

space city **parent**

THIS IS
THE YEAR!

National
POP
CORN
Day!

**Education
Directory**

Make time to
EXERCISE
No Excuses!

**ORGANIZATION TIPS
FOR BUSY FAMILIES!**

Your Source for Affordable Family Fun!

HOUSTON METHODIST LEADING CARE where you need us

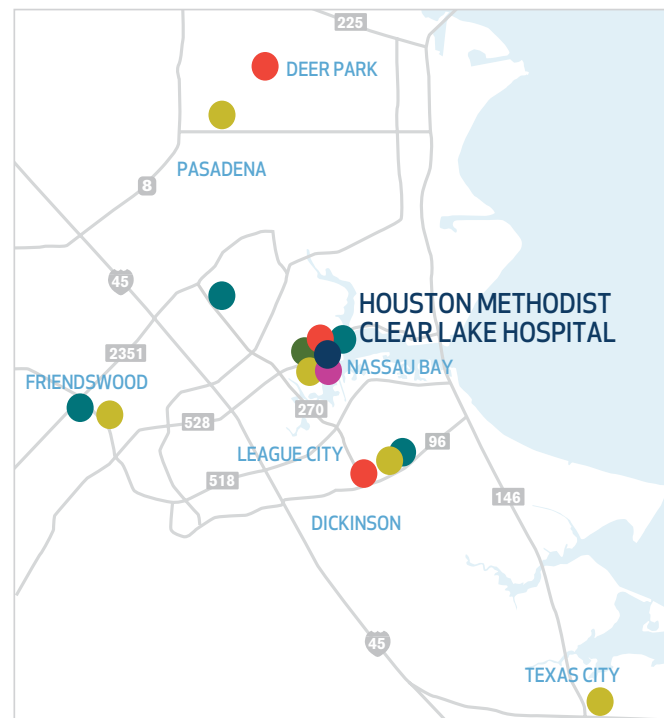
Convenient, easy-to-access locations for
primary, specialty and emergency care in
Clear Lake and surrounding communities

We offer a full spectrum of care, including:

- Primary care physicians for you and your family, providing personal care and service
- Specialists with innovative treatments and customized programs for all conditions
- Collaborative teams of experts using the newest technologies and latest research

To find care near you, visit
houstonmethodist.org/care-clearlake
or call **281.333.8899**.

HOUSTON
Methodist[®]
LEADING MEDICINE



- | | | |
|-----------------------|---------------------------------|------------------|
| ● Clear Lake Hospital | ● Emergency Care | ● Primary Care |
| ● Breast Care | ● Orthopedics & Sports Medicine | ● Specialty Care |

space city parent

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 our cover this month are cuties Theodore and Eleanor. Theodore is 17 months and Eleanor 3 months. They are the sweetest siblings!

Siblings: the people we choose to annoy for life. Close in age with an unbreakable bond creating endless memories.

ADVERTISE WITH US!

CONTACT SALES AT 281-480-3600
OR EMAIL ADVERTISING@SPACECITYPUBLISHING.COM

Space City Parent is trademarked. Reader correspondence and editorial submissions are welcome. We reserve the right to edit or reject all submissions. Reproduction in whole or part without express written permission is prohibited. Advertisers assume all liability for content of their advertisement. Publisher assumes no responsibility should false or misleading advertising appear. Space City Parent is distributed free of charge. Copyright 2024 Space City Parent and its licensors. Space City Parent is a publication of Space City Publishing, LLC. Please contact us at 281-480-3600 or editor@spacecitypublishing.com for more information.





WINTER CAMPS

PERFECT GIFT IDEA
For Kids 5-14



ELEVATE YOUR CHILD'S WINTER BREAK

Fuel your child's winter with knowledge and fun at Code Ninjas' Winter Camp! Dive into coding with Roblox, modding Minecraft, developing and designing games, and even exploring AI while making lasting memories with friends. Enroll today for an enriching winter break experience!

