



# 100 WINTER activities!

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# Winter fun - inside and outside

By Erin Huiatt

As I write this the highs have been in or near the 60s the past few weeks. We all know that the Iowa winter cold will soon arrive and be around for awhile. I am excited to share some great information about fun activities you can do inside this winter to stay warm and ways to safely be outside so you can enjoy some fresh air.

This year has been a wonderful year for Des Moines Parent, and I am truly blessed. I want to thank everyone for supporting and following Des Moines Parent online and by picking up the magazine when you are out and about. I cannot wait for what 2018 has to bring. Happy New Year! ■



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# How to meet other moms

By Laura Lacina

Like many central Iowa moms, I work from home to maximize time with my son. Like even more area moms, I struggle finding “mom friends” to learn from, commiserate with or even have an adult conversation with. In the social media world, it seems like our resources are endless. There are countless mom groups and people at the ready to answer a quick question or give advice. But how can I actually meet moms and form real friendships that can be formed between nap time and mealtimes? Here are some great options for all moms.

## MOPS

This group stands for Mothers of Preschoolers, but I can't tell you how many people recommended this group to me as a mother of a 2-year-old. There is a fee to be a member, but most of the groups will let you check it out a couple of times for free. The group I reached out to provides childcare to give moms the opportunity to actually connect instead of having fragmented conversations while watching kids. You can find a group at <http://www.mops.org/groupsearch>.

## Facebook

I mentioned before there are so many parent groups on Facebook. These groups can be wonderful resources for a quick question or to get some advice. Many times, you don't actually meet the commenters face to face. If you want to meet up with someone at a park nearby or for a play date, just ask. Post in the groups and tell them you want to get coffee and chat while your kids play at the mall play area or something. You never know the awesome connections you may make.

## Peanut

This is much like a dating app. You create a profile with some basic info about yourself and pictures if you want and you're all set. You can look through moms in the area and “wave” at them if you'd like to connect. You're only able to privately message someone if they “wave” back at you. It's a great way to connect with stay-at-home moms and working moms.



Some other apps to check out:

- MomCo
- Hello Mamas

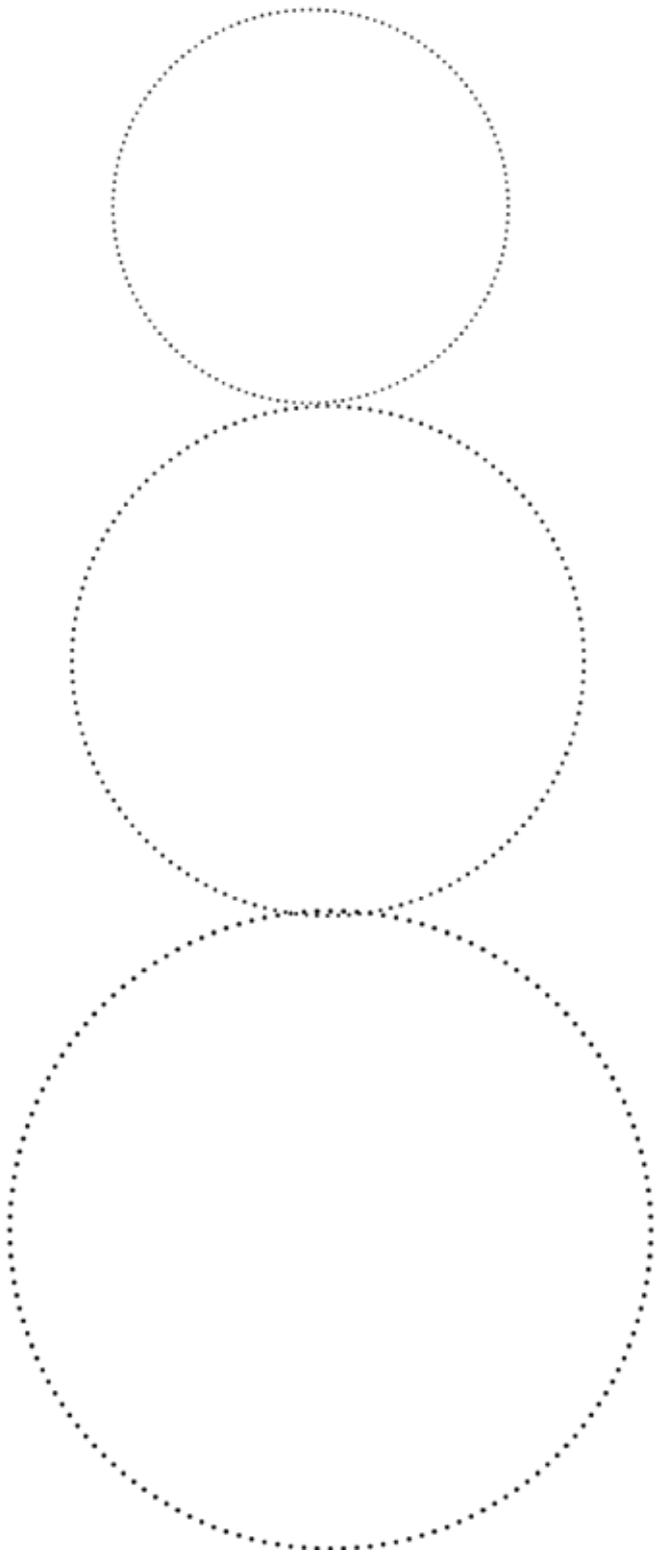
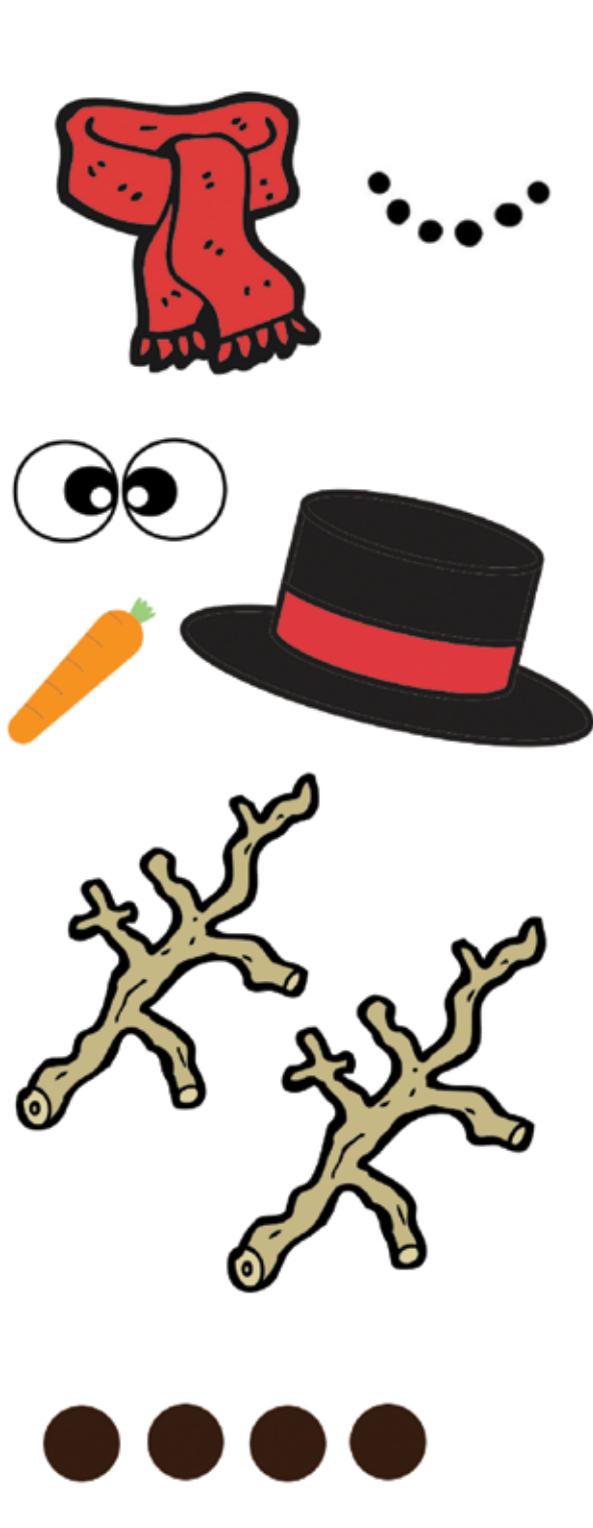
It's easy to stay within your comfort zone of the friends you've had forever, the yoga pants you love, and endless episodes of Daniel Tiger's Neighborhood. Admittedly, getting out of that comfort zone can result in at least a little anxiety. Get out there, mamas. It takes a village to raise kids but also to create your mom tribe. Be brave. ■



