

H! Neighbor

Summer 2020

Get up and Move Programs:

Did you know you could register online? Please visit <https://recweb.westutx.gov/wbwsc/webtrac.wsc/>

Steps:

1. Make a new account or Log In using your existing account.
2. Click on the photo that says Classes, Camps, and Activities.
3. Search Available Activities.
4. Select month(s), day(s) of the week and age (seniors) Click Search.
5. Select the activities you want by clicking the PLUS sign and adding to your cart. (You may also simply type in the ACTIVITY NUMBER from the catalog).
6. Agree and sign waiver.
7. Proceed to check out and pay with Visa, Mastercard or Discover.

NEW!! GYROKINESIS Free Trial in April!

Fernando Garcia will be providing THREE free samples of his new class. Try one or try them all. Gyrokinesis is a rhythmic movement method that addresses the entire body, opening energy pathways and stimulating the nervous system. Range of motion, and flowing sequences, resulting in a sense of calm well-being. 8 AM. Free trial dates are as follows: Tuesday, April 21, Thursday, April 23, and Tuesday, April 28. Sign up in the office to receive your free trials. See the listing for his continual class that begins on May 5, where you will receive eight classes for \$130.

Holiday Closures: May 25, July 3.

Due to COVID-19 schedules and services may change.

Good Neighbor Team:



The Good Neighbor Team is an organization of volunteers committed to building and maintaining ties with the venerable and long-standing residents of West University Place. The Good Neighbor Team delivers gifts three times a year and

addresses/sends seasonal cards several times a year. Volunteers are encouraged to maintain contact with the folks on their list (usually five people) and to alert the Senior Services staff when there might be a reason for concern. If you are interested in joining the Good Neighbor Team, or if you know of a recipient resident, whom you think would benefit, please call Toby Brooks at 713 662 5897 for more information. The Good Neighbor Team will meet on the following dates:

May 21- Meeting 1 PM

June 18- Summer Delivery

June 29, Ice Cream Social 2 PM (open to the public)

August 20-NO MEETING.

BONUS! The Community Building hosts Thursday Evening Classes. Sessions are 8 weeks. Come and join the fantastic after hour's groups, such as Tai Chi, Yoga, Line Dance, and Mahjong lessons. See the list in this brochure under "Thursday Evening Programs".

May

- Fri. May 1: Grief Group** It's not easy, but grieving is a necessary part of healing after losing someone you love. Vita's Home Health Care collaborates with us to offer these supportive grief groups to help you manage. 2 PM *Free!*
-  **Sat. May 2 & 30: Contra Dance** Dances held at the West U Community Building for all ages with live music. A partner is not required and beginners are welcome. Come for the introductory lesson at 7:15 PM. \$10 at the door. 7:30 PM-10:30 PM.
- Mon. May 4: Coffee & Conversation Club** Join us at the West University Place Community Building for complimentary coffee, donuts and some neighbor chit chat. Discuss the daily hot topics while you sip coffee with this friendly group that meets in the Meeting Room. 8 AM *Free!*
- Mon. May 4: Canasta Class** Learn how to play this fun game with Darlene Dittoe, who will teach you the basics and have you winning in no time. 10 AM *Free!*
-  **Tues/Thurs. May 5-28: Gyrokinesis Method 207030.01** Rhythmic movement method that addresses the entire body, opening energy pathways and stimulating the nervous system. Range of motion, and flowing sequences, resulting in a sense of calm well-being. Eight classes per session. Instructor, Fernando Garcia. 8 AM \$130
- Tues. May 5: Museum Series Tours: Printing Museum 210011.01** Join us for this tour of the Printing Museum, which will demonstrate the enduring impact of printing by exploring the history, art and technology of the craft. 10:30 AM \$12
-  **Wed. May 6: Precinct Trip Ship Channel Tour 210011.02** Embarking from Port Houston's Sam Houston Landing, we will board the M/V Sam Houston and enjoy passing views of international cargo vessels and operations. Lunch at Monument Inn on your own. You will need to bring your Driver's License, no backpacks or large purses. The boat is not handicap accessible since Harvey. Due to Homeland Security protocols registration will be closed on May 2. 9 AM \$8
-  **Thurs. May 7: Artful Aging** Sarah McMurray, a fantastic speaker and Geriatric Specialist, will be speaking on "The Dangers of Polypharmacy". 11 AM *Free!*
- Thurs. May 7: Premier World Travel Adventures** Trips featured will be New York City Holiday, which departs December 4, 2020 and Tuscany, Italy scheduled to leave March 16, 2021. Come find out about these fun and exciting trips during this interesting lecture with Kimberley Torres from Premier. 4 PM *Free!*
- Fri. May 8: Pickle Ball** Learn how to play this exhilarating, tennis like, indoor game. We can provide you with a paddle and balls. 1 PM *Free!*