	3D Design and Print January 2nd-5th 8:00 am -3:30pm Ages 8+	Full day \$ \$300.00	Half day \$ \$199.00
	Next Level Roblox Development January 2nd -5th 8:00 am -3:30pm Ages 8+	Full day \$ \$300.00	Half day \$ \$199.00
	STEM Discoveries January 8th & 15th 8:00 am -3:30pm Ages 5+	Full day \$ \$100.00	Half day \$ \$60.00
	CREATE Program Year round Ages 8-14 Welcome	\$149.00+	
	Junior Program Year Round Ages 5-7 Welcome	\$149.00+	

Code Ninjas League City
3725 E League City Pkwy, League City,
TX 77573

**SPACE IS LIMITED
SIGN UP TODAY!**
(281)339-7482



BIG PICTURE pediatric dentistry

"We are a caring and compassionate group, and we take pride in delivering quality oral healthcare to children in a safe environment."
— Dr. Brock

**First Visit
Free for kids
under 3!**

*New patients only. Children under 3 years old only. Not valid with insurance.

17150 El Camino Real, Houston, TX 77058 | 281-461-7470
www.bigpicturepediatricdentistry.com



THIS IS THE YEAR!

by Liane 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 of 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?



JOIN IVY KIDS HOBBS BEFORE & AFTER SCHOOL PROGRAM TODAY!

Our top-rated after school program offers school-age children a place to relax with friends, while still remaining engaged and stimulated in a fun, active learning environment.

- Homework assistance
- Outdoor sports activities
- Delicious healthy snacks
- STEAM-based projects
- Transportation to & from schools: Bauerschlag Elementary, Gilmore Elementary, Campbell Elementary, Hall Elementary & Ross Elementary
- Spacious facility with science room, playground & cafeteria



For ages: 5 to 12 (KG to 5th Grade)
Monday to Friday: 3:00pm to 6:30pm

SCHEDULE A TOUR AND ENROLL TODAY!

Phone: (832) 670-8668

Visit: Ivy Kids Hobbs, 1925 W League City Pkwy, League City, TX 77573

Email: Info@ivykidshobbs.com

January 19th is

National POPCORN Day!



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

RAINBOW popcorn

Ingredients

1 Cup Popped Popcorn for Each Color
(air popped works best without butter)
1/4 Cup Colored Candy Melts per 1 Cup Popped Pop Corn (however many colors of your choice)

Directions

Line a cookie sheet with wax paper and set aside.
Separate the popcorn into separate bowls or cups for each color.
In a large microwave-safe bowl, pour 1/4 cup of one color of the candy melts.
Microwave at 70% power for 1 minute and 30 seconds.
Stir until fully melted.
If needed, microwave at 15-second intervals until melted.
Add 1 cup of popped popcorn and stir well to coat all of the pieces.
Spread the popcorn on the prepared tray to set.
Repeat with other colors of candy melts.
Let candy set for about 30 minutes.
Break up the popcorn, if needed, and enjoy!

Daniel Grilli, DDS Pediatric Dentistry

American Academy of Pediatric Dentists

Special Care for Infants, Children, & Teens

- Parents with your child at all times
- Laser Dentistry
- Digital x-rays
- Sedation Available
- Video Games
- Wi-Fi

Super Dentists



281-488-BITE
www.dcadentist.com

17100 Glenmount Park Drive
Suite A -Webster, TX 77598



January

FAMILY FRIENDLY EVENTS

January 1

First Day Hikes and More Armand Bayou Nature Center

Get outdoors on New Year's Day. Celebrate the New Year and start it off right at ABNC! Enjoy Guided Hikes, Bayou Safari Tours and Fun Demos on New Year's Day. Registration required.

9 am-5 pm

www.fb.me/e/w15qCP5nS

January 2-4

All Aboard Model Train Exhibit Alvin Historical Museum Society

All Aboard for a chance to see the Temporary Train Exhibit at the Alvin Historical Museum. Rusty Paulus and the Houston S Gaugers Model Train Club are setting up their train display just in time for the holiday season. Come check out the Train Exhibit that is rolling through from November 24, 2023-January 5, 2024. We will have photo opportunities for those "wannabe" engineers. Children can don a conductor's hat and kerchief and pretend to be in charge of their own steam engine. The Alvin Historical Museum is located at 300 W. Sealy Street, in Alvin and is opened Tuesday-Saturday from 11:00am—3:00pm. Make plans to stop in before your chance rolls on by. For more information or to schedule a group tour please call us at 281-331-4469 or email us at alvinms@att.net.