Link to original post:  
[https://  
desmoinesparent.  
com/how-to-meet-  
other-moms/](https://desmoinesparent.com/how-to-meet-other-moms/)



# BUILD A SNOWMAN



# The Waukee Public Library

Another central Iowa library spotlight — the Waukee Public Library. The Waukee Public Library offers much more than books. Take a look at all the fun programs and events below.

## **Adults**

### **Books On Tap, third Tuesday of every month at 6 p.m.**

Meet at Mickey's Irish Pub (50 S.E. Laurel St.) at 6 p.m. on the third Tuesday of every month. Come for food, drinks and a discussion of each month's book. Copies of the discussion book may be obtained at the library circulation desk or at Mickey's during the meeting while supplies last.

### **Afternoon Book Club, third Tuesday of every month at 2:30 p.m.**

Meet at the library at 2:30 p.m. on the third Tuesday of every month for a discussion of each month's book. Copies of the discussion book may be picked up at the library's front desk while supplies last.

### **Movie Matinee, second Thursday of every month at 10 a.m.**

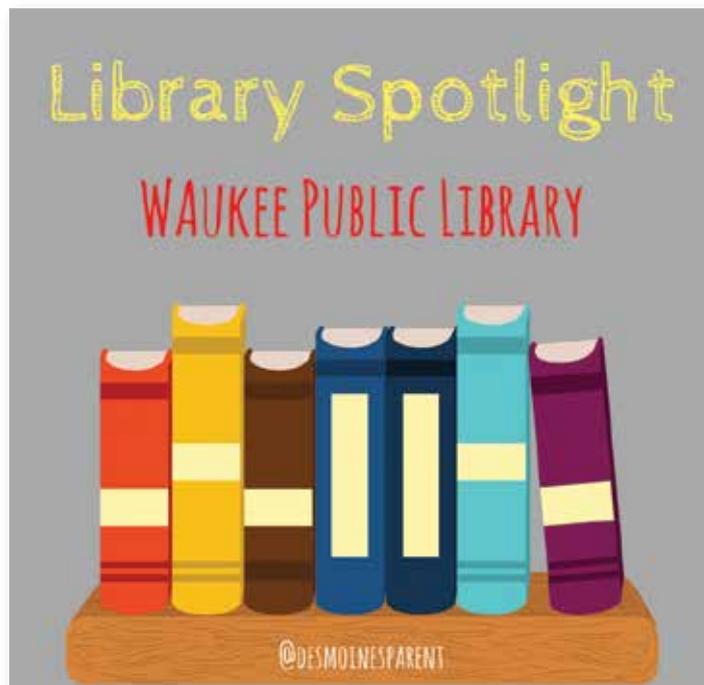
The library shows everything from major blockbusters to classics. All movies are free and popcorn and lemonade are available. Movies start at 10 a.m. No registration is required.

## **Teens**

**Teen programs are every Wednesday after school, 1:30-3:30 p.m.** on early outs and 3:30-4:30 p.m. on regular dismissal days, for youth in grades 6-12.

### **Teen Advisory Board, Mondays 3:30-4:15 p.m. for 7th-12th graders**

Students on the Teen Advisory Board develop leadership skills and meet weekly to help plan teen programs, sign up for volunteer opportunities,



give input regarding the teen area of the library, and suggest teen books to be purchased by the library. Please email Mallory to register for this group: [meldridge@waukee.org](mailto:meldridge@waukee.org).

## **Kids**

### **Move It Mondays, Mondays 6-6:30 p.m. and 6:30-7 p.m.**

Bring your family with kids of all ages to sing, dance and play with instruments to a wide variety of music. You will have so much fun, you won't even notice you are building important early learning skills. Pajamas are welcome, and the program always ends with a slower song to get ready for bedtime. No registration required.

\*\* Beginning in January, Move it Mondays will be held at 6:15 p.m. only.

### **Toddler Time, Tuesdays 10-10:30 a.m.**

Enjoy 20 minutes of short stories, songs and lots of movement, followed by playtime to build early literacy skills. Recommended for children 18 months to 3 years. All storytime attendance is on a first-come, first-served basis. Class size is limited for the safety of the children.

### **Preschool Storytime, Tuesdays 10-10:30 a.m. and 2-2:30 p.m. and Wednesdays 10-10:30 a.m. and 11-11:30 a.m.**

Enjoy 30 minutes of stories, songs and rhymes, followed by a simple craft. This is for children who can sit for longer stories to develop school readiness. All storytime attendance is on a first-come, first-served basis. Class size is limited for the safety of the children.

### **Books & Babies, Mondays 10-10:30 a.m. and Tuesdays 11-11:30 a.m.**

For infants (0-17 months) and caregivers. Fifteen minutes of songs, rhymes and books, followed by playtime to build early literacy skills. All storytime attendance is on a first-come, first-served basis. Class size is limited for the safety of the children.



**Toddler Time, Tuesdays 11-11:30 a.m. and Wednesdays 10-10:30 a.m. and 11-11:30 a.m.**

Enjoy 20 minutes of short stories, songs and lots of movement, followed by playtime to build early literacy skills. Recommended for children 18 months to 3 years. All storytime attendance is on a first-come, first-served basis. Class size is limited for the safety of the children.

**DIY Storytime, Saturday 9 a.m. to 4 p.m. and Sunday 1-4 p.m.**

Families are encouraged to drop in anytime to read some special stories and complete an activity specially selected by the library's youth services staff.

**Sensory Playtime, first Friday of the month 10-11 a.m.**

Stay as little or as long as you wish to explore different interactive sensory stations each month with your child. Recommended for ages 3 years and older, due to choking hazards.

**Songs & Stories, second Saturday of the month 9:30 a.m.**

Families with children ages 0-5 are invited to enjoy 20-25 minutes of fun songs and stories with one of the library's youth services librarians. No registration required.

