemah Boardwalk this Easter Weekend, March 29 - March 31, and participate in Easter activities! Pictures with the Easter Bunny, Candy Hop, Scavenger Egg Hunt, Kids' Crafts, and more!

Easter Schedule

Friday

12PM - 7PM: Easter Bunny Photos

12PM - 8PM: Candy Hop

Saturday

12PM - 8PM: Easter Bunny Photos, Candy Hop

2PM - 6PM: Kids' Craft Corner Activities, Live DJ, Stiltwalker, Balloon Artist

Sunday

7AM: SONrise Service

12PM - 8PM: Easter Bunny Photos, Candy Hop

2PM - 6PM: Kids' Craft Corner Activities, Live DJ, Stiltwalker, Balloon Artist

www.kemahboardwalk.com/easter-weekend





Dewberry Farm Spring Fest

March 9- April 28 Tickets at DewberryFarm.com
 Egg Hunts • Meet the Easter Bunny • Farm Animals • 40 Rides & Attractions!



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SUMMER CAMP GUIDE

● BENEDICTINE TUTORS

Full-Day and Half-Day Math & English Prep camps for students entering K-8th grades. Math Morning Camps include additional STEM activities such as Coding, Robotics, and Science Labs. English Afternoon Camps include prep with Reading Comprehension, Spelling and Creative Writing. All Camps run Mon-Thurs and help students prepare for the coming school year. Benedictine Summer Camps are individualized and designed to build upon previous camp attendance so the longer a camper attends, the more preparation they are able to achieve! Sibling Discounts are available! Ages 5-13. Half-Days (9am-12pm & 1-4pm) and Full-Days (9am-4pm) available.
www.benedictinetutors.com/katy-summer-camp
832-588-4408

● BUSHI BAN INTERNATIONAL

Our Summer Camp Program is a fitness & self-defense program for children of all ages and fitness levels teaching multi-disciplinary techniques of martial arts including karate, Jiu Jitsu, kickboxing & ground grappling.
www.BushiBan.com
832-833-0030

● CAMP ALLEN

We provide a fun & unique environment for young people to cultivate friendships, experience personal growth, and learn about the unconditional love of Jesus Christ. (1 hr from Houston)
www.CampAllen.org
936-825-7175

● CENTURY FINE ARTS

Join us for a musical Summer!
281-201-2991
www.centuryfinearts.com

● CHALLENGE ISLAND

Where Engineering Meets Imagination! Challenge Island Camp is a magical place where children are inspired to imagine, create, and experiment in the STEAM world. Engineering battery operated vehicles, Experimenting in our Imagination LAB or Learning to be an Entrepreneur, innovative and fun challenges are awaiting every camper! Ages 5-13yrs Location 1: Church of Holy Apostles- Location 2: Cinco Ranch Lakehouse
www.challenge-island.com/nwhouston-katy
281-901-1034

● CLUB SCIKIDZ HOUSTON

Club Scikidz Houston is Houston's premiere summer science day camp. CSPH provides authentic, immersive, and application-based experiences. The experiences have loads of engagement, are fun, and planned with plenty of hands-on science (S), technology (T), engineering (E), art (A) and mathematics (M) opportunities.

Variety of summer camps for kids Pk- 7th grade offered. After School Child Care is offered
Locations: Katy, Sugarland and Bellaire.
www.houston.clubscikidz.com

● 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! 832-239-1748
www.everbroomacademy.com/programs/summer-camp

● INSPIRATION STAGE

Fun camps, advanced intensives and electric shows! 713-302-5329
www.inspirationstage.com

● KATY YOUTH SOCCER

Spring and Summer Soccer Programs. The emphasis is on fun and learning how to play soccer for ages 5-19.
www.KatyYouthSoccer.com
281-392-5970

● PRIMROSE SCHOOLS

At our Summer Adventure Club, children become engineers, artists, explorers & more as they discover the joys of design thinking, a fun and innovative way to learn. Engineering design challenges, experiments & themed activities await as children unlock new ways of thinking, all while having a blast!
www.PrimroseSchools.com
Cinco Ranch: 281-693-7711
Kelliwood: 281-828-1600
North Mason Creek: 281-492-7400
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Woodcreek Reserve: 281-731-0099

● ROBINS DANCE STUDIO

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Ages 3-adult
www.RobinsDanceStudio.com
281-499-3921

● STARS GYMNASTICS SPORTS CENTER

Spring Break and Summer Camps!
A fun & safe environment for ages 4-12 learning gymnastics & participating in group games and activities. Gymnastics, Ninja, Open Gym, Games and Crafts. Full & half day available.
www.StarsGymTX.com
713-364-2631

