



# Neighbor

Fall 2016

## Chair Volleyball

More fun than you can possibly stand—while seated! Come enjoy this fun-filled game played with a beach ball. Chair volleyball is great for upper-body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-eye coordination, endurance, and particularly your sense of humor. Volleyball is played every Tuesday at 11 AM. Call to register, as we like to have teams of six or eight. Train for the Grand Tournament scheduled for November 1 @ 11 AM **Free!**



## Caregiver Support Workshops

Sheltering Arms' Caring Conversations was created to provide caregivers the space to exchange and receive information with one another. Caregivers will be able to increase their knowledge of community resources, improve their self-care routine and increase their social support. Each month will address a variety of caregiving/eldercare concerns. Workshops will be held at Sheltering Arms, 3838 Aberdeen Way. Time: 6:00 PM to 8:00 PM unless otherwise noted, on September 8: Prepare To Care (AARP) Session 1: 5:00 PM to 6:30 PM Session 2: 7:30 PM to 9:00 PM, October 13, November 10, and December 8. (Topics to be confirmed closer to the dates) Please join the Meetup group to receive additional information. <http://www.meetup.com/houston-area-family-caregivers/>

## Thanksgiving Day Feast

Celebrate Thanksgiving here at the Community Building. This wonderful complimentary luncheon will be sponsored by The Scout Troops, Pack 266. The Scouts will provide all the traditional trimmings and dessert for your holiday enjoyment. Thursday, November 24, 11:30 AM. You must RSVP in order to attend. Please call the office at (713) 662-5895 to register. If you need transportation to the center, it may be provided.

## Featured Resident: Connie Little

Connie Little is very happy to say that she was born in Galveston (“BOI” or *Born On the Island*). As a true Galvestonian, Connie enjoyed her time as a small child there. In 1953, Connie’s parents were transferred to Houston. They looked around and decided that West University Place was a lovely place to settle.

In 1962, after graduating from University of St. Thomas, Connie left for grad school and lived in both Austin and San Antonio, and then became a Certified Professional Secretary. She moved back to Houston in 1968. She had a wonderful career, working for local architects Calhoun, Tungate & Jackson, The Reliable Life Insurance Co. and Hallmark Kitchens/Casework until 1995. She also had two children, Cynthia and Michael. Connie was thrilled to move back to her parents’ original West U home in 1992, as she loved the area, the fabulous library, and all that Senior Services provides, including the educational and entertainment programs and other activities.



After Connie retired from the business world, she became involved with many other areas of interest. Former West U Librarian Keddy Outlaw recruited Connie to help establish the “West U Friends of the Library” group. This includes supporting the ongoing and annual book sales that occur, whose proceeds help the library’s children’s programs. At the same time, Connie joined the Charity Guild of Catholic Women, whose mission is to raise funds for pediatric causes, which they mainly do by operating a resale shop in the Montrose area. She also became involved with The Houston Assembly of Delphian Chapters’ West U Delphians, an organization for women dedicated to intellectual enrichment, social enhancement and philanthropic endeavors. Connie stays very busy with all of her volunteer work. To find out more information on the fun things Connie is involved with, you can visit the West U Library, shop at the Catholic Charity Guild, or swing by the Senior Center to sample the upcoming Delphian programs listed in the newsletter.

### ***Residents always get first priority on all trips and classes.***

This is true until the senior services office begins asking for payments. Once payments have been requested it is important to pay your balance by the due date requested. Our trips and classes do fill up so register early.

***Refunds:*** If you require a refund please contact the Senior Services Manager or Recreation Specialist. Situations vary, and this will determine if a refund can be issued. We will do our best to accommodate your needs but, if fees have already been paid to the vendor and you neglected to cancel in a timely fashion or we have nobody on the wait list to take your place, this may not be possible. It is preferred that we credit your account. However, if you require a refund check to be issued from our finance department, we will implement a \$10 surcharge.

