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**NOTE FROM THE EDITOR**

Happy November Y'all! I hope everyone is enjoying this beautiful cool weather. It's such a rare occurrence around here, I do everything I can to spend time outdoors when it happens. Check out our list of 8 great reasons you should get outdoors, too!

The holiday season is officially here! It's time to start your shopping (we have a gift guide to get you started), and prepare for the holiday weight gain. Actually, check out our Guide to Healthy Holiday Partying to avoid those extra pounds. Before you get too immersed in preparing for the December holidays, take some time to give back to others through Family Volunteering- while helping others, your family will experience great benefits.

How about them 'Stros? This is such an exciting time for Houston sports fans! As I write this we are two games in to the World Series, tied 1-1. I'm predicting an Astros win in 6! Check out all the cute Astros fans showing support for their favorite hometown team in this issue!

Check out our Fun-Time Calendar- it's full of lots of fun family activities! Have a Happy Thanksgiving!

*Kim*

Kim Carlisle, Editor

**COVER CUTIE**  
**Juliana**



Juliana is six years old. She loves school, tumbling in her backyard and family fun nights. She is thankful for mommy buying her toys.

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# YOUR GUIDE TO HEALTHY Holiday Partying

by Sandra Gordon



During the holidays, food isn't just food, it's a delicious experience loaded with tradition and temptation. And if you're not careful, in the five weeks between Thanksgiving and New Year's, the indulgent delights of stuffing, pumpkin pie and eggnog can become the harsh reality of extra pounds. The good news? During the winter holiday season, a study by the National Institutes of Health concluded that most people probably gain only about a pound. That doesn't sound like much until you consider that the extra weight doesn't tend to go away after January 1. It tends to accumulate through the years and a small-yet-sneaky successive holiday weight gain can snowball to become a major contributor to obesity later in life, the study determined.

Plus, the one-pound holiday weight gain is an average. "In my experience, there are plenty of people who gain more like six to eight pounds," says Linda Spangle, author of *100 Days of Weight Loss*, and a weight-loss counselor in Broomfield, Colorado.

To survive the season, you need to party healthy, not hearty. The key is putting together a party strategy that keeps your portions—and your appetite—under control. Here's how:

## DON'T ARRIVE FAMISHED

"For several days before a party, cut back on both fat and calories," advises Riska Platt, R.D., a spokesperson for the American Heart Association. That way, you'll be able to eat a little more without worrying about it. But never arrive at a party starving, or you'll overeat. Instead, have a piece of fruit, a small salad or a cup of low-fat yogurt before leaving home. A solid snack will keep you from pouncing on the mini hot dogs as soon as you arrive.

## USE DELAY TACTICS

Once you arrive at a party, have a virgin Bloody Mary, a diet soda, or a glass of seltzer mixed with fruit juice. Hold off on the hors d'oeuvres and champagne for a while. "The longer

you put off eating and drinking alcohol, the less time you'll have to overindulge," says Cathy Nonas, R.D., author of *Outwit Your Weight*. Research shows that consuming alcohol and high-fat appetizers may cause you to eat more during the main course.

## FILL YOUR PLATE

You read it right. Once you give yourself the go-ahead to dig in, use a plate rather than grabbling handfuls of everything. (A fistful of nuts, for example, packs 15 grams of fat and nearly 200 calories.) Fill three-quarters of your plate with chopped fresh vegetables and fruit, reserving the remaining quarter for anything you want, whether or not it's low

in fat. If you're at a buffet dinner, serve yourself healthy foods—salads, grain dishes and vegetables that aren't covered in cream. Don't feel obligated to eat whatever you take-ditto with dessert. And whatever you do, sit down to savor each and every bite.

"What you don't want to do is fill up your plate with a drink in your hand, then starting chatting," says Spangle. "Before you know it, you'll have an empty plate and barely a memory of having eaten." To reduce the risk of unconscious consumption, she recommends mingling without food. Once you've said your hellos, then go ahead and slowly dig in to your allotted portion. And think twice before you go back for more.

## EVERY SECOND COUNTS

Speaking of seconds, if you're eating a traditional high-fat holiday meal, keep in mind that another helping of mashed potatoes (110 calories), a slice of turkey breast (120) and a narrow sliver of pecan pie (215) doesn't seem like much. But do the math and you'll discover that "just a little more" can easily add up to more than 440 calories and about 14 grams of fat. So if you're not the one preparing the meal (and making sure it's low-fat), make your first plateful of holiday dinner your last. A temptation tamer: Take a 20-minute intermission before reaching for seconds to

give the urge to refill your plate an opportunity to pass. During that time, have a cup of tea, or hang out in the living room away from the buffet. Afterward, if you're still hungry, opt for another serving of steamed vegetables or a salad.

## CHANGE YOUR TUNE

Research shows that eating while listening to fast, loud music may cause you to consume more food. It takes your brain about 10 minutes to register satiety. But the faster the musical beat, the more quickly you'll eat, which means you may have already gone back for seconds before your brain tells you that your stomach's full. On the other hand, soft background music has a calming effect and may foster one of the qualities of a great party—interesting conversation. When dining at home over the holidays, put slow and soothing tunes on the CD player.

## EXERCISE EVERY DAY

Throughout the holiday season, squeeze in exercise every day, even if you swear you're too busy. Exercise quells your stress level, boosts metabolism and provides a feeling of well-being that can fuel your resolve to eat healthy during the holidays. "When you exercise consistently, you're less likely to say, 'Oh, forget about it. I'm just going to pig-out tonight,'" Spangle says.

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# Get OUTDOORS

## 8 REASONS TO SPEND TIME IN NATURE

By Heidi Smith Luedtke, Ph.D.