**Brick Builders, second Saturday of the month 10-11:30 a.m.**

Lego fans are welcome to join teen volunteers to play with the library's Legos and complete optional engineering challenges. You can also make a Lego comic strip on the library's iPads. No registration required.

Keep an eye on the library's event calendar. They often add fun events such as crafts for the holidays and more. To learn more about the Waukeee Public Library, visit <http://waukeepubliclibrary.org>. ■



Link to original post: <https://desmoinesparent.com/the-waukeee-public-library/>



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# Winter hiking with kids

By Katy Severe, brand ambassador of Hike it Baby Des Moines



Colder temperatures and shorter days tend to keep families indoors this time of year. While it's tempting to hibernate and stay inside all winter, we all know how stir-crazy we become even after one day stuck indoors with kids. Instead, get outside and discover why winter can be one of the best seasons for hiking in the Midwest.

Hiking in the winter is beautiful. Catching glimpses of winter birds like cardinals can be a fun way to start conversations with your kids about how different animals survive the winter months. Fresh snow on the ground always makes looking for animal tracks a fun activity, too. Hiking in the winter also frees you from the worry of the heat, humidity, bug spray and sunscreen overload.

Making sure everyone is safe and warm on the trail is key to having fun. The number one most important thing you can do is be prepared beforehand. Dress in layers and think about the three W's when dressing yourself and your little ones: a wicking layer, a warming layer and a weathering layer.

The wicking layer should be a thin layer worn next to the skin and designed to remove moisture: wool, polyester and bamboo are all good fabric choices. The warming layer provides insulation and warmth. This layer is easily made from clothing you already own — fleece pajamas, fleece jackets, lined pants, etc. The weathering layer is designed to stop wind, rain and snow. My personal favorite is the Oaki Rain Suit for kids.

Don't forget about hands and feet, too. Stonz Wear makes great booties with a warm liner for babies and toddlers, and their Mittz are also



awesome for keeping on little hands as they cinch down in two places. A pro tip for little kids who won't keep mittens on: Use adult wool socks and pull them all the way up to their armpits before you put their jacket on. This makes it really difficult for them to remove on their own.

Once you start your hike, it is always a good idea to stop and check everyone for warmth and comfort level every 20 minutes. Before



assuming kids are just being fussy, check hands, feet and any exposed skin. Make sure you check diapers as well. A wet diaper can get cold fast. If your kids do start to get fussy, you won't regret heading back to the car early and trying again another day. A thermos of hot chocolate or a special treat waiting in the car can also be a needed incentive to make it

through your planned hike.

It's important to remember that kids will have bad days on the trail. It happens to the best of us; just don't let it keep you from trying again soon. Hiking with other families with kids can help make everyone feel more comfortable and encourage kids to last longer outside. Join a hike with your local Hike it Baby branch for both motivation and community. Visit [www.hikeitbaby.com](http://www.hikeitbaby.com).

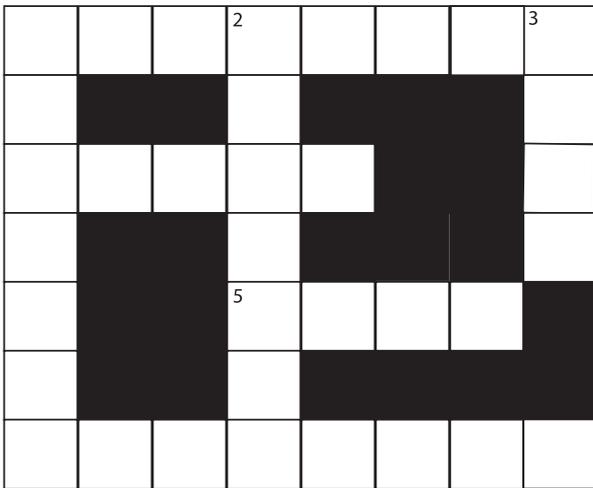
Worrying about having to buy new winter gear every season for your kids? Check out consignment shops for used winter gear or check out some of these awesome online resources:

- Hike it Baby Buy n' Sell
- Threadlyte
- Worn Wear (used Patagonia gear)
- REI used gear
- 6pm
- Sierra Trading Post

If you are considering buying new gear and are a Hike it Baby member, check out the list of current discounts offered exclusively to members and learn about becoming a member. ■


[Link to original post: https://desmoinesparent.com/winter-hiking-kids/](https://desmoinesparent.com/winter-hiking-kids/)


## Crossword Puzzle



### ACROSS

1. Starchy side dish
4. Mexican-style food in shells
5. To eat
6. Food between bread slices

### DOWN

1. Meat and vegetable in pasty doughs
2. Stayed away from
3. Hot broth

ANSWERS ON PAGE 20

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# 100 activities for winter

By Ashlen Sheaffer from The Kidsperks

We live in Iowa. This means three things: corn, nice people and harsh winters. I've always dreaded winter's arrival, but I dread it even more now that I have kids. We spend more time than we'd like indoors, but I always have ideas for those days or weekends we get snowed in or it's too cold to go anywhere. Here's our 100 favorite indoor activities that we reserve for winter time:

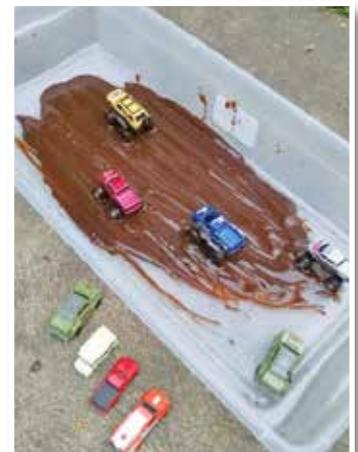
- 1 Scratch color paper.
- 2 Colorforms, [www.colorforms.com](http://www.colorforms.com).
- 3 Cardboard blocks. You can purchase these in all shapes and sizes.
- 4 Cardboard playhouse. You can make your own with large boxes, or I have seen them for purchase at Michaels stores.
- 5 Obstacle course. Use pillows, Legos, or whatever to make a course.
- 6 Watercolor sheets. Melissa & Doug have some great ones.
- 7 Boxes. Stop by your local grocery store if you're in need of boxes (usually the larger the box the better according to kids).
- 8 Movie theater in the living room.



- 9 Tea party.
- 10 Hot chocolate bar.
- 11 Soup day. Spend a day making and trying all kinds of soup. Let kids help pick out recipes and make them.
- 12 Kids yoga (or any other exercise "class"). Check out Cosmic Yoga. One of our favorites.
- 13 Game day. Play board games all day. Some of our favorites: Don't Spill the Beans, Uno, Hungry Hungry Hippos, Connect 4, Don't Break The Ice, and Disney Hedbanz.
- 14 Over the door basketball hoop game.
- 15 Indoor baseball. This is not for those with glass houses.
- 16 Bowling. You can purchase plastic sets.
- 17 Bag toss. They have lots of kids ones available.
- 18 Balloon/beachball volleyball.