# September



- **Thurs. Sept 1: Understanding Islam and Dispelling Myths** Saadia Faruqi is a Pakistani-American writer of fiction and nonfiction. Saadia's fictional book that depicts life of everyday Pakistani's titled *Brick Walls*—which speaks of the struggle of poverty, violence, corruption and abuse—will also be featured. 1 PM **Free!**



- **Sun. Sept. 4: Sunday Line Dance Social** Join us for this fun event while dancing in a social setting. Make new friends, dance, and mingle. 2 PM Admission \$10

- **Tues. Sept. 6: Houston Bar Association** Kelley Bentley from the Houston Bar Association will discuss the interesting topic of “Estate and Gift Taxation.” 2 PM **Free!**

- **Wed. Sept. 7: Houston METRO Travel Training** Houston METRO offers comprehensive instruction designed to teach us how to travel safely, enabling and empowering customers to travel independently using METRO Bus and METRORail to a regularly visited destination and back. 10 AM **Free!**

- **Thurs. Sept. 8: Caring Conversations** Calling all Family Caregivers! This is a group for anyone caring for an older adult that wants to connect with other family caregivers. Educational seminars and social outings will be offered. Meetings held at Sheltering Arms. Join online at <http://www.meetup.com;houston-area-family-caregivers/>.



- **Sat. Sept. 10: Second Saturday Concert Series** Enjoy the talented duo ‘Still On The Hill’ as they perform traditional bluegrass music. 7 PM



- **Mon. Sept. 12: U.T. Orthopedics Hips & Knees** West U resident Dr. Lee will provide an informative lecture focusing on hips and knees. 10:30 AM **Free!**



- **Tues. Sept. 13: Walmart Shopping Adventure** Come and check out the Rice Walmart. 10 AM **Free!**

- **Wed. Sept. 14: Learn and Lunch Series on Family Caregiver Relief** Home Instead Senior Care will provide excellent tips on caring for yourself while caring for others. A delicious lunch will be served. 11:30 AM **Free!**

- **Tues. Sept. 20: Ripley House/Hispanic Heritage** ¡Hola! Join us for a spectacular celebration at the Ripley House for Hispanic Heritage Month, featuring Baile Folklorico/Flamenco dancers, the history of Día de Los Muertos, and a Lottería. We will also be making gorgeous paper flowers. 9:30 AM \$6 registration fee goes toward supplies for the flowers.



- **Wed. Sept. 21: Taste of the Town at Niko Niko's Montrose** *The Houston Press* has awarded this restaurant Best Pork Chops (2005) and Best Restaurant (2008). Let's check it out! 11 AM \$5



- **Thurs. Sept. 22: Precinct Trip: Whistle Stop Tea Room/Pearl Fincher Museum, Tomball** Join us as we travel to the Whistle Stop Tea Room for a delicious lunch (on your own) with a vast array of dessert choices. Then, it's off to The Pearl Museum of Fine Art, whose mission is to provide direct firsthand access to the original works of art. 10 AM \$5



- **Sat. Sept. 24: Delphian Lecture Series** Dr. Kanellos is the Brown Foundation Professor of Hispanic Studies at the University of Houston and director of a major national research program. 5 PM *Free!*

- **Mon. Sept. 26: I Thought I Was In Italy** Italian Club member Mike Marshall will present this fascinating PowerPoint presentation on this little-known part of Italy in the northernmost province that seems more German than Italian. 10:30 AM *Free!*



- **Tues. Sept. 27: Theme Meal Backyard BBQ** Toby Brooks will be bringing her BBQ "A" game to show off her chef skills. Pat Gavin will provide entertainment. Right At Home Care is our dessert sponsor. 11:30 AM \$5



- **Tues. Sept. 27: Demystifying Medicare and Other Benefits** Pat Mione, will provide pertinent information on the intersection of Medicare, Part D, and other group benefits for individuals who are considering working beyond age 65 and for all of us who are confused. 6 PM *Free!*

- **Wed. Sept. 28: Brazos Towers at Bayou Manor Tour and Lunch** Hop aboard the West U Bus as we travel to this gorgeous facility for a tour and lunch. 10:30 AM *Free!*