TRAINS RUN EVERY TUESDAY, FRIDAY AND SATURDAY!

<https://fb.me/e/1IMG4m2ac>

January 5

Glow in the Dark Parent's Survival Night

Little Gym of Friendswood

Glow while you grow! We'll add a new spark to everyone's favorite The Little Gym activities

with tons of glow stick fun. With bowling, ring toss, beach volleyball, and more get ready for a glowing good time!

Ages 3-12 years

6:30-9:30 pm

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

January 6

Saturday Crafts or Creations Helen Hall Library

Gather your family to create something amazing! All ages.

10:30 am- 11:30 am

www.fb.me/e/eKeng3uC8

New Year Fun Run

City of League City Parks and Recreation

Start your New Year off on the right foot! Join us for our 2nd annual New Year Fun Run! Registration is \$30 and the first 150 registered will receive a t-shirt. Located at Hometown Heroes Park

The 1 mile starts at 9 a.m and the 5K run/walk will start at 9:30 a.m.

9-11:30 am

www.leaguecitytx.gov/Calendar.aspx?EID=17031&month=1&year=2024&day=22&caIType=0

Bay Area Trade Days Nasa Gilruth Center

Support area small businesses featuring arts & crafts, boutique clothing, jewelry, home décor, yummy treats, food market items and more! We will have indoor/outdoor vendors and food trucks. Free Admission! No Animals allowed. The Bay Area Trade Day will held be the first Saturday each month.

9 am-3 pm

www.fb.me/e/1vuaA5uux

Astronomy in the Park City of League City Parks and Recreation

Astronomy in the Park is back starting September 2 at Rustic Oaks Park from 7 to 9:30 p.m. We encourage those attending to bring binoculars if you have them. Astronomy in the Park will run through September 2023 through June 2024 on the first Saturday of each month. This program is run by Daniel Roy. 7-9:30 pm

www.leaguecitytx.gov/Calendar.aspx?EID=16397&month=1&year=2024&day=22&caIType=0

January 9

Septa Regular Association Meeting -Summer Camp Fair

Makerspace Lab- Please park in the back.

6:30 pm

www.fb.me/e/1LRSq2B65

January 12

Around the World Parent's Survival Night at Little Gym of Pearland

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 7-10 pm

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

January 13

Galveston Art Walk Galveston Arts Center

Since 1986, the Galveston Arts Center has been the proud organizer of ArtWalk. Held eight times a year on Saturday evenings in Galveston's historic district, ArtWalk is a self-

guided walking tour of galleries, artist studios, and exhibition spaces, both commercial and non-profit, along with alternative art venues such as cafes and shops. Many participating locations also offer live music, refreshments, and opportunities for artists and collectors to meet.

ArtWalk supports our island's vibrant arts culture and connects visitors to a diverse network of places where they can appreciate, learn about, or purchase original works of art. This popular event is free and open to everyone.

Learn more about ArtWalk at
www.galvestonartscenter.org/artwalk
6-9 pm
www.fb.me/e/1J5QmUoly

Nature with Kristine: Nature Scavenger Hunt **City of League City Parks and Recreation /Rustic Oaks Park**

Can you find everything on the list along the trails in the park? We'll have prizes for everyone!

9-11 am
www.leaguecitytx.gov/Calendar.aspx?EID=17024&month=1&year=2024&day=22&caIType=0

Nature with Kristine: Nature Sounds Challenge **City of League City Parks and Recreation/Countryside Park**

Test your hearing in this sensory scavenger hunt, and bring home a prize!

2-4 pm
www.leaguecitytx.gov/Calendar.aspx?EID=17025&month=1&year=2024&day=22&caIType=0

Parent's Night Out **Code Ninja League City**

You deserve a night on the town. Meanwhile, your kids want to play and have fun. That's why we offer Parent's Night Out - a win-win evening for families. Drop off your kids at Code Ninjas, where they'll play games, assemble puzzles, build robotics, and more! Once you've had a chance to unwind, swing by to pick them up (please) and hear about all the fun they've had! \$40 6-9 pm
www.codeninjas.com/tx-league-city/parents-night-out