- 19 Playing with ice.
- 20 Baking soda and vinegar. Makes for some really fun and cool experiments.
- 21 Make your own Play Doh.
- 22 Stickers.
- 23 Puff paints. Grab bags from Dollar Tree or cheap t-shirts to use.
- 24 Sensory bins.
- 25 Tents. We've been known to set up our camping tent in the middle of the living room on long gloomy days.
- 26 Make a fort.
- 27 Dance party.
- 28 Hot Wheel races.
- 29 Dirty cars (chocolate pudding and any little cars).
- 30 Crayola tub paints.
- 31 Window markers.
- 32 Insta snow or baking soda snow, [www.instasnow.com](http://www.instasnow.com).
- 33 Balloons.
- 34 Potions party.
- 35 Slime.
- 36 Play with shaving cream.
- 37 Goop.
- 38 "Find the..." game. Have one child hide a toy (of any size and of their choosing) and the other kids find it.



- 39 Make your own decorations.
- 40 Gym day with mattresses. Lay mattress on the floor (we've been known to move ours to the living room) and let the kids jump around.
- 41 Books day.
- 42 Kinetic sand.
- 43 Create your own treasure hunt.
- 44 Hide n' seek.
- 45 Indoor ball pit. You can buy one or make your own with a kiddie pool and plastic balls.
- 46 Cooking. Bake up your favorite goodies or try a new recipe for a meal.
- 47 Dress up.
- 48 Play restaurant.
- 49 Bake and decorate cookies.
- 50 "Lazer" maze.
- 51 Paint your own canvas.
- 52 Make noodle necklaces.
- 53 Lava lamp experiment. Visit [www.thekidsperts.com](http://www.thekidsperts.com) for directions.
- 54 Puppet theater. You can easily make your own with a cardboard box.
- 55 Chalk drawings. Use sidewalk chalk or classroom chalk and draw on construction paper.
- 56 A slide inside. A Little Tikes slide works great.
- 57 Water table/bin.
- 58 Bouncy ball paintings. Check out an example at [www.thekidsperts.com](http://www.thekidsperts.com).
- 59 Make your own bouncy balls. Purchase a kit.
- 60 Make masks out of paper plates.
- 61 Legos.
- 62 Hot potato.
- 63 Simon Says.
- 64 Cookie cutters. Paint with them, play with play dough, make cookies. So many options.
- 65 Puzzles.
- 66 Flour "sand."
- 67 Muffin party.
- 68 Pizza party.
- 69 Pet rescue center.
- 70 Make your own games.
- 71 Chocolate sensory play.
- 72 Grow capsules.
- 73 Water beads.
- 74 Shaving cream paint.
- 75 Salt dough ornaments/3D figures.
- 76 Hatching eggs.
- 77 Painting bird house(s). Nothing like working on a spring project in the middle of winter.
- 78 Face painting.
- 79 Pudding painting.
- 80 Pillow fight.
- 81 Indoor trampoline.
- 82 Magnets.
- 83 Photo booth.
- 84 Car wash.

- 85 Make your own wooden blocks.
- 86 Water bottle shakers.
- 87 Play grocery store.
- 88 Kool-Aid snow painting.
- 89 Play dinosaurs.
- 90 Bop Balloons. Dollar Tree has three packs.
- 91 Paper airplanes. Make them and have races.
- 92 Colored rice and noodles.
- 93 Make your own music video/video/play/etc.
- 94 Make cardboard swords.
- 95 Play pirates with cardboard swords.
- 96 Make your own puppets. Use brown paper bags and decorate.
- 97 Crossword puzzles/word find/checkers (great games for older kids).
- 98 Make your own crayons. Use up those half broken crayons, an ice cube tray, and the microwave.
- 99 Build things with mini marshmallows and toothpicks.



- 100 Fun with flashlights. Take advantage of the sun setting early (incredibly early) and save some electricity. Use flashlights to make shadow puppets (followed by a game of "can you tell what I'm making?") or play hide n' seek in the dark, or, my kids' favorite (which always ends in someone getting hurt) is tag in the dark. ■



Link to original story: <https://desmoinesparent.com/100-indoor-activities-for-winter/>



# Can't-miss events around Des Moines



## Thursday, Dec. 28 and Friday, Dec. 29

Burn off some energy during winter break at the Urbandale swimming pool. They will have additional open swim times 1-4 p.m. For more details and admission prices visit [www.urbandale.org/270/Swimming-Pool](http://www.urbandale.org/270/Swimming-Pool).

## Now through Dec. 30

Make sure you drive through Jolly Holiday Lights before the end of the season. Opens at 5:30 p.m. and closes when the park reaches capacity. \$20 per car. For more details visit [www.iowa.wish.org](http://www.iowa.wish.org).

**JOLLY**  
HOLIDAY LIGHTS

## Mondays and Wednesdays

Visit Tot Lot Waukee at the Waukee Public Works Building. There are blocks, tunnels, mats and more provided for your children to burn off energy. Tot Lot Waukee is open on Mondays 8:30-10:30 a.m. and on Wednesdays 8-10 a.m. This is a free activity. To learn more visit [www.waukee.org/ParksandRec](http://www.waukee.org/ParksandRec).



## Tuesday, Jan. 2 to Saturday, Jan. 6 and Monday, Jan. 8 to Friday, Jan. 12

Enjoy Winter Romp 'n Read at the Clive Public Library. This is a safe place to let your kids play and learn together. There will be a variety of indoor movement activities and a book nook in the community room that you and your child can explore together. This is a drop-in program and runs 10 a.m. to noon. To learn more visit [www.cityofclive.com/government/parks-and-recreation](http://www.cityofclive.com/government/parks-and-recreation).

## Saturday, Jan. 6

Enjoy a family movie at Reiman Gardens. You can watch "Cars" at 10 a.m. and 1 p.m. Movie snacks include popcorn, candy and soda available for purchase. Free for all kids ages 17 and under. General public adults pay \$8. No preregistration required. To learn more visit [www.reimangardens.com](http://www.reimangardens.com).





**Greater Des Moines Botanical Garden**

**Sunday, Jan. 7**

Take a break from the cold and enjoy Botanical Blues at the Greater Des Moines Botanical Garden. Enjoy the Bob Pace Band from 2-4 p.m. To learn more visit [www.dmbotanicalgarden.com](http://www.dmbotanicalgarden.com).



**Sunday, Jan. 7**

Cheer on the Iowa Wild against the Cleveland Monsters. It is also Kids WinterFest and Princess Day. Enjoy a post game skate, receive a free poster and more. Game starts at 5 p.m. To purchase tickets visit [www.iowawild.com](http://www.iowawild.com).



**Friday, Jan. 12**

Friday Funday — “The Three Little Pigs” at the Des Moines Playhouse. Friday Funday is an interactive theatre show for children ages 4 to 6 years. There are three different performances including 9:30 a.m., 10:45 a.m., and 1:30 p.m. To learn more and purchase tickets visit [www.dmplyhouse.com](http://www.dmplyhouse.com).



**Sunday, Jan. 21**

Come cheer on the Iowa Wolves and visit The Justice Corps of Iowa. They will be there to celebrate Superhero Day. Get a picture with the superheroes and enjoy some great surprises, 2-5 p.m. To purchase tickets and for more details visit <http://gleague.nba.com/games/20180121/RNOIWA/>.



