



LAKES of BELLA TERRA

e-Newsletter
September 2025



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www.LakesofBellaTerra.net

September is... Childhood Obesity Awareness Month

September is a time for us to learn about a complex issue affecting many kids in the United States. Childhood obesity can lead to serious health problems like asthma, diabetes, high blood pressure, and heart issues.

In the US, about 1 in 5 children has obesity. This can lead to many health problems, like asthma, diabetes, high blood pressure, and even heart issues. Knowing how to prevent it and keep our family healthy is crucial.

What Causes Childhood Obesity?

Childhood obesity is like a puzzle with many moving pieces. Some kids have it because of their genes, while others because of what they eat and how active they are.

Knowing The Health Risks

Obesity can cause serious health problems. Kids with obesity can get sick more easily and might have trouble moving or playing with friends. They could even face high blood pressure and other heart problems sooner than you think.

Healthy Eating Is The First Step

Preventing obesity isn't just about losing weight. It's about being healthy and strong, starting with paying attention to what we allow our kids to eat. Families can help lead by example – choose healthy, whole foods like fruits and veggies instead of chips or overly processed snacks.

Get Moving as a Family

Moving and playing is fun, and most activity is good for our bodies. Young kids should play as much as possible during the day older ones should get some exercise daily.

Get Enough Sleep

Sleep is like a superhero's recharge for our bodies. It helps prevent obesity and keeps us focused and healthy. Preschoolers need 11–13 hours of sleep, older kids 9–12 hours, and teens 8–10 hours. Stick to a schedule.

Less Screen Time, More Family Time

Too much TV or video games can cause problems. It can make it hard to sleep or to do well in school. Try turning off screens an hour before bedtime.

Talk to Your Health Care Provider

If you're concerned that your child's weight may be an issue, reach out to your healthcare team.

Contributed by Jeannette Hall



Resident Recognition

Thank you to all the Boy Scouts for displaying the US flags throughout our community on JULY 4th and Labor Day.

Thank you 



[**https://LakesofBellaTerra.net**](https://LakesofBellaTerra.net)

***Lakes of Bella Terra
Annual Board Meeting***
OCTOBER 16, 2025

**7pm - Clubhouse
11620 W. Torino Reale Drive**

Visit the community website for more news and information



4th of July Parade



BACK TO SCHOOL POOL PARTY AND SCHOOL DONATION DRIVE

The Biggs Family

Chick-fil-A

**Woodforest National
Bank**

Minuti Coffee

Patty's Bakery

David & Jeannette Hall

Walmart

The Brass Tap

Whole Foods

**A Special
SHOUT
OUT to All
Donors**

Round Table Pizza



Fuddruckers - Anonymous

Carrabba's

**Massage Heights -
Anonymous**

Miss V Vietnamese Cuisine

Pane Vino

Balanced Foods

DaVinci Nail Salon

R1 America

Arteastic Tea Room

All Donations Provided to Hubenak Elementary

Social Committee Upcoming Event

A Halloween-themed poster for a 'Trunk or Treat' event. The background is dark with orange and yellow wavy borders at the top and bottom. In the center, a large black silhouette of a car trunk is the focal point. On the trunk, there's a jack-o'-lantern with a mischievous grin, a white ghost with a single eye visible, and a purple cauldron labeled 'Halloween' containing purple candy. The text 'Costumes Welcome!' is written in orange above the trunk. The event title 'TRUNK OR TREAT' is prominently displayed in large, bold, yellow and orange letters across the middle of the trunk. Below the title, the date 'SATURDAY OCTOBER 25' and time '09:00am - 11:00am' are listed. To the right, activities 'CANDY FACE PAINTING' and 'BOUNCY HOUSE' are mentioned. At the bottom, contact information for Marta M. Depaz is provided, along with the sponsor 'LOBT HOA Social Committee'. Several small black bats are scattered around the central elements.

Costumes Welcome!

Halloween

TRUNK OR TREAT

SATURDAY
OCTOBER 25
09:00am - 11:00am

CANDY
FACE PAINTING
BOUNCY HOUSE

Interested in decorating a trunk as a
resident or business owner?
For more information
Email marta.m.depaz@gmail.com

Sponsored by
LOBT HOA Social Committee

Social Committee Upcoming Event



Lakes of Bella Terra
Community
Garage Sale
Find Hidden Treasures!
Join us for a community garage sale featuring a variety of items from furniture to clothing. Perfect for bargain hunters!

Saturday 8 November 2025
8:00 am - 2:00 pm

Bring cash and your best negotiating skills!

Volunteer Today!