- **Thurs. Sept. 29: Viewpoints on Election "2016"** Dr. Brandon Rottinghaus from the Political Science Department at the University of Houston will discuss this very timely topic. 12:30 PM *Free!*

- **Fri. Sept. 30: Trinity Bay Fishing with Dan Doughty** Adventure with us to the Trinity Bay for a relaxing day of fishing on the pier at Dan's bayfront home. Lunch is included. Bring your fishing pole. 8 AM \$3

## October



- **Mon. Oct. 3: West U Men's Club Trip Adventure** Join the West U Men's Club as they adventure to a fun location. Lunch is on your own. Inquiries call: (713) 662-5895

- **Tues. Oct. 4: Lunch and Learn Urgent Care** Join us for lunch and find out if AFC Urgent Care on Wesleyan might be a better option than the emergency room. Noon *Free!*



- **Tues. Oct. 4: Toni King Speaks on Medicare** Radio personality Toni King will provide insight into this confusing subject. 6 PM *Free!*

- **Wed. Oct. 5: Brookdale Senior Living Solutions Tour and Lunch** We will travel to this lovely independent living facility for a tour and lunch. 10:30 AM *Free!*



- **Thurs. Oct. 6: Great Decisions Lecture: Chris Tomlinson** Chris is a business writer for the *Houston Chronicle*. Find out more at this interesting presentation. 1 PM **Free!**

- **Mon. Oct. 10: West U Water Station Tour** The Plant Operator will provide us with an insider's tour of this amazingly interesting place. See where your water starts its process! 10:15 AM **Free!**



- **Wed. Oct. 12 or Thurs. Oct. 6: Precinct Trip Bayou Zoo Safari & Alvin Antiquing** We will enjoy a fun tram ride through this local zoo that hosts many exotic animals, followed by a hunt for unique treasures at the huge Alvin Antique Emporium. Lunch is included, and will be held at Gordon Street Tavern. 9 AM \$32



- **Sat. Oct. 15: West U Festival of the Arts** Local artisans will be showcasing these fabulous and unique Christmas gift ideas, including paintings, gourmet chocolates, jewelry and skilled artistry in crafts, for display and sale. If you have art/crafts that you would like to showcase, spaces are available for \$12. Past vendors get priority registration. Space is limited so be sure to RSVP by September 20. 10 AM **Free!**



- **Mon. Oct. 17: Lunch and Learn; "The 5 Big Myths of Long-Term Care"** Plan for a healthier financial future. Learn the value of the right long-term care protection, and what the difference is between traditional and hybrid life/long-term care. Sponsored by Merrill Lynch and Lincoln Financial. Lunch is included. 11:30 AM **Free!**

- **Tues. Oct. 18: Elmcroft Tour and Lunch** We will visit this newly redecorated facility for a delightful tour and lunch. 10:00 AM **Free!**



- **Wed. Oct. 19: Taste of the Town "Liberty Kitchen" San Felipe** True comfort fare, hickory smoked catfish, grilled oysters, and crab-filled gumbo. Join us to sample this award-winning chef's menu. 11 AM \$5



- **Wed. Oct. 19: Coloring Club** Coloring is a great way to relax, unwind, and have fun with interesting people who are creatively minded. We will provide you with the books and pens. Come and try this inspiring class! 2 PM **Free!**



- **Mon. Oct. 24: Meyerland Shopping Adventure** Take a ride on the bus as we shop for deals at Meyerland Plaza. 10 AM **Free!**

- **Mon. Oct. 24: Wildlife Center of Texas; Birds of Prey** The Wildlife Center will provide tips including; what to do when a bird is hurt. A Screech Owl will be making an appearance, along with other birds of prey during this fun and educational presentation sponsored by the local nature shop, Wild Birds Unlimited. 1 PM **Free!**



- **Tues. Oct. 25: Monster Mash Theme Meal** Celebrate Halloween with a frightfully good luncheon. Prizes awarded for best costume! Entertainment provided by Steve and Diana. Dessert sponsored by Dignity Memorial. 11:30 AM \$5

- **Wed./Thurs. Oct. 26: Overnight Camping with Toby** Join seasoned camper and Senior Services Toby Brooks as she takes you deep into the wilderness for this epic overnight camping experience, including all the traditional elements plus a campfire and s'mores! This trip will be thoughtfully customized for the participants and their comfort levels. Price/Time TBD.