- **Fri. May 8: Older Americans Month @ Bellaire** Join us for a celebration of the countless contributions that older adults make to our communities. This event will take place at Bellaire's Civic Center. Featuring fun games and surprises. The theme this year is "Make Your Mark". Refreshments served. 9:30 AM **Free!**
- **Sat. May 9: Medicare 101** Turning 65 soon? Learn how to enroll in Medicare parts A, B and D during this informative session with specialist, Henry Cook. 10:30 AM **Free!**
- **Sat. May 9: Second Saturday Concert** Houston Folklore & Music Society, is dedicated to the preservation of acoustic music. Tonight's performer is C. Daniel Boling. Tickets sold at the door. 7:30 PM Senior Prices (65) \$14
- **Mon. May 11 & 18, June 8, 15, 22, 29: Watercolor of All Levels:** Join seasoned instructor Mary Rustay from Watercolor Arts Society of Houston for a six-week course. Excellent for all levels. You must collect your own supplies with the list provided. Space is limited so sign up early. 9:45 AM -12:45 PM \$10 for six lessons.
- **Tues. May 12: Volleyball Tournament** Friendswood @ West U. Friendswood has its own team and they are challenging you to a duel. Bring your team spirit, and wear your jerseys for trophy taking photo ops. A light lunch will be provided. 11 AM **Free!**
- **Wed. May 13: Garden Club Trip 210011.03** We will tour the Houston Arboretum grounds on a self-guided tour with Garden Club President, Betsy Edwards. 10 AM \$2
- **Tues. May 19: Theme Meal "Spring Fling" 204011.01** Ed Heathcott will be preparing a delicious dish of Chicken Pot Pie and Tomato Basil soup. Entertainment provided by Pat Gavin. Dessert sponsor is Brookdale West University. 11:30 AM \$6
- **Tues. May 19: Small Cities Civics Club** A group of concerned citizens whose goal is to meet and discuss current issues, including occasional guest lectures. The Civics Club meets on the third Tuesday of each month. Doors open at 6:30 PM, Speaker at 6:45 PM **Free!**
- **Wed. May 20: Taste of the Town "Mendocino Farms" 204012.01** This local gathering place with chef-driven sandwiches, salads, and catering options uses the finest ingredients sourced from local farmers. 11 AM \$5
- **Thurs. May 21: Are You Ok?** A free service where participants receive regular phone calls inquiring about their welfare. Find out more during this inspiring lecture from Charlotte Jackson from the Harris County Precinct 3 Constables Office. 2 PM **Free!**
- **Wed. May 27: Poetry Group** Read and discuss your favorite Poems under the guidance of poetry expert, Janis Shea. 11 AM **Free!**



June

- Mon/Fri. June 1-29: Best Stretch Ever 207029.01** Try the first class on June 1, for free to see if you like it! Twice a week, this fun monthly exercise class uses no impact principles from yoga and Pilates to improve flexibility, posture, balance and strength with instructor, Jeryl Schultz. Noon \$40
- Mon. June 1: Intergenerational Day** Teens from all over the city will come with ideas to entertain you, such as crafts, games, trivia, etc. Share your insights and experience during these fun events. 2 PM *Free!*
- Tues. June 2: Coffee & Conversation Club** Join us at the West University Place Community Building for complimentary coffee, donuts and some neighbor chit chat. Discuss the daily hot topics while you sip coffee with a friendly group that meets in the Meeting Room. 8 AM *Free!*
- Tues. June 2: No Mexican Train Dominoes** Medication Management Appointments will be taking place in the meeting room 1-3 PM. 20 Minute Increments. *Free!*
- Tues. June 2: Medication Management Project** Learn how your drugs may be interacting with each other during these private appointments that offer a medication review with a City of Houston specialist, Jessica Fobbs. Call to schedule an appointment time. 2pm. *Free!*
- Wed. June 3: Lunch Bunch 204013.01** This restaurant will be a surprise, but see if you can guess.... it's at a hotel. 11 AM \$5 Plus lunch on your own.
- Thurs. June 4: Artful Aging** Join Sarah McMurray, a Geriatric Specialist, who provides excellent information. Today's topic is, "What is an Ethical Will?" 11 AM *Free!*
- Sat. June 6 & 20: Contra Dance** Held here at the West U Community Building for all ages with live music. A partner is not required and beginners are welcome. Come for the introductory lesson at 7:15 PM. \$10 at the door, 7:30 PM-10:30 PM.
- Thurs. June 11 & 25: Watercolor Workshops** Learn the basics of watercolor during these two workshops with Darlene Dittoe. Participants will be provided a supply list to purchase. Bring a sack lunch to eat during the break. 10 AM-3 PM \$4
- Sun. June 14: Sunday Line Dance Social** Elsa holds these fun social events where you can make new friends, dance, and mingle. 2 PM \$10 at the door.
- Mon. June 15: Minute To Win It** As seen on TV, the NCL Post Oak Girls will be here to challenge you with fun and exciting timed games, sure to make you laugh and cheer. 2 PM *Free!*
- Tues. June 16: Volleyball Tournament** Represent your team, wear your jerseys, laugh and cheer with the girls from NCL Post Oak. 11 AM *Free!*
- Wed. June 17: Taste of the Town "Politan Row" 204012.02** New York Times states, 'The most eclectic mix of food choices yet to be had under one roof'. 11 AM \$5 plus lunch on your own.