**Saturday, Jan. 20**

Enjoy a Parent’s Night Out. Westminster Presbyterian Church is hosting a Parent’s Night Out to fundraise for their mission trips. The cost is \$20 per child (pre registered). Ages infant to 10 years old. There will be fun and games provided, 5-9 p.m. To pre-register and learn more visit <http://westpres.org/nightout/>.


 For more events around Des Moines, go to [www.desmoinesparent.com/event-calendar](http://www.desmoinesparent.com/event-calendar)


# Brenton Skating Plaza 2017

Ice skate in downtown Des Moines and cross off an item on your Winter Bucket List. Brenton Skating Plaza offers several times to skate and some fun events as well.

## Brenton Skating Plaza hours:

Monday – Thursday, 3-9 p.m.  
Friday and Saturday, noon to 11 p.m.  
Sunday, noon to 6 p.m.

## Holiday hours:

Sunday, Dec. 31 (New Year's Eve), 10 a.m. to midnight  
Monday, Jan. 1 (New Year's Day), 4-9 p.m.

## Prices:

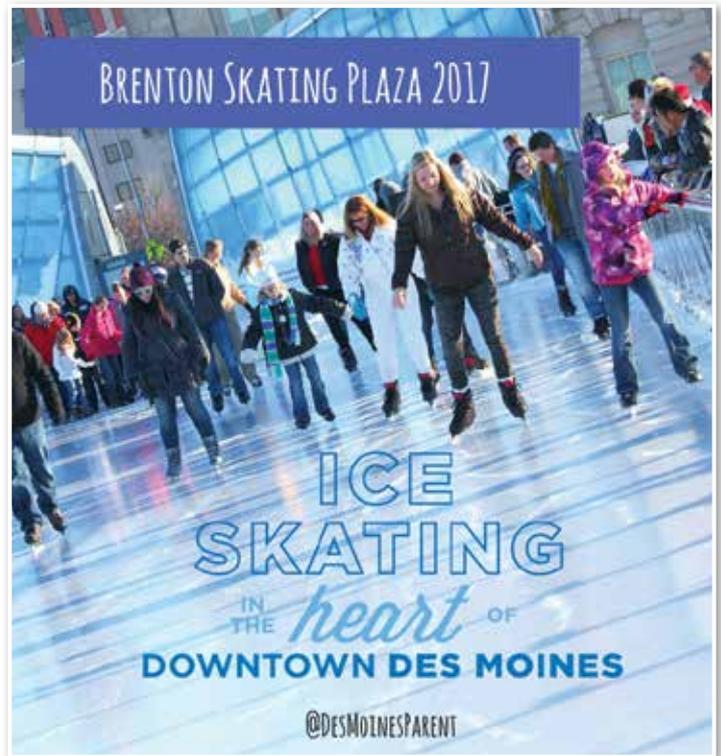
Adult admission: \$8  
Child/Senior (62+): \$5  
Child (5 and under): Free  
Skate rental: \$4.25  
Brenton Skating Plaza offers ice skates from toddler size 12 to adult size 15  
\*\*Admission is increased by \$1 on holidays

## Upcoming events:

### Ice skating clinics

Jan. 13 and Feb. 10  
10:30-11:30 a.m.

All ages are encouraged to attend.



## Two for Tuesdays

Every Tuesday during the skating season buy one admission get one free (excluding holiday break and skate rental fees).

## Birthday parties at Brenton

The fee for birthday parties is \$15 per skater. Includes admission and skate rental, pizza, one cupcake, hot chocolate or juice box and one free admission pass for a future visit. The birthday boy/girl receives a t-shirt from Brenton Skating Plaza, a bag from the Iowa Hall of Pride, his/her name announced with a special birthday song and a \$10 gift certificate to Spaghetti Works.

## Proposals on ice

For just \$50 you will receive admission and skate rental for two. You will have private time on the ice for the proposal and a special victory lap. Have your signature song played during or after the proposal. You'll also receive a souvenir hat and scarf from Brenton Skating Plaza. ■

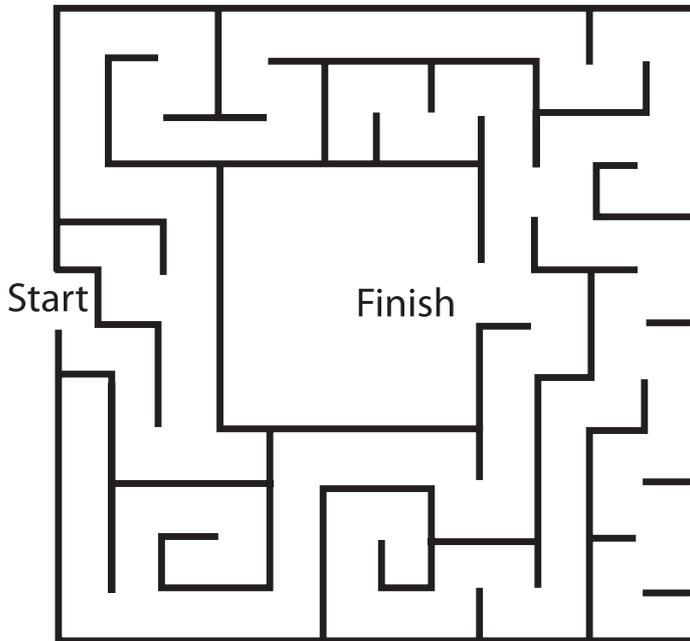


Link to original article:  
[https://desmoinesparent.com/  
brenton-skating-plaza-2017-  
giveaway/](https://desmoinesparent.com/brenton-skating-plaza-2017-giveaway/)



## Maze Craze

Can you find your way through the maze?



## Birthday Fun Word Find

Find the hidden words in the puzzle.

AGE	CANDLES	GAMES
BALLOONS	CELEBRATION	PIZZA
BIRTHDAY	CONFETTI	PRESENT
CAKE	FRIENDS	PRIZES

T	N	E	S	E	R	P	N	P	F	S	P
S	U	L	B	G	P	V	T	V	Z	D	T
C	E	L	E	B	R	A	T	I	O	N	C
B	C	L	S	W	S	K	C	I	O	E	A
W	I	A	D	E	E	O	F	B	Z	I	K
P	G	R	Z	N	N	X	W	A	N	R	E
E	I	I	T	F	A	Y	Z	L	B	F	A
L	R	Z	E	H	I	C	T	L	Y	V	X
P	X	T	Z	B	D	B	S	O	J	H	S
Y	T	G	W	A	M	A	Q	O	M	R	U
I	G	A	M	E	S	O	Y	N	K	F	R
R	X	H	X	R	J	L	Y	S	U	A	Z

**You are invited**  
to join us & learn why we are *Des Moines Parent Magazine's Favorite School* for two years in a row.

**Thursday, January 18th**  
Kindergarten Round Up • 7:00-8:00 pm  
Preschool Information Night • 5:30-6:30 pm

**Sunday, January 28th**  
STEM Showcase & Open House for Preschool - 8th grade 11:30 am - 1:00 pm

3 and 4-year-old Preschool •  
Developmental Kindergarten •  
Wrap-around child care •  
STEM Learning • Tuition assistance for Kindergarten - 8th grade

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# Bowling fun in central Iowa

There are several places to bowl in central Iowa. Bowling is a great activity to do with the entire family or with friends. A lot of the bowling alleys offer lots of party packages and specials. Before going to bowl, make sure you call to confirm their open bowling times and that they have lanes available. Am I missing somewhere to bowl? Let me know and we will get it added.