As if fall weather in Texas wasn't enough of a reason to get outside, loads of research shows the benefits of spending time in nature. Here are some highlights.

**Better Health.** Inactivity increases your risk for physical disability and disease, yet 28% of American adults and 19% of kids age 6 to 17 are inactive today. People who spend more time outdoors are more active on average than people who spend less time outside. Ride bikes or start jogging to jumpstart your fitness routine. Hills, uneven terrain and wind resistance challenge your muscles and your mind.

**Mood.** Research consistently shows outdoor exposure improves mood and protects against depression. An analysis of 30 studies done in the last 26 years found you don't have to break a sweat to get benefits from being outside. Even low-intensity

outdoor activities, such as walking or gardening for 20 minutes, can be beneficial. In fact, the biggest increase in mood and self-esteem occurs in the first 5 minutes. So what are you waiting for? Putter around in the yard to feel instantly happier.

**Sunshine.** Ultraviolet rays from the sun cause the body to produce Vitamin D, a substance that is hard to get from food sources alone. This important nutrient is crucial for calcium absorption in the body, and low levels increase your risk of fracture and osteoporosis. Studies also link Vitamin D deficiency to asthma, cancer, diabetes and cardiovascular disease. Soak up some rays to make more D. Experts

say 5 to 30 minutes of sunshine two to three times a week should be enough for most people.

**Body Image.** If Zumba makes you feel more like a three-footed klutz than a Latin temptress, you're not alone. Full mirrors and the presence of other people cause gym goers to focus on how they look while exercising instead of what they're doing. In the natural environment, you're better able to focus on how it feels to move your body and what your body can do. What's not to like about that?

**Renewed Focus.** Research at the University of Michigan shows the relaxed quiet of outdoor environments allows our brains to recharge. In nature – where we aren't bombarded by text messages and to-do lists – we're able to tune in to subtle details like budding leaves and animal paw prints. The shift in stimulation increases people's ability to focus attention on work-relevant technical details and improves memory.

**Fewer Symptoms of ADHD.** A national survey of more than 400 parents of children with ADHD found those who regularly played outdoors in unstructured green spaces like parks and woodlands had less severe symptoms than kids who played

indoors or on outdoor playgrounds with man-made structures. A nature walk or trip to the beach may be just what the doctor ordered.

**Enhanced Creativity.** Researchers from the University of Kansas found backpackers who spent 4 days in nature – unplugged from electronics – scored a full 50 percent better on a creative problem-solving test. It's not clear whether time in nature or time out from technology – or a combination of both – was responsible for this impressive result. Lesson for you? Leave your cell phone at home. Or at least turn it off.

**Less Stress.** Outdoor environments aren't created equal. Studies show a 50-minute walk in the park is more restorative than walking the same distance and duration on city streets. People who walked in nature reported feeling less time pressure and more positive feelings than urban walkers did.

No matter what you do in the great outdoors, make sure to enjoy it with all your senses. Breathe deeply. Listen for birdsong. Look at cloud shapes. Smell the roses. Feel the ground beneath your feet and the wind in your hair. Claim your place in big, wide world. Nature is always waiting.



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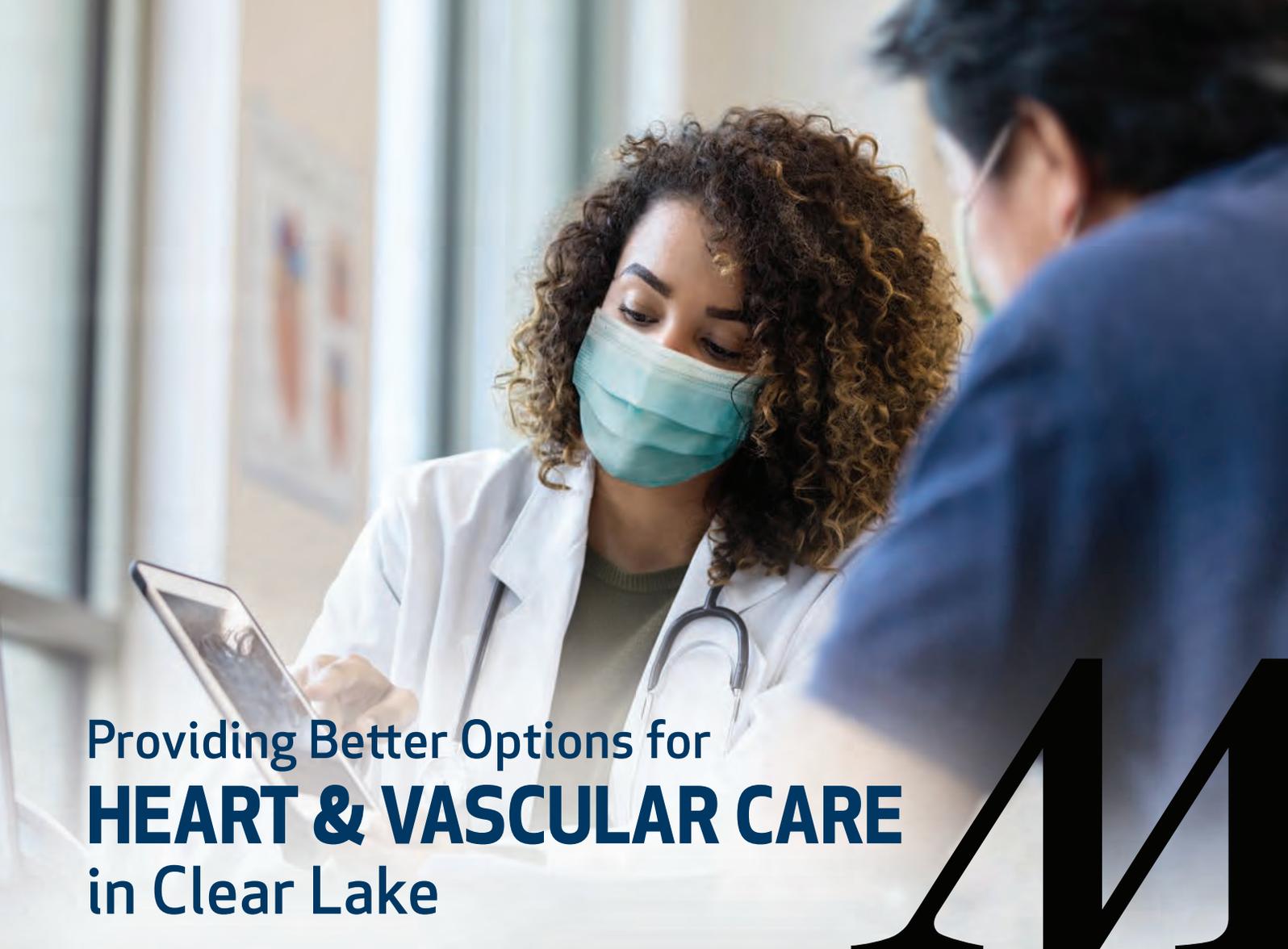
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# HOLIDAY GIFT guide