January 17 **Magic: The Gathering** **Freeman Library**

Come in and learn how to play one of the world's most popular card games! Some decks will be provided, but you may also bring your own.
Open to teens & adults of all skill levels. Event will be in 2nd floor Innovation lab classroom. If children under 13 years old would like to attend, they must be accompanied by an

adult. 5-7 pm
www.fb.me/e/5Yx2kfvxf

January 20 **Hobby Fair** **City of League City Parks and Recreation/League City Community Center**

Not sure what class to take? Come talk with the instructors, Parks and Recreation staff, and Helen Hall Library staff to get a feel for the class before registering! We will also have demonstrations for certain classes!
www.leaguecitytx.gov/Calendar.aspx?EID=17033&month=1&year=2024&day=22&caIType=0

Mother Daughter Pajama Party **Enchanted Cottage**

Wear your favorite pjs and join us for a fun-filled evening with hot cocoa, refreshments and dinner, watch a special showing of the Disney movie UP, play games, and much more!

4-7 pm
www.fb.me/e/4ZGjTbWUur

January 20 & 21 **Monster 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 27 **Daddy Daughter Dance** **City of League City Parks and Recreation/Civic Center**

Dancing, dining, and plenty of fun! Professional portraits will be available, fees are paid directly to photographer. We will have two nights to choose from. Our theme this year will be: Hollywood
Residents Fee: \$27.50 per person
Registration begins: December 13
Non-residents Fee: \$41.25 per person
Registration begins: December 27
6:30-9pm
www.leaguecitytx.gov/Calendar.aspx?EID=17029&month=1&year=2024&day=22&caIType=0

Parent's Night Out **Code Ninja League City**

You deserve a night on the town. Meanwhile, your kids want to play and have fun. That's why we offer Parent's Night Out - a win-win evening for families. Drop off your kids at Code Ninjas, where they'll play games, assemble puzzles, build robotics, and more! Once you've had a chance to unwind, swing by to pick them up (please) and hear about all the fun they've had! \$40 6-9 pm
www.codeninjas.com/tx-league-city/parents-night-out

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!

PURPLE BOX THEATER
Where everyone is a star!
A PLACE FOR KIDS • TEENS • ADULTS
 AWARD WINNING THEATER PROGRAMS
 Musical Theater, Theater, Dance, Broadway Performance Groups, Improv, Scene Study, Private Voice Lessons, Private Acting Lessons

SPRING REGISTRATION STARTS NOV 1ST

KIDS IMPROV
 Immerse yourself in the fun, unpredictable and wild world of Improv!

IMPROV On Stage
 Theatre games and activities for kids

AGES 9-16 EVERY TUESDAY
 6:00-7:30



818.642.4665 • THEPURPLEBOXTHEATER.COM
 1309 W. PARKWOOD • FRIENDSWOOD, TEXAS

T-Ball thru High School
SPRING BASEBALL @
BAY AREA TEXAS BASEBALL LEAGUE
 LEAGUE PLAY for league ages 3 thru 18 (No Tryouts)
(Must turn 4 before Sep, 2024)

Register online NOW at
BayAreaTexasBaseball.com

\$110 - \$240

Bring a friend and play on the same team.





Walk-in Registration
Saturdays:
Jan 6 and Jan 20
10 AM to Noon

at

Spring Enrollment ~\$50

Late Registration begins Jan 21.
 (available online while openings remain)

All games played here.
 Bay Area Dad's Club
 14500 Village Evergreen Trail
 Houston, 77062



Fee includes Jersey, Pants, Cap, Socks, Belt.

501(c)(3) non-profit sports league
MAKING BASEBALL FUN FOR 47 YEARS

Join us for Worship




SUNDAYS at 9:30 am and 11 am

Watch Live: ubc.org & YouTube

UBC en Español at 11 am, Chapel

University Baptist Church

16106 Middlebrook Dr. | Houston, TX 77059 | 281.488.8517

A Unique Dental Experience for your Entire Family!



Daniel Grilli, DDS
 Pediatric Specialist
 Special Care for Infants to Teens!