## November



- **Tues. Nov. 1: Chair Volleyball Tournament** Participate in chair volleyball, cornhole, wackiest hat contests and a cake walk. West U teams will face off against other contestants for a chance to win prizes and glory. 11 AM *Free!*



- **Wed. Nov. 2: Lunch and Look @ MFAH** We will dine al fresco in the sculpture garden after making our selection of food truck delights, followed by a tour of the MFAH. Lunch on your own. 11 AM \$3

- **Sat. Nov. 5: Delphian Distinguished Speaker Series** Join us as we celebrate National Novel Writing Month. 5 PM *Free!*



- **Sun. Nov. 6: Sunday Line Dance Social** Kick up your heels during this fun event while dancing in a social setting. Make new friends, dance, and mingle. 2 PM Admission \$10

- **Mon. Nov. 7: Nature Shop Lecture** Learn more about all that this local shop, Wild Birds Unlimited, has to offer, including informing and educating people about the wonders of birding and nature. 11 AM *Free!*



- **Tues. Nov. 8: Day Center Gives Back Program** West U will travel to the Sheltering Arms Day Center to join the Weekley YMCA and members of The Day Center to create and assemble survivor packs for domestic-violence victims. We will be collecting items to package such as toiletries (shampoo, conditioner, toothpaste, toothbrush, comb, soap, deodorant, towels, socks, sanitary napkins, hand sanitizer, Band-Aids, lotion, etc.), journals, and notes of encouragement. 10:30 AM *Free!*



- **Wed. Nov. 9: 99-Cent Store Shopping** Join us for a trip to discover all the bargains they have to offer. 10 AM *Free!*

- **Fri. Nov. 11: Holocaust Museum** Celebrate Veterans Day by touring this inspiring museum. 9:00 AM \$10



- **Wed. Nov. 16: Taste of the Town "Prego"** Prego specializes in fresh, modern Italian cuisine, featuring handcrafted-pasta, house-cured salami, and wood-fired pizzas. Prego is committed to using the freshest, most flavorful seasonal products. 11 AM \$5

- **Wed. Nov. 16: Robert Landau Program "Katherine Hepburn"** We will travel to the Village of Meyerland for this fabulous presentation on Katherine Hepburn. Snacks will be provided. 1:30 PM *Free!*



- **Tues. Nov. 22: Scrabble Tournament!** Get ready to showcase your vocab skills at this fun Scrabble session. Be ready to bring your "A" game. Prizes awarded! 2:00 PM **Free!**



- **Wed. Nov. 23: West U Potluck** Bring your favorite dish to pass as we celebrate the holidays. Elmcroft Senior Living and The Gardens of Bellaire will sponsor the main dish. 11:30 AM **Free!**

- **Thurs. Nov. 24: Thanksgiving Day Luncheon** Join us for a delicious complimentary Thanksgiving feast, with all the trimmings and dessert. This wonderful luncheon will be hosted by Scout Troop Pack 266. Please register to attend. 11:30 AM **Free!**



- **Tues. Nov. 29 or Wed. Nov. 30: Precinct Trip Painted Churches of Schulenburg** The communities of Dubina, High Hill, Praha, and Ammannsville are home to the The Painted Churches. Prepare to have your breath taken away! Lunch will be on your own at Ina's Kitchen. 8:00 AM \$16

## December



- **Sun. Dec. 4: Sunday Line Dance Social** Dance in a social setting. Make new friends, and mingle. 2 PM Admission \$10

- **Mon. Dec. 5: West U Men's Club Trip** Join the club as they travel to a fun local destination. Date/Time TBD. Inquiries call (713) 662 5895.