With the holidays fast approaching, now is the time to get your gift giving list in order. Use this list and the advertisements on the pages of this magazine to get your brain storming with ideas!

## BABIES

Check out the local boutiques for a unique and special gift for the babies in your life. You might also consider making an investment in their future by contributing to a college fund or savings account. Add a little each year for birthdays and holidays. They might not be impressed while they are young, but when they get ready to go off to college they will be shocked with what a wonderful little nest egg you have given them.

## KIDS

While the obvious answer is TOYS (and you can't get around that), here are a few ideas that may not cause a big stir Christmas morning, but will be appreciated later.

If extra-curricular activities don't fit in your budget, maybe grandparents or aunts and uncles can pool their money to contribute. Karate, dance, music, art, gymnastics, baseball, etc... Whatever may interest that child. Just remind them after they win their first game or master their first cartwheel who helped make that possible! The same could be done for winter or summer camps!

A special day out with Mom and Dad (without the siblings) would be a treat for any kid. Maybe a day at a local festival or even just lunch and a movie (kids choice, of course!). The one on one attention is what will make this a gift they ask for year after year.

## MOM & DAD

Moms are the easiest because a simple hug from the kids would be sufficient in her eyes. However, after all their hard work all year long, a little pampering is definitely in order. Body lotions, bath oils, comfy robes, pretty nightgowns or fuzzy slippers are all favorites. Top that off with a gift certificate for a day at the spa, and she will come back with a smile that just might last all year!

Dad is pretty easy as well. A gift card to the local hardware store will always come in handy, but you might try something a little more personal this year. One local mom helps her kids make coupon books, and has for years. "They started out cutting pictures from magazines or hand colored images to go with each coupon, but now they find fancy graphics online to illustrate their book." These "coupons" include anything from a hug or mowing the yard, to a ticket to watch his favorite team or an uninterrupted nap. Now that would be a hit with any dad!

## GRANDPARENTS

Ask any grandparent around and their favorite gifts are ones that include photos of their grandkids. Whether it be on a lap blanket or purse for Grandma or a mouse pad or mug for Grandpa, you just can't go wrong. Make an "old-fashioned" home movie by streaming together video clips from the kids enjoying different activities. Make sure you include a few that have personal messages "Hi Grandpa.... We love you Grandma..." They will watch it, over and over again!

Whatever you choose for your loved ones, planning ahead and putting a little thought to it will help you avoid any last minute gift shopping panic! Happy Shopping!



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Ages 3-12

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Space is limited – reserve your tickets-

[www.leaguecityhistory.org/walkabout](http://www.leaguecityhistory.org/walkabout)

### Nov 4 and 12

#### League City Neighborhood Storytime

LCHS is partnering with Helen Hall Library for Neighborhood Storytime! Enjoy a story in our Garden Classroom with library volunteers. Open to the public, no RSVP needed, limited seating, strollers/chairs welcome.

Ages 3-6 , siblings welcome

10:15 am

[www.leaguecityhistory.org/past-present-events](http://www.leaguecityhistory.org/past-present-events)

### Nov 6

#### Legacy Gymnastics Kids Night Out

Come to a 4 hour fun-filled event with indoor gymnastics, games, bounce house with slide, trampoline, pizza and drinks provided.

6-10 pm

Ages 3(Fully Potty Trained) and up

\$25 per child

[www.legacy-gym.com/events/nov-2021-kids-night-out/](http://www.legacy-gym.com/events/nov-2021-kids-night-out/)

#### City of League City

Astronomy in the park

Astronomy in the Park will meet the first Saturday of every month at Rustic Oaks Park. We encourage those attending to bring binoculars if you have them. Astronomy in the Park will run from June through November. This program is run by Daniel Roy.

7-10 pm

[www.leaguecity.com/Calendar.aspx?EID=11651](http://www.leaguecity.com/Calendar.aspx?EID=11651)

### 3rd Annual Strawberry Hill Days: Holiday Market

Time to ring in the Holiday Season by shopping local!

Come out and shop DOZENS of vendors, local food trucks and enjoy the Holiday season all while supporting local small businesses!

Hosted by STRAWBERRY HILL UPCYCLING BOUTIQUE, this is our 3rd annual event and we are so excited!