## AIR LANES

4200 Fleur Drive, Des Moines  
515-285-8632

Monday-Thursday: 10 a.m. to midnight  
Friday: 11 a.m. to 2 a.m.

Saturday: 11 a.m. to 2 a.m.  
Sunday: 11 a.m. to midnight

Prices vary on different days. Visit <https://airlanesbowling.com> for all the details.

## BOWLERAMA LANES

1313 E. Diehl Ave., Des Moines  
515-285-2811

Monday - Thursday and Sunday  
11 a.m. to 11 p.m.  
Friday and Saturday  
11 a.m. to 1 a.m.

Prices vary on different days. Visit [www.bowleramalanes.com](http://www.bowleramalanes.com) for all the details.

## MERLE HAY LANES

505 Merle Hay Road, Des Moines  
515-253-3901

Sunday - Thursday  
10 a.m. to 10 p.m.

Friday and Saturday  
10 a.m. to midnight

Monday - Thursday; \$3.25

Friday - Sunday; \$4.25

Shoe rental; \$2.75 per pair

To learn more visit [www.merlehaylanes.com](http://www.merlehaylanes.com)

## GREAT ESCAPE IOWA

655 N.E. 56th St., Suite 100, Des Moines  
515-263-1700

Monday and Thursday: 11 a.m. to 11 p.m.

Tuesday and Wednesday: 11 a.m. to 5 p.m.;  
9:15 p.m. to close

Friday - Sunday: 11 a.m. to 2 a.m.

They also offer laser tag and restaurant. A great place to spend the day indoors. Prices vary on different days. Visit <https://greatecapeiowa.com/> for all the details.

## UNCLE BUCK'S FISHBOWL & GRILL

Located in Bass Pro Shops

1000 Bass Pro Drive N.W., Altoona  
515-957-5400

Monday - Friday 11 a.m. to 5 p.m., \$19.99 an hour

Sunday - Thursday 5-9 p.m., \$24.99 an hour  
5 p.m. Friday until 5 p.m. Sunday, \$29.99 an hour

Price is per lane not per person

Around six people on a lane, no more than eight  
\$3.25 for every pair of shoes rented

For additional information visit <http://restaurants.basspro.com/UncleBucksFishBowl/>  
Altoona.

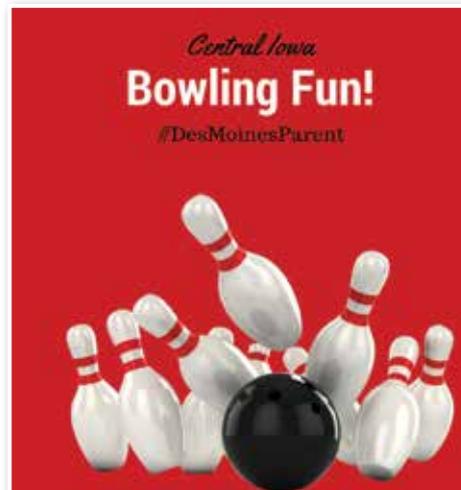
## VAL LANES RECREATION CENTER

100 Ashworth Road, West Des Moines  
515-274-0493

Open 7 days a week noon until midnight

Regular open bowling: \$4.40 per person per game  
Monday - Friday until 6 p.m.

Monday - Thursday 6 p.m. to midnight: \$5.50



per person per game

Prime time Friday 6 p.m. through Saturday:  
\$5.50 per person per game

Sunday 4 p.m. to midnight: \$5.50 per person  
per game

Thunder Alley Glow Bowling: \$5.50 per person  
per game 9:30 p.m. to midnight on Fridays and  
Saturdays

Val Lanes league bowler rates: \$1 off all prices  
listed above.

Shoe rental: \$3.50 per pair

Socks: \$2 per pair

For additional information visit [www.vallanes.com](http://www.vallanes.com).

## WARRIOR LANES

190 S.E. Laurel St., Waukee  
515-987-4840

For open bowling times:

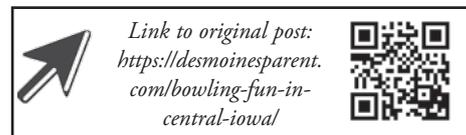
Monday - Thursday and Sunday: noon to 10  
p.m., \$4 per game

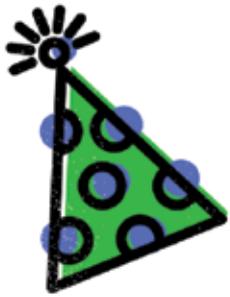
Fridays - Sundays and holidays: \$4.50 per game  
Glow Bowling on Fridays and Saturdays from 7  
p.m. to midnight: \$5.50 per game

Shoe Rental is always \$3.30 per pair

Warrior Lanes offers fun party packages and more.

To learn more visit <https://warriorlanes.com>. ■





# My Year in Review



My name is \_\_\_\_\_

It is the year \_\_\_\_\_ and I am \_\_\_\_\_ years old.

Some fun things that I did this year were

\_\_\_\_\_  
\_\_\_\_\_

My favorite color is \_\_\_\_\_

My favorite movie is \_\_\_\_\_

My favorite book is \_\_\_\_\_

I am in the \_\_\_\_\_ grade. My teacher's name is \_\_\_\_\_

My favorite toys and games are

\_\_\_\_\_  
\_\_\_\_\_

My favorite food is \_\_\_\_\_

Friends I played with this year \_\_\_\_\_

Something I tried new this year was \_\_\_\_\_



# TigerLily STEM

By Meredith Smith, founder of TigerLily STEM

## My story

Science, technology, engineering and math are more than school subjects to me — they are a large part of how I see the world. Perhaps from the outside, my STEM journey might seem idyllic — graduating with a degree in chemical engineering from Iowa State University and working in various engineering roles at a Fortune 500 company that have taken me all over the United States and the world.

Although I've experienced how rewarding STEM fields can be, I have also experienced a number of roadblocks, stigmas and frustrations which seem to disproportionately affect women interested in STEM. I founded TigerLily STEM as a way to continue to break down these barriers and create a better experience for the next generation of women leaders in STEM. I would love to have you join me.

## What we offer

**Tutoring:** We provide one-on-one tutoring in all science, technology, engineering and math-related subjects for girls in grades K-12 (including AP classes). Whether you're looking for homework help, individual instruction or would like to get ahead, we would love to work with you. We offer flexible packages and scheduling. Please call 515-612-6012 or contact us via our website to schedule your free initial consultation today.

**Enrichment classes:** Our goal is to instill a love of STEM in every young woman who walks through our doors. We accomplish this through real-world collaborative, creative problem-solving experiences and activities. We



are currently offering classes for ladies in grades K-5 (see below) and will be expanding our offerings to grades K-12 in the next couple of months.

**Events:** Follow us on Facebook @ TigerLilySTEM1 and join our email list for updates on fun special events and STEM-related field trips.

## Upcoming enrichment classes

Call/text 515-612-6012 or send us a Facebook message to register.

Monday, Jan. 8

5:30-7 p.m.