 **Super Dentists**

Joseph Ilustre, DDS
 Dentist Anesthesiologist
 Comprehensive Adult & Cosmetic Dentistry
 Specializing in IV Sedation & General Dentistry

DENTISTRY FOR CHILDREN & ADULTS

- ▶ Computer Enhanced X-rays
- ▶ Cosmetic Dentistry
- ▶ Sedation Available
- ▶ Insurance Assignment
- ▶ Intraoral Photos
- ▶ Tooth Colored Fillings
- ▶ State of the Art Laser Dentistry
- ▶ Child Friendly Environment
- ▶ Parents Welcome Back with Children in Treatment Areas
- ▶ Early and Preventive Orthodontic Treatment
- ▶ Video Games
- ▶ Wi-Fi

17100 Glenmount Park Drive Suite A • Webster, Texas 77598

281.488.BITE

www.dcadentist.com




Space City ONGOING EVENTS

Sundays

Bay Area Farmer's Market

11am- 3pm • Baybrook Mall
www.bayareafarmersmarkettexas.com

Michaels Make Break

2-4 pm
www.michaels.com/instoreevents

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

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

Tuesdays

Helen Hall 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

Toddler Story Time at Freeman Library

10:15 & 10:45 am • Fun stories, songs, fingerplays, bubbles and an activity at the end of each session. Free tickets will be given out as soon as we open at 10:00 am.
www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Evelyn Meador Library Seabrook Twinkle Time Baby and Toddler Storytime

11-11:45
www.hcpl.net/branch/evelyn-meador-branch-library

Seabrook Library

Storytime 9:30 am Ages 3 and up but all welcome
Lego Club 4 pm for school age children
www.sealib.org/?page_id=2060

Bilingual Storytime at Pasadena Library

10:30 am
www.pasadenalibrary.org/upcoming-events?l=&ec%5B0%5D=35

Children's Gardening

11 am-12 pm Hometown Heroes Park. We will plant flowers, herbs, and vegetables together!
www.leaguecitytx.gov/Calendar.aspx?EID=12861&month=6&year=2022&day=16&calType=0

Steam Tuesdays at Freeman Library

1st-6th grade 4:30-5:30 pm
www.hcpl.net

Tuesdays, Wednesdays & Fridays

Friendswood Library

Toddler Time 10:10 Preschool Storytime 10:45 am
www.friendswood.lib.tx.us/events

Tuesdays & Fridays

Preschool and Home School Open Gyms at Above the Bar

10-11:30 am • 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/

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

Baby Story Time at Freeman Library

10:15-10:45 am Baby Storytime Magic for age 0-18 months: Active Early Literacy Through Bounces, Rhymes, Ticksles and More
www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Pajama Story Time at Freeman Library

1st and 3rd Wednesday of each month. 6:00pm-6:45pm Children are invited to wear their pajamas and bring a favorite blanket or stuffed animal as we read stories in this cozy story time for the whole family!
www.hcpl.net/branch/clear-lake-city-county-freeman-branch-library

Dickinson Library Preschool Storytime

10 am
www.dickinsonpubliclibrary.org/children-programs

Babies and Books

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

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

Evelyn Meador Library Seabrook Super Stars Preschool Storytime 11-11:45

11-11:45
www.hcpl.net/branch/evelyn-meador-branch-library

Wednesdays & Fridays

EcoKids

9:30-11:30 am • At ABNC, children have 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

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

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

The Health Museum • 2-7pm
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

Children's Museum Houston • 5-8pm
www.cmhouston.org

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

Fridays

Seabrook Library

9:30 am Mother Goose and More! Nursery Rhymes, singing, movement activities, and a simple craft or sensory experience. Ages Up to 36 months!
www.sealib.org/?page_id=2060

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. (ages 18 mos - 4 years. Must be accompanied by an adult) \$12
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

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

Legacy Gymnastics Open gym

Every other Friday Night 5-7 pm Ages 3+ , \$15,
www.legacy-gym.com/events/open-gym

Saturdays

Nassau Bay Farmers Market

In front of Erma's Nutrition • 10 am-2 pm
www.facebook.com/NassauBayFarmersMarket