10 am-4 pm

[www.facebook.com/events/823337571647447](http://www.facebook.com/events/823337571647447)

### Texas Folklife Presents Accordion Kings and Queens

Held at Miller Outdoor Theatre

7-10 pm

All Ages

Free

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

### Old Town Vendor Showcase

Come support local businesses at our Vendor Showcase.

Get a start on holiday shopping!

10 am -3 pm

[www.facebook.com/events/198578625719972/?acontext=%7B%22event\\_action\\_history%22%3A%7B%22mechanism%22%3A%22search\\_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref\\_notif\\_type%22%3A%22%7D](http://www.facebook.com/events/198578625719972/?acontext=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref_notif_type%22%3A%22%7D)

## Nov 8

### Painting with the Alliance event by Bay Area Alliance for Youth & Families

Join us for a fun, creative evening!

\$10 registration fee includes a large wooden door hanger along with paint and tools needed to create a beautiful wooden door hanger to keep for your home.\*

Door Hanger style for this event will be: Your choice of Ornament, Pumpkin, or Circle

Held at Webster Civic Center

6p-8:30 pm

\$10

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

[events/209199471305447](https://www.facebook.com/events/209199471305447)

## Nov 11

### Free Vaccinations Held at Children's Museum of Houston

Committed to creating a community of healthy children, Texas Children's Mobile Clinic

Program, in partnership with Ronald McDonald House Charities of Greater Houston/Galveston,

will administer free vaccinations to children 6 weeks to 18 years of age who qualify for the Texas Vaccines for Children Program.

Pre-registration is required. Please call Texas Children's Mobile Clinic Program at (832)824-

6355 to register. Parents and guardians must bring child's immunization records and must accompany child. Face masks that cover the face and mouth are required.

For questions and eligibility, please call (832)824-6788.

Ages 6 weeks to 18 years

5-8 pm

[www.cmhouston.org/events/free-vaccinations](http://www.cmhouston.org/events/free-vaccinations)

## Nov 11-Nov 13

### Velvet Stocking Christmas Bazaar

Webster Civic Center

FREE

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

## Nov 12

### League City Neighborhood Storytime

LCHS is partnering with Helen Hall Library for Neighborhood Storytime! Enjoy a story in our Garden Classroom with library volunteers. Open to the public, no RSVP needed, limited seating, strollers/chairs welcome.

Ages 3-6, siblings welcome

10:15 am

[www.leaguecityhistory.org/past-present-events](http://www.leaguecityhistory.org/past-present-events)

### City of League City Corn Hole Open Play

Everyone is invited to join us on September 10, October 8, November 12, and December 10 at Lynn Gripon Park at Countryside for open play cornhole! We will be providing the cornhole boards and other fun games along with music and Local food trucks, so come out and enjoy a wonderful night.

Starts at 6 pm.

[www.leaguecity.com/CivicAlerts.aspx?AID=3179](http://www.leaguecity.com/CivicAlerts.aspx?AID=3179)

## Nov 12-Nov 13

### Bay Area Nutcracker Market

Pasadena Convention Center

The annual Bay Area Nutcracker Market is a holiday tradition!

Promoting small businesses, charities and the local community.

Showcasing dozens of handcrafted and unique gift vendors, women and children's clothing, jewelry, original artwork, gourmet goodies, home décor, holiday décor, unique gift items, and much more.

Free photo op with the Gingerbread Man (both days) (11am & 3pm).

Live performances and family entertainment.

\$5 Admission / FREE PARKING

Children 5 years and under free

Friday, November 12 (10am -7pm)

& Saturday, November 13 (10am - 5pm)

Bay Area Nutcracker Market is partnering with the Pasadena's Can-Do Food Drive. Donate a can of non-perishable food, and receive \$1 OFF admission.

[www.facebook.com/events/230725495266311/?acontext=%7B%22event\\_action\\_history%22%3A%7B%22mechanism%22%3A%22search\\_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref\\_notif\\_type%22%3A%22null%7D](http://www.facebook.com/events/230725495266311/?acontext=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%2C%22ref_notif_type%22%3A%22null%7D)

## Nov 13

## Nov 13

### Friendswood MOPS Holiday Market 2021

Come shop local vendors and artisans at our 5th annual Holiday Market. We will have the delicious Pink Box Houston food truck. We are also hosting a blood drive through Gulf Coast Region Blood Center

9 am- 4 pm

[www.facebook.com/events/268057125214751/?acontext=%7B%22event\\_action\\_history%22%3A%7B%22surface%22%3A%22page%22%7D%7D](http://www.facebook.com/events/268057125214751/?acontext=%7B%22event_action_history%22%3A%7B%22surface%22%3A%22page%22%7D%7D)

[www.southernstyleevents.net/new-events/2017/11/11/naussa-bay-nutcracker-market](http://www.southernstyleevents.net/new-events/2017/11/11/naussa-bay-nutcracker-market)

### Nassau Bay Nutcracker Market

The Nassau Bay Nutcracker Market has it all, Christmas treasures by the sleigh full. Come shop over 75 vendors featuring clothes to jewelry to home decor to holiday items to grommet food items and much more...just in time for holiday shopping!

Admission \$5.00

9 am- 4pm

[www.southernstyleevents.net/new-events/2017/11/11/naussa-bay-nutcracker-market](http://www.southernstyleevents.net/new-events/2017/11/11/naussa-bay-nutcracker-market)

### Nature with Kristine

Connect with nature through activities such as arts and crafts, games and scavenger hunts! No registration required and free to the public.

Classes are led by Kristine Rivers a nature enthusiast, avid birder, and owner of Birding for Fun, a program that provides educational services, field trips, and guided tours for birding.