- **Tues. Dec. 6: Ikebana International** Invites you to join us at the West U Community Building for this Japanese flower arrangement exhibition, showcasing the 5 schools of Ikebana, located in Houston. 10 AM **Free!**

- **Mon. Dec. 12: Walmart Shopping with Alfredo** Hop aboard the West U Bus for a Walmart shopping adventure. 10 AM **Free!**



- **Wed. Dec. 14 or Tues. Dec. 13: Precinct Trip George Bush Library/ Santa's Wonderland** We will travel to the Presidential Library to view the wonderful memorabilia, followed by a fun-filled evening spent viewing the magical Christmas lights. Dinner will be on your own at Fish Daddy's Seafood. 2 PM \$50

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- ☐ **Sun. Dec. 18: Annual Christmas Day Concert: The Houston Concert Band** Chuck Thockmorton conducts this wonderful complimentary concert, featuring traditional family favorite tunes enjoyed by all ages. 2 PM *Free!*



- ☐ **Mon. Dec. 19: iPhone Training** We will show you all the latest tips and tricks. 1 PM *Free!*



- ☐ **Tues. Dec. 20: Christmas Theme Meal** It's finally here, the Festival Feast! Join us for a smorgasbord of turkey and all the trimmings. Gift baskets will be raffled and prizes galore will be given to celebrate the holiday. 11:30 AM \$5

- ☐ **Wed. Dec. 21: Taste of the Town "Rainbow Lodge"** This legendary Houston restaurant and bar features mouthwatering grilled seafood and game with an award-winning wine cellar in a romantic setting. 11 AM \$5



- ☐ **Tues. Dec. 27: Hanna Paczkowski Presents "The Holocaust in Poland"** Hanna is back, with another incredible presentation on Poland. Don't miss this fascinating insight regarding the struggles of this great country. 10:30 AM *Free!*



- ☐ **Fri. Dec. 30: New Year's Eve Pot Luck** Bring a dish to pass as we celebrate the leap into 2017! Take a break from your turkey hangover. Elmcroft Senior Living will provide lasagna. 11:30 AM *Free!*

## Get Up & Move Classes

**Coming Soon!** Men's Only Exercise Class ... please call to inquire!

- ☐ **M/W/F 7:30 AM West U Walking Club:** Join others as we walk around this gorgeous neighborhood. Walking can add years to your life and is a fun way to exercise.

- ☐ **M/W 8:30 AM Tai Chi:** Exercise that tones, strengthens and improves balance and posture. \$45 per 6 week session



- ☐ **M/W/F 9 AM Gentle Yoga & Strength Training:** Improve stability and balance, while also building endurance. \$40 per month

- ☐ **Mon. 10 AM Reiki Meditation:** Heal your mind and body with Reiki energy. *Free!*

- ☐ **M/W/F 11 AM Senior Water Aerobics:** Help build endurance, improve strength and help with arthritis. \$58.50 per month (Class held @ Recreation Center; please register at the Community Building)



- ☐ **M/W 4 PM Afternoon Aerobics:** Get your heart rate going while building muscle in a fun setting. \$24 per month

- **T/Th 9 AM The Early Risers Exercise:** An hour-long class, especially designed for an older age group. Combines stretching, toning, and flexibility training. \$8 per month
- **Tues. 10 AM Chair Yoga:** Studies have shown that Chair Yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses can increase core strength and balance, which reduces the risk of fall-related injuries. Join us for this class that will help you feel younger. **Free!**
- **Tues. 11 AM Chair Volleyball:** More fun than you can possibly stand—while seated! Come enjoy this fun-filled game played with a beach ball. **Free!**
- **Wed. 1 PM Beginner Parkinson Tango:** Houston Area Parkinson Society sponsors this class. No partner needed! Come ready to move! **Free!**
-  □ **Wed. 1 PM Advanced Line Dancing:** Come learn some new moves in a social setting. This is a wonderful class to help you with your coordination and help to keep you fit! \$17 per month
- **Thurs. 11:30 AM Bones for Life®:** Springy dynamic movement and well-aligned posture are keys to regenerating bone tissue. This class focuses on gentle, precise movement to help you improve bone health, balance, and range of motion.