Friendswood Farmers Market

1st Saturday of the month 9 am- 1 pm
www.friendswoodmarket.com

Home Depot Kids Workshop

1st Saturday of the month 9 am-12 pm
www.homedepot.com/workshops

Pearland ONGOING EVENTS

Sundays

Bay Area Farmer's Market

11 am- 3pm • Baybrook Mall
www.bayareafarmersmarkettexas.com

Michaels Make Break

2-4 pm
www.michaels.com/instoreevents

Mondays

Pearland Library Baby Bounce

10:15-11:15 am
www.bcls.lib.tx.us/branches/pea/pearland.asp

West Pearland Library

Toddler Time 10:15 & 11:15 am
www.bcls.lib.tx.us/branches/pws/pearlandwest.asp

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

Tuesdays

Pearland Library Toddler Story Time

10:15-11:15pm

Pearland Library Toddler Time

11:15-12:15pm

www.bcls.lib.tx.us/branches/pea/pearland.asp

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

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. 10 am
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

West Pearland Library

Storytime 11:15 am
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

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

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

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

The Health Museum • 2-7pm
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/

Children's Museum Houston • 5-8pm
www.cmhouston.org

Angleton Library Movers and Shakers

10-10:30 am • A music and movement program 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

Alvin Library Toddler time

10:30 -11 am
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

Manvel Library Movers and Shakers

Thursdays • 10:15-10:45 am
www.bcls.lib.tx.us/branches/man/manvel.asp

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

Saturdays

Old Pearland Farmers Market

Always the Third Saturday of the month! At Independence Park under the Pavilion from 9-1. We have amazing local vendors lined up with FRESH produce, eggs, honey, jelly, baked goods, music, food trucks, and so much more!
www.oldpearlandfarmers.wixsite.com/opfm

Join us for our Spring & Summer Girls Camps!



Sugar and Spice Ranch is a camp for girls only!
We specialize in creating a positive bonding experience
through a variety of horseback riding activities!

Offering:

- Camps for girls only ages 8+
- Camps for girls (ages 5+) & their moms
- Women-only weekends
- Family weekends



Sugar and Spice Ranch

"Bonding Mothers & Daughters Through Horses"

830.460.8487

www.TexasHorseCamps.com

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!

CARING FOR YOUR CHILDREN FROM CRADLE TO COLLEGE



Angelina Farella, MD

- Wellness
- Nutrition
- Counseling
- Sports Nutrition
- ADHD Behavior Consults

**Free New Mom/Parent
Counseling Mondays**

VIRTUAL VISITS NOW AVAILABLE*

* Must register insurance information at the office.



Weekly Event.
For more info visit:
www.WALKwithaDOC.org

HIGH DEDUCTIBLE? NO INSURANCE? NO PROBLEM!

PAY LESS OUT OF POCKET EXPENSES.

FLEX Plans/HAS/HSP Cards
and Plans are Accepted

No deductibles or
co-insurance

Incredible discounts on
onsite labs

Levels of service to fit your
family's needs

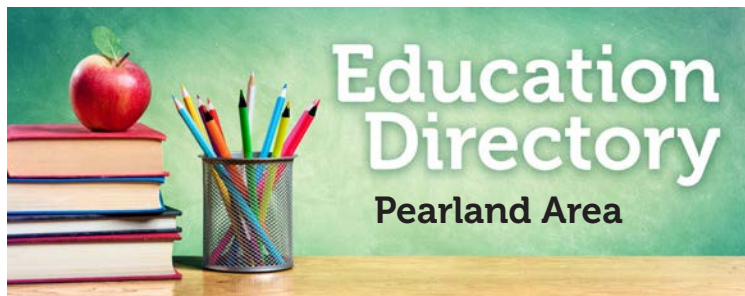
425 Henrietta Street - Webster, TX 77598