[www.leaguecitytx.gov/CivicAlerts.aspx?AID=3244](http://www.leaguecitytx.gov/CivicAlerts.aspx?AID=3244)

# ONGOING FALL FESTIVALS

### Froberg Farms Fall Festival

Fall Festival and Corn Maze attractions include: Plastic Duck Races, Face Painting, Glitter Tattoos, Emoji Cannon, Friendly Fire, Sunflower Trail, Pumpkin Patch, Paintball Train, Jumping Pillow and Bee Coaster.

[www.frobergfarm.com/fall-festival](http://www.frobergfarm.com/fall-festival)

### Blessington Farms

Open through November 21st

Saturdays and Sundays 9 am - 4 pm

Open Saturday and Sundays 9am-4pm

New Fall Farmers Market, Animal Encounter, Barrel Train, Slide Mountain and much more!

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

### Dewberry Farms Fall Festival

Open through November 14th

8 acres of cornfield maze, heaps of pumpkins, and Spooky Hollow in the Woods.

Tickets start at \$19.95

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

### 47th Annual Texas Renaissance Festival

Open through November 28th

Since 1974, there has been a magical kingdom about an hour north of the Houston area, where guests can step through the gates and enter an enchanted world filled with kings and queens, knights and nobles, fairies and elves, pirates and peasants, and other fanciful delights.

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



image courtesy of [www.vecteezy.com](http://www.vecteezy.com)

### Historic League City District Walkabouts

Discover the history of League City's cherished League Park, or take a stroll through the beautiful Historic District and discover League City's fascinating beginnings  
Space is limited – reserve your tickets-  
[www.leaguecityhistory.org/walkabout](http://www.leaguecityhistory.org/walkabout)

### Honoring our Veterans & 100th Anniversary of the Unknown Soldier

11 am  
Please join us on Saturday, November 13 for a special Honoring Our Veterans ceremony thanking and honoring all veterans and their families for their service and sacrifice to the United States, including Prisoners of War and those listed as Missing in Action.  
In addition, this special event will commemorate those service members who have died with their remains unidentified. 2021 marks the centennial of The Tomb of the Unknown Soldier. Held at Bay Area Veterans Memorial.  
11 am  
[www.facebook.com/events/2977898045810163/?ref=newsfeed](https://www.facebook.com/events/2977898045810163/?ref=newsfeed)

### Opry on the Square

Pearland Opry On The Square celebrates the time-honored, Saturday night, Texas Opry institution of showcasing live, traditional, and dynamic country music.  
7-9 pm  
Free Admission  
[www.visitpearland.com/pearland-opry](http://www.visitpearland.com/pearland-opry)

### Parents Night Out at Reflex Pearland Gymnastics Academy

Do you need a night away from the kids? We understand! Our Parent's Night Out is a fully-supervised evening where kids will enjoy fun games, jumping on the trampolines, bounce house and more. Food and drinks are provided. Pre-registration is required. Pizza, Games, Bounce House and More!  
Children must be fully potty trained to attend.  
6-10 pm  
Members \$25, Non—Members, Each Additional Child \$15  
[www.pearlandgym.com/events/parents-night-out/](http://www.pearlandgym.com/events/parents-night-out/)

### Houston Cinema Arts Festival Presents CoCo!

HCAF hosts a free night at Miller Outdoor Theatre with Coco on the Hill.  
6:30 pm  
FREE  
[www.cinemahtx.org/event/coco/](http://www.cinemahtx.org/event/coco/)

## Nov. 13 & 14

### Houston Music and Arts Festival

Come and enjoy major concerts, fine art displays, a classic car show, frisbee dogs, and dozens of fun attractions and highlights. Check out the Taste of Texas Food Garden, with delicious cuisine, and cold domestic and craft beers. National recording artists will be performing throughout the afternoon and evening on the main stage, as well as juried visual artists presenting the heritage and the culture of our great city.  
Independence Park  
10 am-8 pm  
12 and under are free over 12 weekend pass is \$10  
[www.houstonartsfestival.com/](http://www.houstonartsfestival.com/)

## Nov 19

### Code Ninjas League City Parents Night Out

Drop off your kids at Code Ninjas where they will play games, assemble puzzles, build robotics, and more! Pizza provided!  
5:30-8:30 pm  
[www.codeninjas.com/tx-league-city](http://www.codeninjas.com/tx-league-city)

## Nov 20

### Tejano Music Festival

Special day celebrating the best in Tejano music, kids' crafts, and Tejano two-step dance lessons!  
Held at Kemah Boardwalk  
[www.kemahboardwalk.com/events.asp#8](http://www.kemahboardwalk.com/events.asp#8)

### AHA Bay Area Heart Walk

[www.kemahboardwalk.com/events.asp#8](http://www.kemahboardwalk.com/events.asp#8)

### Historic League City District Walkabouts

Discover the history of League City's cherished League Park, or take a stroll through the beautiful Historic District and discover League City's fascinating beginnings  
Space is limited – reserve your tickets-  
[www.leaguecityhistory.org/walkabout](http://www.leaguecityhistory.org/walkabout)

### Polar Express Pajama Movie Night

Sponsored by The Traveling Patisserie  
Come join us for The Polar Express!! Wear your pj's and bring your chairs and blankets to watch the polar express on our driveway! And of course enjoy some yummy treats! You can also just come by to pickup treats of course. Movie will be starting around 6:30pm when it gets dusk. There will be treats and hot cocoa for purchase!  
[www.facebook.com/events/161058452869613/?acontext=%7B%22event\\_action\\_history%22%3A%7B%22mechanism%22%3A%22search\\_result%22%2C%22surface%22%3A%22search%22%7D%2C%22ref\\_notif\\_type%22%3Anull%7D](https://www.facebook.com/events/161058452869613/?acontext=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22search_result%22%2C%22surface%22%3A%22search%22%7D%2C%22ref_notif_type%22%3Anull%7D)