- **Sun. June 21: Father's Day Concert** This wonderful performance has grown into a fun family tradition for all ages. The Houston Concert Band entertains again, with Conductor Chuck Thockmorton. 2 PM *Free!*
- **Mon. June 22: Cognitive Function/Healthy Living** United Health Care presents this wonderful lecture on the current research for your brain and body. 11 AM *Free!*
- **Mon. June 22-Aug. 10: Beginner Line Dance 205051.02** You will come out of this class with a smile of your face, a kick in your step and some excellent cardiovascular exercise. With instructor Elsa Campbell. 2 PM \$38 for eight weeks.
- **Tues. June 23: Museum Series Tours: Maritime Museum 210011.04** Set Sail for a tour of the land based Maritime Museum where we will receive a docent led adventure at their newly relocated address. 10:30 AM \$7
- **Wed. June 24: Precinct Trip Infectious Disease Facility 210011.05** Learn all about the advances in infectious disease research during this tour of the facility in Galveston. Lunch on your own at Bubba Gump Shrimp. Followed by a trip to the Star Pharmacy for ice cream and shopping on the strand. 8:30 AM \$8
- **Thurs. June 25: Grief Support** Grief looks different for every individual. Let us provide you with the tools to deal with it during these evening gatherings geared towards those still working. Sponsored by Vita's Home Health Care. 5:30 PM *Free!*
- **Mon. June 29: Ice Cream Social Party** Cool off with some complimentary ice cream. Build your own sundae with the girls from the Heart of Texas Chapter. Meet your neighbors, and socialize during this fun celebration. 2 PM *Free!*
- **Tues. June 30: Theme Meal "Red White and Blue" 204011.02** Join us in a celebration of America at this patriotic luncheon. Ed will be preparing a delicious dish. Rodney Rasberry will be performing. Dessert sponsored by LivHome Care. 11:30 AM \$6



July

- **Wed. July 1: Lunch Bunch 204013. 02** Join us as we adventure to a new and exciting eatery (Hint, it might be seafood). \$5 Plus lunch on your own.
- **Thurs. July 2: Artful Aging** Join specialist, Sarah McMurray as she speaks on the topic, "The Gut Brain Connection". 11 AM *Free!*
- **Sat. July 4 & 18: Contra Dance** Fourth of July Contra Dance will offer this special daytime Fourth of July dance for everyone. All ages welcome. 3 PM (The July 18 date will be at 7:30 PM). \$10 at the door.
- **Tues. July 7: Traditions Senior Living Tour** We will travel to this beautiful new Community for happy hour cocktails, snacks and a tour. 2 PM *Free!*
- **Wed. July 8: Museum Series Tours: The Asian Museum 210011.06** Join us on a docent led tour of this gorgeous Museum with the goal to appreciate and strengthen the relationships between Americans and the people and institutions of Asia. 11 AM \$5



- **Mon. July 13: Intergenerational Day** Teens from all over the city will come with ideas to entertain you, such as crafts, games, trivia, etc. Share your insights and experience during these fun events. 2 PM *Free!*
- **Tues. July 14: Chair Volleyball Tournament** Show off your skills during this fun event with the NCL Heart of Texas girls during this friendly competition. Wear your jerseys and show the girls your team spirit. 11 AM *Free!*
- **Wed. July 15: Coffee & Conversation Club** Join us at the West University Place Community Building for complimentary coffee, donuts and some neighbor chit chat. Discuss the daily hot topics while you sip coffee with this friendly group that meets in the Meeting Room. 8 AM *Free!*



- **Wed. July 15: Taste of the Town "Costa Brava" 207012.03** Senor Angeles built Costa Brava Bistro, which fulfilled a life-long dream of bringing fine-dining Spanish cuisine to Houston. 11 AM \$5 plus lunch on your own.
- **Wed. July 15: Carnegie Vanguard Concert** Members of the Music Club from Carnegie Vanguard High will perform a delightful concert for you with cello and violin concertos. 3 PM *Free!*



