

Taking time out with friends at Japaneiros

A photograph of two women sitting at a table, smiling at the camera. The woman on the left has long blonde hair and is wearing a black lace top. The woman on the right has long dark hair and is wearing a leopard print top. In front of them on the table are two wine glasses, one containing white wine and the other containing red wine, and a small white bowl. The table has a dark, textured placemat.

50 ways for Moms to Unwind

A Sugar Land Guide to Mom's Night Out

Written by Lesley Clinton Photos by Kristin Cast

That rowdy table of 10 laughing non-stop behind you at Lupe Tortilla's last Friday? Those were not high school girls. They were off-duty moms making the most of their free time. The joy mothers reap from a little time to themselves is universal. Maternal duties require around-the-clock attention, energy, and patience. Just a few carefree hours can provide moms with a much needed chance to renew and relax.

Parents Need Playtime Too

With four sons ranging from 1 to 8 years old, Sugar Land resident Annelise Brown knows firsthand the hefty demands of child rearing, and she feels passionate about moms taking care of themselves. Her husband helps her find time for a weekly night off, and she urges fellow hard-working Sugar Land mothers to do the same. "Don't ever feel guilty," she says. "You work hard and deserve a night out!"

Some personal time is essential to parents' emotional health and a family's well being, as Brown shows with her weekly night out. "Not only does it give me a chance to get out with friends and have fun, but it keeps me sane, which in turn helps me to be a better mom and wife," she says. "I find that most moms neglect themselves, and it's not healthy."

*"Don't ever feel guilty.
You work hard and
deserve a night out!"*

-Annelise Brown

How to Make it Work

Brown starts by planning something simple. "It's amazing how fun Wal-Mart can be at 11 p.m. with no kids and a few girl friends," she notes. "The great thing is that it doesn't have to cost much. Just being with friends that understand you is therapeutic."

And don't hesitate to go it alone, either. Sometimes a night out by herself is just the thing a girl needs to recharge.

Moms, Your City Awaits

Sugar Land is brimming with ideal options for your night off. Whether you're in the mood for relaxation or adventure, you'll find something to delight you in this guide to the Sugar Land mom's night out.



Personal time is important for parents' health and well being



A weekly night out can help moms recharge and renew



Enjoy an evening of good food and fun with other moms

**Comfort. Convenience.
Peace of mind.**

15551 Southwest Freeway
Sugar Land, TX
281.325.1010
(next to Babies R Us)

Open M-F 5p-11p
Weekends and Holidays Noon-7p

www.nightlightpediatrics.com



Night Light
PEDIATRIC URGENT CARE

Providing Quality Urgent Care for
your child when your Doctor's
office is closed

Dining Under the Stars

- 1 Café Adobe
- 2 Kona Grill
- 3 Live Oak Grill
- 4 Ragin Cajun

Chillin' Time

- 5 Stomping Grounds Playland
- 6 Earl of Sandwich
- 7 First Colony Mall
- 8 La Madeleine
- 9 Panera
- 10 Black Walnut Café

Grab a Drink

- 11 Escalante's Fine Tex Mex
- 12 BJ's Restaurant and Brewery
- 13 Mi Luna Mexican Restaurant
- 14 Olive's Martini Bar
- 15 Post Oak Grill

Live Music Venues

- 16 Baker Street Pub
- 17 Nappa Grille Urban Wine Bar
- 18 Sam's Boat
- 19 Perry's Steakhouse

Eclectic Eateries

- 20 Amici (Italian)
- 21 Fernando's (Latin)
- 22 Fish City Grill (Cajun)
- 23 Japeneiro's Sushi Bistro (Sushi and Latin)
- 24 Kim Son (Vietnamese)
- 25 Madras Pavilion (Indian)
- 26 P.F. Chang's China Bistro (Chinese)
- 27 Red Oak Grill (Mediterranean)

Ultimate Pampering

- 28 Get pampered from head to toe at Regal Day Spa
- 29 Enjoy a beauty party

with friends at The Transformation Studio

- 30 Get a sugar rush at Dessert Gallery or Cheesecake Factory.

Action & Outdoors

- 31 Bullpen Pizza and Sports Bar – Watch the game, play pool, or throw darts.
- 32 George Observatory in Brazos Bend State Park – Clear your mind with a little stargazing.
- 33 Luke's Billiards - Channel your inner pool shark (or tadpole).
- 34 Pennison's Sports Pub - Sing karaoke, shoot pool, or play Texas Hold 'Em.
- 35 Stafford Lanes – Bowl your cares away.
- 36 Sugar Land Ice and Sports Center - Lace up and hit the ice. This rink even offers novice ice hockey, bumper cars, and broomball.

Get Cultured

- 37 See a performance by Imperial Performing Arts or Fort Bend Theatre.
- 38 Brush up on ballroom dancing at Fred Astaire Dance Studio.
- 39 Take a cake decorating class at Cake Craft Shoppe.
- 40 Attend a concert by the Fort Bend Symphony Orchestra.
- 41 Create your own masterpiece at Painting with a Twist.

In-Home Activities

- 42 Pop some popcorn and watch a movie.
- 43 Play board games, bunko, video games, or cards.
- 44 Make jewelry, have a stitch-in, or scrapbook.
- 45 Cook an adventurous meal. Visit foodnetwork.com.

Consider everyone's interests when planning a mom's night out with friends

46 Do a workout video. Cool down with frozen yogurt parfaits.

Area Moms' Nights

47 MOMS Club of Sugar Land holds local events and is a great way to connect with other Sugar Land moms.

48 Latte Tots in Missouri City regularly hosts gatherings for local moms.

Find Fun Events

49 Visit sugarlandmagazine.com.

50 Visit fortbendcalendar.com.

SLM

LESLEY CLINTON grew up in Sugar Land. She is a wife, mother, and educator with an MA in teaching.



GREAT FOOD & LIVE ENTERTAINMENT
SOMETHING TO ENJOY EVERY DAY OF THE WEEK!

Sunday Brunch
From 11am - 3pm

Happy Hour
Monday - Friday, 4pm - 7pm

Live Music
Wednesday - Saturday Evenings

www.mi-luna.com Sun - Wed 11am - 10pm · Thurs - Sat 11am - 2am

241 University Blvd. · Houston (713) 520-5025 | 2298 Texas Dr. · Sugar Land (281) 277-8272

Mi Luna
TAPAS RESTAURANT & BAR