● SUMMER SCIENCE SAFARI CAMP

Where science and summer fun meet! We help students envision their future by taking them places where science actually happens every day! Field trips to places where science really happens, every day! 832-305-8572
www.SummerScienceSafari.com

● THE HONOR ROLL SCHOOL

Providing children opportunities to explore, discover, make new friends and learn new skills. The outstanding counselors set the tone for an unforgettable experience with their talent, creativity and leadership. Campers are encouraged to reach for new heights and to expand their horizons and interests. In addition to traditional day camp, academic camps and specialty camps are wonderful ways for students to focus on kindergarten prep, drone aviation, engineering, movie making, sports and much more. Preschool - 8th grade.
www.TheHonorRollSchool.com
Sugar Land 281-265-7888
Riverstone 832-402-8215

● THE SUGAR & SPICE RANCH

Mother/Daughter or All Girl Camps. Our summer camp sessions run from Saturday through the following Friday every week from Memorial Day weekend through Labor Day weekend. No Technology Allowed!
www.TexasHorseCamps.com
830-460-8487

● VICTORY CAMP

Amazing summer camp experience that's close to home! All the activities your kids love in a fun Christian camp environment. Corcl Boats, Go Carts, Gymnasium, Lake Blob, Rope Course, Swimming Pool, Train Rides, Volleyball Court, Water Slides, and Zip Line! Kids Day Camp- Grades 1st-4th; Overnight Camp- Grades 3rd-5th; Junior High Camp- Grades 6th-8th.
www.victorycamp.com
281-338-Camp (2267)

● VILLAGE TREE LEARNING COMMUNITY

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Ages: 6 weeks - 6 years
Educators implement different learning styles to enhance each student's experience to academic success which includes cooking; arts (music, drama, dance/movement and visual art); gardening; outdoor learning; and 21st century technology in the classroom.
www.villagetreeourway.com
281-302-5080

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

Monday

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.cmhoustons.org

Library Story Times

Maud 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

31 REFRESHERS That take 15 minutes or less



by Lara Krupicka

Spring cleaning used to be a multi-day undertaking involving a top-to-bottom cleaning of the house and airing of all the rooms. Thankfully with our cleaner-burning stoves and furnaces, it's no longer as necessary a chore. Besides, who has time these days?

You can still enjoy the benefits of refreshment that used to come with the spring overhaul by engaging in quick fifteen-minute tasks (and indulgences). By doing one each day, you'll arrive at the end of a month experiencing the same satisfaction as if you'd spent days on end. And you won't be wiped out by the process. Instead, you should feel invigorated!

Here are enough ideas to fill a month and get you started. Or swap in a few of your own that fit your household.

Refresh Your Self

1. Polish your fingernails. Once you're done you can combine this with number five (sit with your feet up) while your nails dry. Short on time? Focus on just cleaning off any old polish and trimming nails. Even that little bit can give your hands a fresh feel.
2. Take a brisk walk around the block or at a nearby park. Put your kids on a bike or in a wagon or stroller and you can all benefit.
3. Place a hold at the library on that book you've been meaning to read. Don't have any titles in

mind? Browse through Goodreads for recommendations and create a list for the future by tagging the interesting ones as "to read."

4. Dive into your favorite magazine. Clip out any recipes you want to try or fold over pages containing decorating and other ideas you want to come back to.
5. Sit with your feet up and rest. If you're alone or the children are safely occupied, close your eyes (you may want to set an alarm, just in case).

Revitalize Your Spouse

6. Leave your spouse a suggestive voicemail on his cell phone or text the same message (prefaced by the warning: "For Your Eyes Only").
7. Go online and order a fancy massage lotion for your next at-home date night.
8. Surprise her by giving her car a quick clean up. Take any extra time to run a vacuum over the floor mats.
9. Do some extra tidying in the master bedroom to make it extra inviting or relaxing. Put out a candle for soft lighting. Freshen up the bedsheets.

Fortify Your Kids

10. Read a board book or a chapter to your child from a new or untouched book.
11. Weed out last season's clothes from one child's drawers. Tackle one drawer at a time, until time runs out.
12. Write notes to put in your kids' lunches. Try to write up a few to sprinkle in for each child throughout the week.
13. Challenge your child to a round of their favorite game. Or spontaneously join them in playing Legos, Squinkies, or another activity they enjoy.

Restore Your Kitchen

14. Wipe down the range hood and inside of the microwave. Use any extra time to degrease the handles on the fridge and microwave.
15. Plan your meals for the week, including when you might have to get to eat out.
16. Make a batch of brownies. Do this when you'll be home while they bake.
17. Sort leftover food and expired condiments to toss from your refrigerator. Keep a wastebasket nearby and make tossing part of the process. When you're done, wipe down a shelf or two. Come back later for another fifteen minutes to wipe out more of the fridge.
18. Sweep the kitchen and shake out the rugs. Better yet, toss those rugs in the washing machine for a quick wash cycle to spruce them up.