Preferred
Provider with
TRICARE
insurance



281.332.0500 • www.ABT4Kids.com



Education Directory

Pearland Area

ABSea Preschool

www.abseapreschool.com
832-243-4602

Best Brains Pearland

www.BestBrains.com/Pearland
832-559-0000

Code Ninjas

www.CodeNinjas.com/locations/tx-pearland-shadow-creek
Shadow Creek: 832-849-5110

www.CodeNinjas.com/locations/tx-pearland-silverlake
Silverlake: 832-777-3662

Crossroads Early Learning Academy

crossroads-umc.org
281-484-9243

Eagle Heights Christian Academy

www.Eagle-Heights.org
281-485-6330

Emerging Learners Literacy Foundation

281-741-2412
emerginglearnersliteracyfoundation.org

Excellent Minds Academy

www.ExcellentMindsAcademy.org
832-671-2674

First United Methodist Church Pearland

www.FUMCPearland.org/Methodist-Childrens-Program
281-485.8721

Friendswood Community Education

www.myFISD.com/Community-ed/
281-482-6000

Idea Lab Kids

www.pearland.idealabkids.com
832-295-0796

Kiddie Academy of Pearland-East

www.KiddieAcademy.com
832-905-5978

Kids Lane Academy

www.KidsLanePearland.com
281-670-5821

Livingstones Christian School

www.lscs.org
281-331-0086

Lutheran South Academy

www.LutheranSouth.org
281-464-8299

San Jacinto College

www.SanJac.edu
281-998-6150

Silverline Montessori

www.SilverlineMontessori.com
Pearland 281-997-3700
Shadow Creek 713-436-5070

Smart Scholars Foundation

www.smartscholarsacademy.com/
foundation, 281-915-2900

Sylvan Learning of Pearland

www.SylvanLearning.com
713-340-0333

The Goddard School

www.GoddardSchool.com
Friendswood 281-992-2400
Pearland 713-413-0600

The Reading Lab

www.TheReadingLab.net
281-461-READ

The Tutoring Center

www.TutoringCenter.com
832-781-8809



Education Directory

Space City Area

Academia

academianb@yahoo.com
832-963-3705

Acrosports

www.AcroSports.com
Friendswood 281-332-4496
League City 281-967-7261

Ark Children's Center

www.Gateway-Community.org
713-551-4870

Art, Movement, and Life Skills Academy

832-849-8934
www.amsacademy.com

Bay Area Learning Center

www.BayAreaLearningCenter.com
281-218-7650

Brainiac Zone

www.BrainiacZone.com
713-597-8184

Children's Lighthouse Learning Center of Mag Creek

www.ChildrensLighthouse.com
281-557-7700

Clear Lake Children's Center

www.ClearLakeChildrensCenter.com
281-407-5658

Clear Lake Presbyterian

www.clpc.org
281-488-3204

Clear Lake United Methodist Church

www.ClearLakeMethodist.org
281-488-0327

Code Ninjas

www.codeninjas.com/tx-league-city
281-339-7482

Crossroads Early Learning Academy

www.crossroads-umc.org
281-484-9243

Sylvan Learning

www.sylvanlearning.com
281-557-5558

Excellent Minds Academy

www.ExcellentMindsAcademy.org
281-777-8314

First Baptist Christian Academy

www.FBCAtx.org
281-991-9191

Huntington Learning Center

www.HuntingtonHelps.com/location
League City 281-316-3030
Clear Lake 832-464-7500

Ivy Kids Early Learning Center

www.IvyKidsHobbs.com
832-670-8668

Kid City Childcare & Learning Center

www.KidCityChildCare.com
League City 281-337-0500
Friendswood 832-569-4674

Kids R Kids

www.KidsRKidsLeagueCity.com
Constellation Blvd. 281-535-8555
Bay Area 281-332-6611
League City Pkwy. 281-338-1177
www.KRKSpaceCenter.com
Webster, 281-557-0062

Lighthouse Learning Academy

www.LightHouseLearningAcademy.com
281-535-5353

Lobo Active Learning Center and Gymnastics

www.lobogymnastics.com
281-480-5626

Primrose School of Clear Lake

www.PrimroseClearLake.com
281-998-6150

St. Clare of Assisi Catholic School

www.School.STClareHouston.org
281-286-3395

The Children's Therapy Center Inc.

www.TCTCI.com
281-480-5648

The Goddard School

www.GoddardSchool.com/League-Citytx
281-338-0508

The Momentum Academy

www.TheMomentumAcademy.org
832-819-3320

The Tutoring Center

www.TutoringCenter.com
Dickinson 281-337-2800
Friendswood 281-488-0101

University Baptist Church

www.UBC.org
281-488-8517

UHCL Center for Educational Programs

www.uhcl.edu/education/centers-initiatives/center-educational-programs/tutoring
281-283-3530



**AS *BIG* AS
IT GETS!**™

NRG STADIUM

JAN 20 – 21 • FEB 10

Competitors shown are subject to change. © 2023 Feld Motor Sports, Inc.