



#5

Christina and Shannon enjoy Tuesday night out at Alamo Drafthouse



Julia enjoys a pedicure at Bella Salon and Day Spa

#16

51 Ways for Moms to Unwind

A Katy guide to mom's night out

Being a mom is the most rewarding job in the world, but every now and then we need time to recharge our batteries. Katy Magazine's editors have unearthed some fun, unique ways to make time for you.

Written by Katrina Katsarelis and Mary Hogan



Spending time with friends while learning to paint at Pinot's Palette

#33



Scheduling a time to work out with friends can help motivate you to stay on track with your exercise routine

#9

1. Play Bunco, Left Center Right, or other board games for cash and prizes.
2. Take a hot yoga class at one of Katy's many area studios. See our hot yoga story on page 152.
3. Shop and dine at LaCenterra. Eat dinner, then burn it off walking around the stores.
4. Take a gourmet cooking class at Frana la Bodeguita in the Villagio Town Center.
5. Catch that romantic comedy you've been dying to see during ladies' night at Alamo Drafthouse most Tuesday nights.
6. Visit with friends and have a glass of wine at Drix Wine Bar.
7. Share the cost of a limo and head to The Woodlands for dinner and a concert at the Cynthia Woods Mitchell Pavilion.
8. Enjoy a plate of happy hour appetizers and Skinny Girl margaritas at Las Alamedas.
9. Wake up with the roosters and take a Houston Adventure Boot Camp class at LaCenterra.
10. Take a self-defense class at Katy TaeKwonDo, Gracie Barra Katy, or Meng's Martial Arts.
11. Team up and run a local 5K for a charity. Get matching shirts, crowns, or boas.
12. Burn off some mom steam (and some calories) by jumping on the inflatables at Pump It Up.
13. Catch your favorite comedian at the Improv Comedy Club, just a short drive down I-10 in the Marquee shopping center.
14. Spend the afternoon at the Brookwood Community. Have lunch at the Brookwood café, then do some shopping at their gift and garden center.
15. Practice and perfect your two-step with your girlfriends at Midnight Rodeo.
16. Arrange a group spa day at Bella Salon and Day Spa.
17. Visit Simply Cinco or other model home communities and get fantastic decorating ideas.
18. Go antiquing and boutiquing in Katy! Don't miss Mimosa Rose, Apricot Lane, Beau Kisses, and Best Years Antiques.



#1

The Kelliwood Bunco group enjoys a fun evening of friendly competition



#14

Enjoying the wonderful shopping at the Brookwood Community gift store



#26

Old Town Spring is known for fabulous and unique finds at a variety of stores

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19. Discover your real bra size with a professional bra fitting, then shop for elegant lingerie at Mystique Lingerie.
20. Commemorate a birthday or other special event by taking the girls skydiving at Skydive Houston in Eagle Lake.
21. Learn about Katy by taking a tour of Katy Heritage Park the first weekend of every month.
22. Get pedicures together at Pari's Gallery.
23. Flip through magazines for fashion ideas and then try on new trends at Katy Mills Mall.
24. Have weekly "watch" nights where you bring a snack and drink and gather to watch *Dancing with the Stars* or other TV shows together.
25. Set up a free trial personal training session with the girls and Ryan Kobermann at ESN Health.
26. Plan a Saturday afternoon shopping spree in Old Town Spring. Take a large car, because you're going to need it to haul all your stuff back.
27. Spend an evening at Starbucks sipping your favorite latte and discussing a favorite book with friends.
28. Get moving and have a blast with a Zumba class at the Katy Family YMCA.
29. Indulge in upscale cuisine at Perry's Steakhouse and Grille, while enjoying live music Thursday through Saturday.
30. Plan an evening out at CityCentre, just a few minutes from Katy, exploring all the shops and restaurants.
31. Catch up on your culture and visit the Museum District in downtown Houston, stopping at one of the area's many cafes for brunch beforehand.
32. Organize a progressive dinner and choose a fun theme for the evening's appetizers, main course, sides, and dessert.
33. Get creative and paint your own masterpiece at Painting with a Twist or Pinot's Palette.
34. Sample some of No Label Brewery's Katy-made drafts most Saturdays from 1 to 3 p.m.

35. Feel like a kid again and enjoy bowling, laser tag, and games at Times Square Entertainment.
36. Get a group of friends together and take a cake decorating class at Hobby Lobby or Michael's.
37. Sample Katy's spicy Tex-Mex food. See our dining guide on page 58 for a list of local restaurants.
38. Spend a morning in Historic Katy. Eat at Snappy's, and then shop at some of the shops on Second through Fifth streets.
39. Start a monthly book club and take turns hosting and deciding which book to read.
40. Catch the dueling pianos at Coaches Sports Bar and Grill on Wednesday nights.
41. Laugh till it hurts at a ComedySportz improv show in CityCentre.
42. Host a jewelry exchange party. Guests bring a wrapped piece and take turns picking according to the numbers drawn. Stealing and swapping is optional, but lots of fun.
43. Gather for brunch at La Madeleine and sample a new French dish.
44. Enjoy a wine tasting, design your own wine labels, and catch live music at The Cellar Door winery.
45. Indulge your theatrical side with a play at Country Playhouse, located in CityCentre.
46. Organize a group of friends to visit a local nursing home, sharing homemade cookies and smiles with residents.
47. Collect all of your favorite photos and host a scrapbooking party, exchanging design ideas.
48. Visit Sephora or Ulta for makeup ideas, then take turns giving each other makeovers.
49. Host a favorite things party, where each guest brings five copies of something they love. At the end of the night, everyone leaves with five fabulous new favorites!
50. Hit Texas Borders Bar and Grill for martinis and munchies. Just \$4 for house martinis on Tuesdays!
51. Do nothing at all! Send the kids to grandma's and take a relaxing bath, followed by a long nap. You deserve it! **KM**

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