### Circuit Art - Grades 6-8

Create a masterpiece with paint and LED lights while exploring electrical circuits.

Cost: \$30

Tuesday, Jan. 9

5:30-6:30 p.m.

### Slime Chemistry - Grades K-2

We will be learning some chemistry basics and exploring thermochromism, fluorescence and magnetism while making different kinds of slime.

Cost: \$30

Thursday, Jan. 11

5:30-7 p.m.

### Circuit Art - Grades 3-5

Create a masterpiece with paint and LED lights while exploring the basics of electrical circuits.

Cost: \$30

Monday, Jan. 15

5:30-7 p.m.

### Bath Bombs - Grades 6-8

Join us for some chemistry fun while making your own bath bombs to take home.

Cost: \$30

Tuesday, Jan. 16

5:30-6:30 p.m.

### Germs & Bacteria - Grades K-2

We will be growing our own bacterial cultures, learning about germs and exploring the importance of hand washing.

Cost: \$30



Thursday, Jan. 18

5:30-6:30 p.m.

### DNA Extraction - Grades 3-5

Join us for some fun learning about, extracting and examining DNA.

Cost: \$30

Monday, Jan. 22

5:30-7 p.m.

### Growing Crystals - Grades 6-8

Join us as we explore solutions, saturation and crystallization while growing our own crystals.

Cost: \$30

Tuesday, Jan. 23

5:30-6:30 p.m.

### Bubble Science - Grades K-2

We will be having fun with all sorts of bubbles while learning some science and physics basics.

Cost: \$30

Thursday, Jan. 25

5:30-7 p.m.

### Growing Crystals - Grades 3-5

Join us as we grow our own crystals while learning some basics about crystallization and solutions.

Cost: \$30

Monday, Jan. 29

5:30-7 p.m.

### Cupcake Engineering - Grades 6-8

Join us for a fun exploration of food science and engineering concepts as we make some delicious cupcakes to eat.

Cost: \$30



**Frequently asked questions:**

**Where are you located?** We are excited to be working on a permanent space in West Des Moines. In the meantime, we are conducting tutoring sessions in coffee shops. Please see the enrichment class schedule on our website or our events page on Facebook for more information on where each class is taking place.

**Can my son come to TigerLily STEM?** Absolutely. While we are girl-focused, we accept everyone. If your son is interested in tutoring and/or enrichment classes, we would love to have him join us. ■

Tuesday, Jan. 30

5:30-6:30 p.m.

**Growing Crystals - Grades K-2**

We will be growing beautiful crystals while learning some basics about crystallization.

Cost: \$30

Thursday, Feb. 1

5:30-7 p.m.

**Candy Science - Grades 3-5**

Join us for a fun exploration of the sweet science behind making candy.

Cost: \$30



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DECEMBER 2017

DES MOINES PARENT MAGAZINE

19

# New Year's events with kids!

There are some great events and activities going on in central Iowa to help kids celebrate New Year's. Do you have an event that I am missing? Email me and we will get it added. Also, check our Event Calendar for these dates, too.

## NEW YEAR'S EVE ... EVE

Indianola Public Library  
Saturday, Dec. 30  
10:30 to 11:15 a.m.

Ring in the (almost) New Year at the second annual NYEE party. Stories, crafts, activities, and balloons, of course. All ages. Children 6 and younger must be accompanied by an adult. For more details visit [www.indianolaiowa.gov](http://www.indianolaiowa.gov).

## SATURDAY STEM: NEW YEAR'S EDITION

Franklin Public Library  
Saturday, Dec. 30  
11-11:45 a.m.

Join for some fun and science. You will make confetti poppers, sparkly slime, and use baking soda, vinegar and confetti to create fun eruptions. Ages 5-12. For more details visit <https://dmpl.org>.



## JOLLY HOLIDAY LIGHTS

Adventureland  
Saturday, Dec. 30

5:30 p.m. until park reaches capacity

Enjoy the last night of an Iowa tradition, Jolly Holiday Lights. Jolly Holiday Lights is a drive-through holiday light display that is set up

## ANSWERS FOR PUZZLE ON PAGE 9

Across

1. Potatoes 4. Tacos 5. Dine 6. Sandwich

Down

1. Pot pies 2. Avoided 3. Soup

annually by Make-A-Wish Iowa at Adventureland. Since it began in 1995, the event has raised enough money to grant more than 700 wishes to Iowa kids. Admission is \$20 per car. For more information visit <http://iowa.wish.org>.

### DES MOINES CHILDREN'S MUSEUM

Sunday, Dec. 31; 11 a.m. to 5 p.m.

Monday, Jan. 1; 9 a.m. to 12:30 p.m.

Celebrate the New Year at the Des Moines Children's Museum. In addition to our fun exhibits, we will have a fun Year in Review sheet for your children to fill out, a photo booth, and we will be creating Memory Maker Holders for your children to take home with them. To learn more visit <https://dsmchildrensmuseum.com>.

### NOON YEAR'S EVE

Science Center of Iowa

Sunday, Dec. 31

9 a.m. to 3 p.m.

Why should adults have all the fun ringing in the New Year at midnight? Bring the whole family to SCI to celebrate the New Year 12 hours early with face painting, balloon twisting and, of course, a massive balloon drop as we count down to 2018 at noon. For more information visit [www.sciowa.org](http://www.sciowa.org).

### BOUNCE IN THE NEW YEAR

Pump it Up Urbandale

Sunday, Dec. 31

10:30 a.m. to noon and 4-5:30 p.m.

Enjoy a New Year's Eve jump and balloon drop. There will be hats and noisemakers. Cost is \$10 if preregistered and \$12 at the door. To register visit [www.pumpitupparty.com](http://www.pumpitupparty.com).

### COUNTDOWN TO NOON

Warrior Lanes

Sunday, Dec. 31

11 a.m. to 1 p.m.

Countdown to the "noon" year at Warrior Lanes. Enjoy glow-in-the-dark bowling, concert lights and black lights. Cost is \$55 per lane and includes two hours of bowling, shoe rental, large one-topping pizza and soda. Deadline for registration is Friday, Dec. 29. To register visit <https://warriorlanes.com>

### GUIDEONE IMAGINEVE

Iowa Events Center

Sunday, Dec. 31

4-8 p.m.

Join us for Des Moines' biggest New Year's Eve party for kids at GuideOne ImagineEve. Kids and families will enjoy a countdown to the New Year with a Times Square-like confetti drop at 8 p.m. in Hy-Vee Hall.

Snow White, The Polynesian Princess and Princess Beauty will all be there to celebrate and make sure your last hours of 2017 are magical.

This free family fun event features inflatable rides and bounce houses, carnival games with prizes, character meet and greets, toddler zone and dancers. For kids ages 10 and up, GuideOne ImagineEve offers a Tween Zone, with special activities just for kids ages 10 and up. The evening will wrap up with a spectacular fireworks show at 8:15 p.m. To learn more visit [www.dsmpartnership.com](http://www.dsmpartnership.com).



### IOWA WILD

Wells Fargo Arena

Monday, Jan. 1

Noon

Cheer on the Iowa Wild as they play against the Chicago Wolves. Enjoy free Crash's Kids Meal which includes one hot dog, one soda and one popcorn. To purchase tickets visit [www.iowawild.com/games](http://www.iowawild.com/games). ■



Link to original story: <https://desmoinesparent.com/new-years-2017-events-with-kids/>



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# A store you can play at?