## Thursday Evening Programs

*(For Those Baby Boomers Still Working)*

- **5 PM Beginner Tai Chi:** It is documented in several medical journals that Tai Chi can decrease your chances of falling, and can improve your health. \$23 for six sessions.
-  □ **5 PM Jam Sessions:** Missed your calling and now have the time and energy to devote to your music again? The object of the rehearsal jam is to help you to get to the next level in musicianship, so that you can better play with the semi-pro and pro musicians at local venues. Practice sessions will have PA and electronic drums; please bring your own guitar, bass, and keyboard and associated amps.
- **5:30 PM Evening Yoga:** This gentle yoga class will increase strength and range of motion. \$40 for six sessions.
-  □ **5:30 PM Evening Mah Jongg Lessons:** Join instructor Michelle Shapiro as she guides you through this skillful game. \$35 for four two-hour lessons.
- **6 PM Grief Support Group:** Licensed Professional Counselor Patricia Stewart will lead this support group to find help and healing for the grief of losing a loved one.
-  □ **6:15 PM Beginner Line Dancing:** You will come out of this class with a smile on your face, a kick in your step and some excellent cardio vascular exercise. \$24 for six sessions.



- **6:30 PM The Great Thinkers of Political History:** Need a refresher course on the differences between a socialist and a communist, a libertarian and an anarchist? This course is conducted by Paul Ake, a former adjunct professor of philosophy. Each meeting will have time set aside for open discussions and our final get together will operate as a workshop with the theme: "Desirable Features of the Optimal Government." As a group, we'll breathe life into a new idea and thereby make our own contribution to the "great conversation." \$46 for six weeks.

## Cultural & Brain Stimulating Programs



- **First Mon. of the Month 11 AM West University Men's Club:** The West University Men's Club provides a great opportunity for men to meet their neighbors and share common interests, monthly luncheons, outings and guest lecturers. To learn more call (713) 662-5896.

- **Mon. 10 AM Reiki Energy Class:** Heal your mind and body with Reiki Energy. *Free!*

- **Mon. 1 PM Mah Jongg Free Play:** Know how to play and need a group to play with? Come join the fun! *Free!*



- **Tues. 10:30 AM The Ukulele Group:** Enjoy learning to play the ukulele, no experience needed. The group invites anyone to join them and sing along with familiar tunes. *Free!*



- **Tues. 11:00 AM West University Place Support Group:** DBSA Greater Houston provides free and confidential support groups for individuals living with or family and friends affected by depression and bi-polar disorders. Attend a support group today to begin your road to recovery. *Free!*



- **Last Tues. of Month 11:30 AM Monthly Theme Meal:** Join us for a delightful meal, door prizes and some wonderful entertainment. \$5 (The last Tues. of the month unless a Monday holiday is before Tues.)



- **Tues. 1 PM Mexican Train Dominoes:** Join the fun. Don't know how to play? Don't worry, we will teach you. *Free!*

- **Tues. 1 PM Quilting Group:** Make a new friend, share ideas about quilting and learn together in a group setting. We provide the space, you provide the creativity. *Free!*



- **Tues. 2 PM Computer Lessons:** Want to improve your computer skills? Join others in the same boat; Learn Facebook, Excel, Word, and how to download photographs. Call the library at (713) 668-8273 to register. *Free!*

- **Wed. 10 AM Knitting for Fun:** Learn how to make designer items, blankets, and small toys for your children and grandchildren. *Free!*



- First Wed. of the Month 11 AM West U Book Club:** A new book each month, sure to be enjoyed. Stop by the Harris County Library and ask what they are reading prior to the meeting. *Free!*



- Wed. 11 AM Weight Watchers:** Please see their website for more details. Hosted in Auditorium. Come join your West U neighbors at this local meeting.