Invigorate Your Family & Friends

19. Call a friend to schedule a coffee date.
20. Text another friend to tell her one thing you think she rocks at.
21. Write a thank you note to someone for a recent kindness.

22. Phone your mom/grandma/favorite aunt to tell her you love her.
23. Jot a list of fun memories about someone special on fancy stationery. Mail it to them.

Enliven Your Calendar/To Do List

24. Make a list of errands to be done in the coming week/month. Pick a day to focus on those errands and schedule it like you would an appointment. Guilt be gone!
25. Schedule that appointment you've been avoiding. While you're at it, make sure you have up to date appointments for everyone else in the family for things like haircuts, dentist, eye doctor, physical.
26. Brainstorm a destination for your next family outing or vacation. Check out a travel site for reviews and hot spots to stay or visit there.
27. Upload photos from your camera (while technically not a calendar item, it's one that's always on our "to do" lists). Browse through and delete any poor shots or ones you know you won't use. Recharge the camera battery so it's ready for an event you want to capture.

Perk Up Your Household

28. Dust a room or two. Use a feather duster and see if you can get through three or four rooms.
29. Pull out decorations for the next holiday or season. Purge anything worn out or dated or that you don't like any more. If you've got the time, go ahead and decorate.
30. Clean the crumbs and garbage out of your own car.
31. Clean the dog bowls/fish tank/kitty litter. Don't have any? Your work is done!

Celebrate your month of refreshment by taking a day to revisit some of the more restorative activities or to engage in a few you'd like to give more attention to. Keep this list and refer to it several times a year when you, your home, or your kids, are starting to sag. Make note of the one or two refreshers that could work as a regular pick-me-up.

While you won't complete a regular spring cleaning by following this list, you will benefit from a sense of accomplishment and ongoing revitalization that just may spur you to tackle the bigger task of a whole house overhaul.

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and BARNDOMINIUM EXPO

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Saturday	March 23	10 - 5	Adults	\$9.00
Sunday	March 24	11 - 4	12 & Under	FREE

FREE PARKING!

*One gift card per family please KatyHomeandGardenShow.com 5801 Katy Hockley Cut-Off Road



THE FAMILY GARDEN

Fun for All Ages!

The benefits of a family garden include lessons in patience, responsibility, generosity and pride. As the plants break through the ground, there won't be anyone more proud than that youngster who planted the seed. If you're ready to watch your garden grow, follow these steps to success.

GETTING STARTED

Lay out and mark off the space you will use for your garden. Make sure you choose an area that gets sunlight most of the day and offers good drainage. Remove any debris from the area and loosen up the dirt. Even the youngest of gardeners can help with this task. Get them a couple of garden tools that are just their size. Don't have room for a garden? Use pots that can fit on your back porch or even in a windowsill. Give each child their own area to plant in.

CHOOSE YOUR CROP

Gardening requires patience, as you may have to wait several days or even weeks before you see any progress. Ask your local nursery to recommend plants that are easy to care for and that will yield rapid results. In addition to planting seeds, avid gardener Larry Andrews recommends that you include plants that are already started, as they will produce quicker and help keep younger kids interested. Include your children in the choosing process.

MAINTENANCE

There is something about digging in the dirt that gives kids of all ages great pleasure. It isn't necessary to plant the seeds in rows, but it is helpful to place stepping stones throughout the garden, so that the ground doesn't get packed down over the seeds by little feet. (Tip: A little Miracle Grow fertilizer each week will help plants grow, resist disease and produce more fruit.)

RESPONSIBILITY

Tending a garden teaches children responsibility, as they quickly learn that plants will die without water. You may want to help out with this task occasionally. Children can become resentful of something that is taking away from their "play time" and you want to keep this a fun and positive experience.

WATCH IT GROW

This is the part that can test even the most patient of children. Marion Owen, co-author of *Chicken Soup for the Gardener's Soul* recommends you use this time to create some garden decorations, "like a scarecrow. A few wooden stakes, some old clothes, a milk jug

for the head and a long-forgotten hat is all you need." This is also a great time to explore for bugs, worms and lizards.

ENJOY THE HARVEST

There is nothing like the taste of a homegrown tomato or anything homegrown for that matter. Teach the kids how to check the garden each day for ripe vegetables and incorporate them into your meals as quickly as possible. Generosity is another lesson to be learned from the garden...encourage the kids to share some of the crop with friends and family.



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Your child will be thrilled to celebrate at Board & Brush Sugar Land with one of our DIY workshops and you will love that the mess won't be in your home! Unique and stylish projects for the birthday boy or girl to complete with their friends!

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