## Nov 20 and 21

### Heritage Gardeners Home Tour

Heritage Gardeners invite you to the 2021 Christmas Home Tour on November 20 & 21. Four private homes plus our clubhouse will be stunningly decorated for the holiday season. Homes will be open 1-5pm Saturday & Sunday. Tickets can be purchased at the Heritage Gardeners Clubhouse, 112 W Spreading Oaks, Friendswood, TX the days of the tour.  
Homes will be open 1-5 pm  
\$15 each ticket  
AT THE CLUBHOUSE:  
Outdoor Holiday Market- Saturday, November 20 only. 9am-5pm.  
Bake Sale- Nov. 20 & 21 from 9am-5pm  
Expanded Tea Room- Nov. 20 & 21 from 11:30am - 4pm  
[www.facebook.com/FriendswoodHeritageGardeners/posts/4368938686508473](https://www.facebook.com/FriendswoodHeritageGardeners/posts/4368938686508473)

## Nov 21

### Early Bird Holiday Showcase

We will have over 50 vendors inside and out. 3 yummy food trucks and many other fun surprises we will announce leading up until the show.  
10 am-5 pm  
Held at KC Hall Alvin  
[https://www.facebook.com/events/2804312736494740/?cft\\_\\_\[0\]=AZWo69eOvsfaiTurpHaElVOOcj5VdYh8i-lwMcpS4dnYCXTrq1yV9jOjtjvW68Ddet\\_467TztVawBw3Zbz3-H3sZlnq3a6lZplejil\\_L8N5NqKnQlDhmFREbj7egbWbFO8&\\_\\_tn\\_\\_=q](https://www.facebook.com/events/2804312736494740/?cft__[0]=AZWo69eOvsfaiTurpHaElVOOcj5VdYh8i-lwMcpS4dnYCXTrq1yV9jOjtjvW68Ddet_467TztVawBw3Zbz3-H3sZlnq3a6lZplejil_L8N5NqKnQlDhmFREbj7egbWbFO8&__tn__=q)

## Nov 25

### Pearland Turkey Trot

What better way to give thanks and celebrate this Thanksgiving, than a morning with your closest friends and family! Run, Eat and Give Thanks! Join us for the 6th Annual Pearland Turkey Trot! Held at Independence Park.  
Choose between our 6 Mile, 4 Mile, or 1 Mile course. We even have a KidsK to get the little one involved.  
All Ages  
[www.racerooster.com/events/2021/47384/pearland-turkey-trot](http://www.racerooster.com/events/2021/47384/pearland-turkey-trot)

## Nov 28

### 4th Annual Holiday Show

Over 60 vendors inside and out. 3 yummy food trucks and many other fun surprises we will announce leading up until the show. The event will be held Sunday November 28th at the Pearland VFW Hall located at 4202 W. Walnut St.  
11 am-5  
[www.facebook.com/events/387711172347272/](https://www.facebook.com/events/387711172347272/)



# Ongoing Events

## Sundays

### Bay Area Farmer's Market

11am- 3pm • Baybrook Mall • Bay Area Farmers Market's mission is to support our community's healthy lifestyle choices by providing our customers with Vendors who bring to the Bay Area Farmers Market quality, locally-produced agricultural foods and locally-made products, using locally-sourced agricultural ingredients when possible, and whose Vendors honestly communicate to the customers their practices, techniques, and ingredients, while also supporting the great State of Texas' local, small farmers, businesses and entrepreneurs.  
[www.bayareafarmersmarkettexas.com](http://www.bayareafarmersmarkettexas.com)

## Mondays

### Toddler Time at Helen Hall Library

10:15-10:45 am and 11:15-11:45 am • Wiggles, songs, rhymes, and a story. Ages 1-3 and caregivers RSVP  
[www.leaguecitylibrary.org](http://www.leaguecitylibrary.org)

### Pearland Library Baby Bounce

10:15-11:15 am  
[www.bcls.lib.tx.us/branches/pea/pearland.asp](http://www.bcls.lib.tx.us/branches/pea/pearland.asp)

### Friendswood Library Rattle and Rhyme Storytime at Centennial Park

9:30 am • Ages 0-18 months  
[www.friendswood.lib.tx.us](http://www.friendswood.lib.tx.us)

### Freeman Library Outdoor StoryTime

At Rocket Park  
10:15 am  
[www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library](http://www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library)

## Mondays & Wednesdays

### Craft Kits at Friendswood Library

FREE Craft kits are available at the drive-thru window or at the desk in the children's department.  
[www.friendswood.lib.tx.us](http://www.friendswood.lib.tx.us)

## Tuesdays

### Friendswood Library Toddler Storytime at Centennial Park

9:30 am • Ages 0-3 years  
[www.friendswood.lib.tx.us](http://www.friendswood.lib.tx.us)

### Preschool Story Time

10:15-10:45am and 11:15-11:45a • Stories, songs, and rhymes. Children will have a short craft time at the end of the program. Ages 3-5 and their caregivers. RSVP • Helen Hall Library  
[www.leaguecitylibrary.org](http://www.leaguecitylibrary.org)

### Pearland Library Toddler Time

11:15-12:15pm  
[www.bcls.lib.tx.us/branches/pea/pearland.asp](http://www.bcls.lib.tx.us/branches/pea/pearland.asp)

## Tuesdays & Fridays

### Preschool and Home School Open Gyms at Above the Bar

10-11:30 am • Open gyms for pre-schoolers and home schoolers! Jump, tumble & run on inflatables, TumbTrak, trampolines, rope swings, foam block pit, and pre-school circuits. \$10 for first child, \$5 for each additional sibling. All

Open Gym participants must complete event Waiver.