Are you interested in volunteering with the social committee -
send an email to: robbie.a.jones@outlook.com

Gate Update

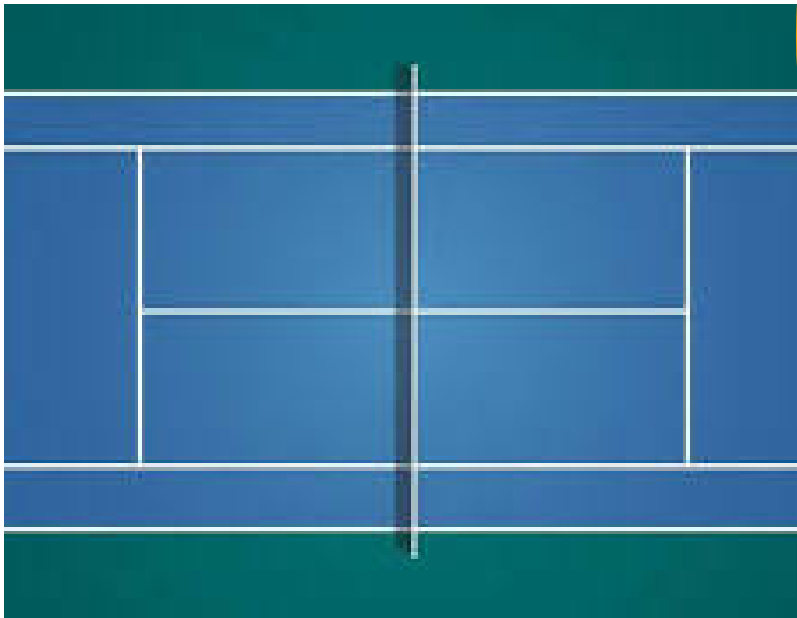
The 2025 monthly vehicle and pederstrian gate codes have been sent via eblast. VEHICLE GATE CODES ARE DIFFERENT FOR EACH SECTION and CHANGE ON A MONTHLY BASIS to maintain gate privacy. Please contact the management office if you need: to obtain 2025 gates codes for your section, to register your EZ Tag, purchase remote devices, add your name to the gate directory or any other gate questions or concerns.

*Verified: EMS and Constables
have access to all LOBT gates!*

HOA Work In Progress

- Mailout - Annual Board meeting
- Obtaining quotes for clubhouse gym equipment
- Clubhouse pool - Tile repair work
- Manage ongoing gate repairs
- Processing of deed restriction violations





Tennis Courts are for Tennis
Wear only Tennis Shoes on
the Courts

No Biking, Skateboarding,
Roller Blading, Soccer or
Any Other Non-Racquet
Sports

FBC MUD 133



Report all LOBT common area irrigation leaks, damaged concrete at manholes or storm drains and common area lakes and water fountains to FBCMUD133281-290-6500.

Please do not put any trash or chemicals into the street drains.

Upcoming Meeting:

Wednesday, October 8, 2025 at 11:00 AM
at the offices of Allen Boone Humphries Robinson, LLP
3200 Southwest Freeway, Suite 2600, Houston, Texas 77027.

For additional information about FBCMUD 133
please visit: <https://www.fbcmud133.org>.

Community Water Aerobics

It's that time of year again to dust off your swimsuit, take out your water shoes and order some water dumbbells! Community Water aerobics will begin **May 1st**. Grab a friend and get fit with us!

Here are the details:

Who: Open to all adults – **Ladies Only Morning (AM) Class** and **Co-Ed Evening (PM) Class**
(that's right men, you can come work out too)

When: May 1st – May 26th **Ladies Only (AM) Class** 7:00 am - 7:50 am, Tuesdays & Thursdays

*May 27th – June 26th **Ladies Only AM) Class** 6:00 am - 6:50 am, Tuesdays & Thursdays

*June 27th – Oct. 31st **Ladies Only (AM) Class** 7:00 am - 7:50 am, Tuesdays & Thursdays

May 1st – Oct. 31st **Co-Ed Evening (PM) Class** 8:00 pm - 8:50 pm, Tuesdays & Thursdays

Where: LOBT Main Pool (Swim at your own risk "SAYOR" Pool)

No experience is necessary- Foam dumbbells are required, and water shoes are recommended for stability.



Note: The schedule for the AM class will vary as we share the pool with the Swim Team.



You must be 18+ or accompanied by an adult 18+ to enter and swim in the main pool.

Life Guards WILL NOT be on DUTY.

Your fobs WILL NO LONGER ACCESS THE POOL until you sign a waiver. Please stop by the Management Office to sign a waiver and program your fob!

Forms and waivers are available on the website.

2025 LAKES OF BELLA TERRA SLIDE POOL HOURS CALENDAR



MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

	POOL CLOSED
	OPEN 9:00 AM - 9:00 PM
	2+ GUARDS

**CALENDARS ARE AVAILABLE FOR DOWNLOAD ON
WEBSITE AND POSTED AT POOLS IN GLASS CABINETS**

2025 LAKES OF BELLA TERRA MAIN "SAYOR" POOL EVENTS CALENDAR

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

	SWIM AT YOUR OWN RISK (SAYOR) DAILY HOURS 8:00 AM - 9:00 PM
	POOL CLOSED
	SWIM TEAM PRACTICE 7 AM - 10 AM POOL CLOSED AFTER 10 AM
	SWIM TEAM PRACTICE 4 PM - 7 PM
	POOL RESERVED FOR SWIM TEAM PRACTICE 7 AM - 10 AM
	POOL RESERVED FOR SWIM MEET
	POOL RESERVED FOR EXERCISE CLASSES 6 AM - 8 AM & 8 PM-9 PM