Most stores you take your kids to frown at the idea of your kids running around wild and playing on their merchandise. But, I have found two exceptions to that rule here in the Des Moines area. Here your children can play, swing, slide and jump around without one dirty look from the employees. In fact they encourage it. A great idea the next time it's raining or too hot/cold to play outside.

## RAINBOW OF THE HEARTLAND

3946 N.W. Urbandale Drive, Urbandale, IA 50323

515-327-8989

Hours: Monday - Friday, 10:30 a.m. to 2:30 p.m.

Admission is \$10 per child for two hours of fun.

Age 2 years and older.

Indoor play area

There are no limits to the grins and giggles at our play room. That's because your kids are invited to jump, climb, swing, and play in our indoor showroom for just \$10 per child.

For the safety of everyone, adult/parent supervision is required. Child care during open play time is not provided. Water is always available or you may bring in your own drinks and keep them cold in our full-size refrigerator. Tennis shoes are required.

Rainbow Systems also offers birthday parties weeknights from 5:30-7:30 p.m. Parties on the weekends are available from November to January. For any additional information visit [www.rainbowoftheheartland.com](http://www.rainbowoftheheartland.com).



## BACKYARD ADVENTURES

3135 N.W. 99th St., Urbandale, IA 50323

Hours: Monday - Friday, 10 a.m. to 5 p.m.

Admission is \$5 per child

Ages 2 years and older

Their showroom and party room are open from 10 a.m. to 5 p.m. weekdays (not including holidays) for children and their parents to come enjoy the great playsets that they sell. For \$5 per child age 2 and over

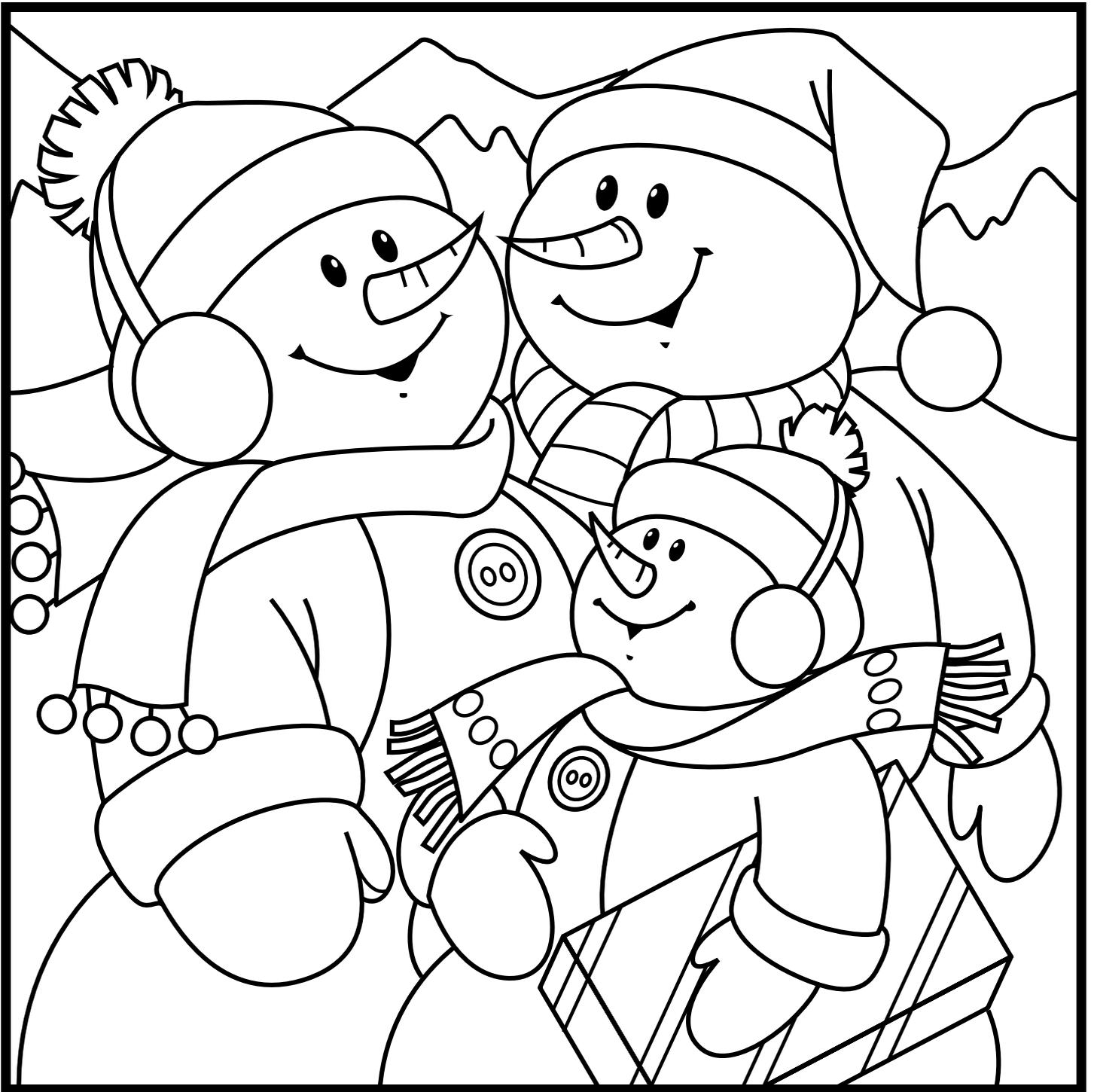
(adults over 18 don't have to pay), you can play as long as you like during the open play hours. Groups of eight or more children please call in advance of coming to open play. They also ask groups to plan their outings for after 1 p.m. when scheduling their group. Come have a great time in their clean, safe, climate-controlled environment. At least one adult per four children is required for supervision purposes.

Footwear is encouraged to be worn by the children. Backyard Adventures provides a party room with tables and chairs for you to have snacks or lunch. Bottled water is included as well as the use of a full-size refrigerator and freezer for any food and drink items you bring. Plain paper plates, napkins, plastic forks, plastic spoons and plastic cups are also provided. To learn more visit [www.backyardadventuresiowa.com](http://www.backyardadventuresiowa.com). ■



Link to original article:  
<https://desmoinesparent.com/a-store-your-child-can-play-at/>





# Des Moines Pediatric and Adolescent Clinic

## DSM Pediatrics

Trusted Child Health Care since 1958

Thank you for  
voting us as one of  
Des Moines' Favorite!



### Meet Doctor Rob Fornoff

Our patients and parents praise his ability to connect with children and make the visit to the doctor a fun experience. Dr. Fornoff attended one of the Top Ten medical schools in the country, and has been a pediatrician for 15 years. He has privileges at all area hospitals, and has a particular interest in newborns, asthma, depression, and sports medicine for children. He lives in Ankeny with his wife Mary and their two children.

WE THINK HE'S THE BEST, TOO!

### Dr. Amy Peterson

Dr. Petersen is one of the 2016 Top Three Favorite pediatricians in the entire Des Moines area from Pipsqueaks magazine. Area families voted on this award! She earns this reputation every day by treating your children like her own.



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