[www.abovethebargym.com/open-gyms-friday-night-fun-preschool/](http://www.abovethebargym.com/open-gyms-friday-night-fun-preschool/)

## Wednesdays

### Craft Kits at Friendswood Library

Pick up these bags filled with fun crafts for 8-18 year olds at our Drive-Thru window or from the Children's Department!  
[www.friendswood.lib.tx.us](http://www.friendswood.lib.tx.us)

### Babies and Books

10:15 - 10:45 am • Tickles, giggles, rhymes, and a story for those who BYOB (bring your own baby). Ages: Designed for birth to walking. RSVP  
[www.leaguecitylibrary.org](http://www.leaguecitylibrary.org)

### Angleton Library Story Time

Stories, songs, and activities designed for 3-5 year olds. Limit 36. Please arrive up to 30 minutes before the program to get a wristband.  
[www.bcls.lib.tx.us/branches/ang/angleton.asp](http://www.bcls.lib.tx.us/branches/ang/angleton.asp)

### Pearland Westside Library Story Time

10:15 - 11:15 am • Books, songs, fingerplays, crafts, and FUN!  
[www.bcls.lib.tx.us/branches/pws/pearlandwest.asp](http://www.bcls.lib.tx.us/branches/pws/pearlandwest.asp)

### Manvel Library Preschool Storytime

10:15-10:45 am  
[www.bcls.lib.tx.us/branches/man/manvel.asp](http://www.bcls.lib.tx.us/branches/man/manvel.asp)

### Brazoria Library Preschool Story time

10:30 - 11:30 am • All programs are held outside. In case of inclement weather, programs will be virtual on the Danbury Facebook page.  
[www.bcls.lib.tx.us](http://www.bcls.lib.tx.us)

### Alvin Library Storytime

10:30 - 11 am • Join us on the Alvin Library Facebook page for a story, songs and rhymes for ages 3-6.  
[www.bcls.lib.tx.us/branches/alv/alvin.asp](http://www.bcls.lib.tx.us/branches/alv/alvin.asp)

### EcoAdventurers

9:30-11:30 am • An in depth study of environmental science topics while engaging the homeschooled student in STEM activities. \$14/program; Non Members \$17/program  
[www.abnc.org/eco-programs](http://www.abnc.org/eco-programs)

### Friendswood Library Preschool Storytime at Centennial Park

9:30 am  
[www.friendswood.lib.tx.us](http://www.friendswood.lib.tx.us)

## Wednesdays & Fridays

### EcoKids

9:30-11:30 am • At ABNC, our goal is to give children the opportunity to observe nature in action. We encourage observation, exploration, problem solving and creativity (STEM activities). This drop-off program is for ages 3 to 6 years old who are fully potty trained. \$12/program; Non Members \$14/program  
[www.abnc.org](http://www.abnc.org)

### EcoSchoolers

9:30-11:30 am • A hands-on environmental education activities plus STEM challenges for the home school student. Our science activities will help create curiosity and passion for the natural world. This drop-off program is for ages 7-12. \$14/program; Non Members \$17/program  
[www.abnc.org](http://www.abnc.org)

## Thursdays

### FREE Visits to Houston Museums

The Museum of Fine Arts, Houston courtesy of Shell Oil Company • 5-9pm  
[www.mfah.org/visit/visiting-mfah-free](http://www.mfah.org/visit/visiting-mfah-free)  
The Health Museum • 2-7pm  
[www.houmuse.org/visit/the-health-museum](http://www.houmuse.org/visit/the-health-museum)  
Houston Museum of Natural Science Permanent Exhibits • 2-5pm  
[www.houmuse.org/visit/houston-museum-of-natural-science/](http://www.houmuse.org/visit/houston-museum-of-natural-science/)  
Children's Museum Houston • 5-8pm  
[www.cmhouston.org](http://www.cmhouston.org)

### Angleton Library Movers and Shakers

10-10:30 am • A music and movement program designed for toddlers. Limit 36. Please arrive up to 30 minutes before the program to get a wristband.  
[www.bcls.lib.tx.us/branches/ang/angleton.asp](http://www.bcls.lib.tx.us/branches/ang/angleton.asp)

### Alvin Library Toddler time

10:30 - 11 am  
[www.bcls.lib.tx.us/branches/pea/pearland.asp](http://www.bcls.lib.tx.us/branches/pea/pearland.asp)

### Pearland Library Preschool Storytime

10:30-11:30 am  
[www.bcls.lib.tx.us/branches/pea/pearland.asp](http://www.bcls.lib.tx.us/branches/pea/pearland.asp)

### Manvel Library Toddler Time

Thursdays • 10:15-10:45 am  
[www.bcls.lib.tx.us/branches/man/manvel.asp](http://www.bcls.lib.tx.us/branches/man/manvel.asp)

### Pajama Story Time at Helen Hall

6-6:30 pm • Pajama Storytime Put on your PJs and join us for movement, songs, and stories as we wind down for the evening. Ages: 3-8. RSVP  
[www.leaguecitylibrary.org](http://www.leaguecitylibrary.org)

## Fridays

### Friday Night Fun at Above the Bar

7:30 - 10 pm • Drop off the kids for a fun time with coach-led, high-energy activities including trampolines, inflatables, and games! Pizza snack is included, but bring a drink or cash for vending machines.  
\$20 for gym members/ \$25 for non-members  
Walk-ins on Friday evening \$30 for gym members / \$35 for non-members • kids ages 5 to 14  
[www.abovethebargym.com/open-gyms-friday-night-fun-preschool](http://www.abovethebargym.com/open-gyms-friday-night-fun-preschool)