- Second and Fourth Wed. of the month 2 PM Meditation:** An ongoing group of individuals who strive to make their life more balanced. *Free!*

- Third Wed. of the Month 2 PM Coloring Club:** Join us for this innovative and creative class. Supplies provided. *Free!*



- Fourth Wed. of the Month 11 AM Gardening Club:** Meet with your neighbors to discuss your knowledge and love of gardening. Share plant cuttings, discuss conservation, education, and civic improvement. *Free!*

- First or Last Thur. of the Month 1 PM Great Decisions:** Pick your Thursday. Two dates are offered to accommodate this popular discussion group. Same time, same topic, just a different week! All are welcome to attend the monthly meeting to discuss topics related to current affairs and world affairs topics. This group is sponsored by the Foreign Policy Association and a book is required.



- Thurs. 12:30 PM Watercolor Painting:** Bring on your creative side, learn new techniques, enjoy others in your class and use the other side of your brain. Instructor: Chris Bridge. Call (713) 662-5895 to register.



- Thurs. 1 PM Mah Jongg:** Know how to play and need a group to play with? Come join the fun! *Free!*

- Fri. 9 AM Mah Jongg Lessons:** Join instructor Michelle Shapiro as she guides you through this skillful game. \$35 for four two-hour lessons.



- Fri. 9:30 AM Opera and So Much More:** Ann Thompson discusses one of the greatest and oldest forms of art. This commentary appeals to both aficionados and novices. \$2 per week

- Fri. 11:15 AM Shakespeare:** A friendly educational group that reads Shakespeare's plays, studies his life and relevant historical information. Led by Kate Pogue. \$2 per week

- Fri. 11 AM Contract Bridge Lessons:** Interested in learning how to play bridge? Six-week session begins soon, please call to inquire. \$2 per day



- Fri. Noon Women's Only Support Group:** DBSA Greater Houston sponsors a confidential support group that assists in the recovery of individuals with depression or bipolar disorder. Attend a support group today to begin your road to recovery. *Free!*



- Fri. 2 PM Bingo:** Great prizes, good company, snacks, and loads of fun for all. \$3



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### **PLEASE HELP US**

Please help us by calling (713) 662-5895 if you have received this calendar in error or the name and/or address on the label is wrong. Thank you!

### **DO NOT THROW AWAY IMPORTANT SENIOR INFORMATION**

## **ONGOING SENIOR PROGRAMS**

**Please pay for all classes at least ONE WEEK IN ADVANCE!**

**Cancellation/Payment Policy:** If you wish to continue to reserve your space in an **ongoing class**, it is imperative that you pay one week prior to the new class start date. Several of our classes are filled to capacity. Payment ensures you are enrolled.

## **West University Senior Services For Residents**

**Transportation:** Monday through Friday, transportation is provided to senior activities, doctors, dentists, beauty shops, drug stores, banks and post office.

**Words on Wheels:** Enjoy reading but can't get to the library? Call (713) 668-8273 to reserve your books. We will bring them to you and return them.

**Home Maintenance and Repair:** Call to request assistance with small or odd jobs.

**Medical Equipment Loans:** Basic medical equipment available for temporary use.

**Special Trash Pick up:** For those with special needs, the city provides trash and recycle pickup at your door.

### **Call (713) 662-5895 for any of these services!**

*When you call for transportation, please have the name, address, and phone number of your appointment available.*

Toby Brooks at [tbrooks@westutx.gov](mailto:tbrooks@westutx.gov) or Patricia Noren at [pnoren@westutx.gov](mailto:pnoren@westutx.gov)

**RESERVATIONS FOR TRANSPORTATION MUST BE MADE AT LEAST ONE DAY IN ADVANCE!  
THERE ARE NO STANDING APPOINTMENTS. PLEASE CONFIRM ALL APPOINTMENTS WEEKLY.**

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