### EcoTots

9:30 am • Fun introduction to animals, plants, and other nature topics. Program uses movement, storytelling, art, animal demonstrations, and games to make nature come alive. (for ages 18 mos - 4 years. Must be accompanied by an adult)  
\$12  
[www.abnc.org](http://www.abnc.org)

### Nature Journal Challenge

10am • Nature Journal Challenge Plants, bugs, and mud, oh my! We are exploring everything nature has to offer in our weekly Nature Journal Challenge! This program is virtual on Instagram.  
[www.leaguecitylibrary.org](http://www.leaguecitylibrary.org)

## Saturdays

### Nassau Bay Farmers Market

In front of Erma's Nutrition • 10 am-2 pm  
[www.facebook.com/NassauBayFarmersMarket](http://www.facebook.com/NassauBayFarmersMarket)

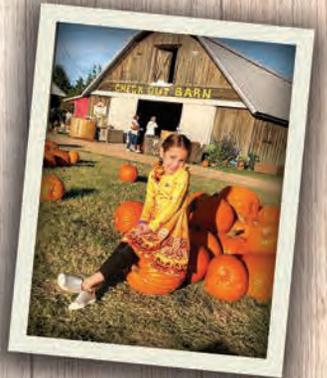
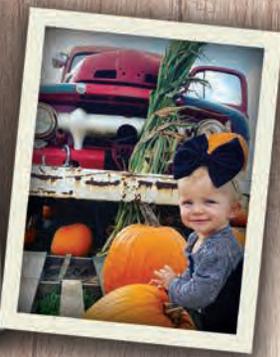


# Thankful





for so much



**A TRULY ENCHANTING  
HOLIDAY DESTINATION**

**NOVEMBER 20 - JANUARY 2**

# Holiday

IN THE  
**GARDENS**

**SAVE WITH A  
HOLIDAY PASS**

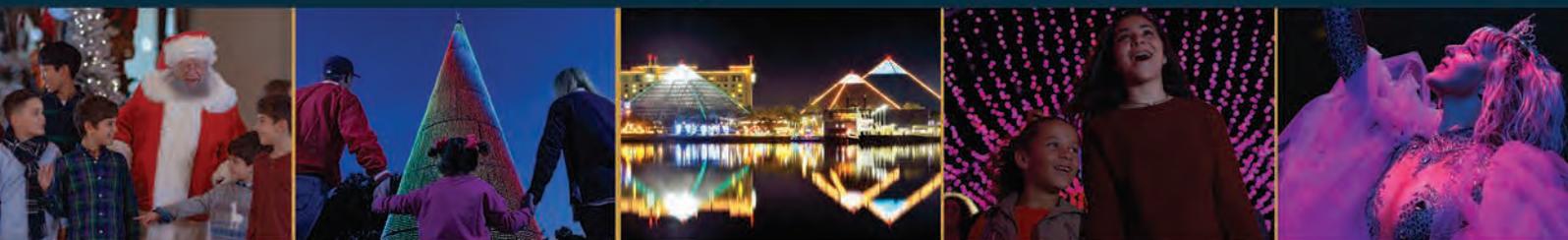
**Eight Holiday Attractions • Hotel • One Venue**



**Create special memories as Galveston Island  
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# BIG LEARNING THROUGH FAMILY VOLUNTEERING

As the gift-giving season approaches, volunteering can help children experience the joy of giving and, maybe, help them focus a little less on receiving. Jenny Friedman of Saint Paul, Minnesota is the author of *The Busy Family's Guide to Family Volunteering*. She began volunteering with her kids when her oldest child was only three, delivering meals to the homebound. "The thing I never expected," she remembers, "was how much having the kids along would enhance the experience for the people we were helping. These homebound people were just so delighted to have a moment to chat with a 3 year old child and a baby." She found her family's volunteering experiences so powerful and valuable that she decided to write a book to help others discover the joys of volunteering as a family.

## Even Busy Families Can Volunteer

Friedman says many families tell her they would like to volunteer, but hesitate to cram one more thing into their overflowing schedules. "I tell them that it can be very simple, can be woven into your life, built around things you're already doing." Send cards or children's drawings to children in the hospital.

Another activity that fits into normal routines is buying food for homeless shelters. "You take kids grocery shopping, let them pick out one thing each week for a food bank. It's a chance to talk about nutrition and what people need. When you get home you drop it in a bag, and when the bag is full you take the kids with you to deliver the food to the shelter."

## Multiple Benefits

Friedman is enthusiastic about the benefits that come to families who volunteer together. "For many years, we cooked at a homeless shelter, and that had a powerful impact on the kids. They don't have the stereotypes common to kids who haven't had these opportunities. They're completely comfortable with a wide range of people. They learned that homeless people, who may seem different at first, are just people with their own stories, families and often their own jobs."

Family bonding is another benefit. "When I interviewed families for the book, bonding was something they almost universally mention. They

say volunteering sparks important conversations with the kids. One mother talked about days spent renovating houses with her sons. Working together, hammering all day long, with no phones ringing, no soccer games, they had wonderful conversations and laughed a lot. It can be an oasis of time for families, a time when they can be together doing something useful."

## Building a Sense of Connectedness

When kids volunteer, it helps them understand how connected they are to other people. Friedman says that it's important to not let kids get the idea that they're superior to the people they are helping. It's good to make them aware that they also benefit from the volunteer work of others. "When you go to a library or national park, you can point out that volunteer help or charitable giving makes those things possible." **"Kids learn that part of our role in the world is to help people out. They get a sense of the common good."**



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