- **Wed. July 22 or Thurs. July 23: Precinct Trip: Amazon Fulfillment Center 210011.07** Orange robots, balancing towers of goods twirling in a choreographed dance across shiny concrete floors is sure to impress and surprise you. Learn about how your packages are processed and delivered during this backstage look at the local Amazon Center. Lunch will be at The Steamboat House restaurant on your own. 9 AM \$7



- **Mon. July 27: Intergenerational Game Day:** Celebrating moments and places where different age groups come together for shared benefit. Join us for a fun event sure to make your day brighter. 2 PM *Free!*
- **Tues. July 28: Theme Meal "Sports of Sorts" 204011.03** Dress in your favorite team colors, during this delicious luncheon of slow roasted chicken and mashed potatoes. Dessert sponsor is Silverado Hermann Park, entertainment will be Steve and Diana. 11:30 AM \$6
- **Thurs. July 30: West U Olympics** We will have our own Olympics where you can win medals, during these fun games of skill and chance. The girls from NCL Post Oak will be on hand to assist and cheer you on. 2 PM *Free!*

August



- **Sat. Aug. 1 & 15: Contra Dance** Held here at the West U Community Building for all ages with live music. A partner is not required and beginners are welcome. Come for the introductory lesson at 7:15 PM. \$10 at the door, 7:30 PM-10:30 PM.
- **Mon. Aug. 3: Summer Craft Project** A unique crafting event with supplies and assistance from the girls from the NCL Post Oak, who will provide a fun afternoon of ideas. 3 PM *Free!*
- **Tues. Aug. 4: Chair Volleyball Tournament** NCL Heart of Texas challenges you to a showdown. Wear your team jerseys! 11 AM *Free!*



- Wed. Aug. 5: Lunch Bunch 204013.03** Houston has so many exciting new restaurants. Join us for mystery destination, sure to impress and delight. 11AM \$5
- Thurs. Aug. 6: Artful Aging** Sarah McMurray, will provide tips and tricks to enhance our life experiences. Today's topic "Depression and Relief". 11 AM **Free!**
- Tues. Aug. 11: Second Hand Shop 210011.08** We will hit the hottest thrift stores in town, on the small bus, followed by a trip to Yogurtland on your own. 9:30 AM \$1
- Wed. Aug. 12: Museum Series Tours Holocaust Museum 210011.09** Experience history in the newly rebuilt Holocaust Museum during this docent led tour with Susan Babendure. 9:30 AM \$10
- Fri. Aug. 14: Pickle Ball Tournament** We will challenge the NCL Heart of Texas girls to a fun round of pickle ball. Don't know how to play? Don't worry, we will teach you! 1 PM **Free!**



- Tues. Aug. 18: Studio Cities Movie Theater: 210011.10** Check out this newest concept of a Movie Theater, as we see a movie (TBD), plus eat Quesadillas and drink Margaritas while watching the show. 12 PM \$16 plus drinks and food on your own.



- Wed. Aug. 19: Taste of the Town "Restaurant Week!" 204012.04** Join us for a delicious lunch at a participating restaurant during Houston Restaurant Week! 11 AM \$5 plus lunch on your own.
- Thurs. Aug. 20: Coffee & Conversation Club** Join us at the West University Place Community Building for complimentary coffee, donuts and some neighbor chit chat. Discuss the daily hot topics while you sip coffee with this friendly group that meets in the Meeting Room. 8 AM **Free!**



- Thurs. Aug. 20: Beginner Basics Watercolor Workshop** Join Sandra, a member of The Watercolor Art Society of Houston for this special two hour workshop that will focus on Beginner Basics. 12:30-2:30 PM \$10
- Mon. Aug. 24: STAP Phones** Join Mariah Rodriguez, from Human Services, who will provide information on the Specialized Telecommunications Assistance Program (STAP) with basic specialized assistive phone equipment and services. 1 PM **Free!**



- Tues. Aug. 25: Theme Meal "Jungle Safari" 204011.04** Dress in animal print or khaki garb as Ed prepares a magnificent mild Mexican dish with all the trimmings. Brookdale Galleria is our dessert sponsor. 11:30 AM \$6
- Thurs. Aug. 27 or Wed. Aug. 26: Precinct Trip; Katy 210011.11** Spend a day in delightful downtown Katy, browsing the impressive antique collections, nostalgic soda fountain, art-deco prints and extensive movie memorabilia. Historians will love Southern Historical Antique Shop for its unique variety. Lunch at Abuelo's Mexican Restaurant on your own. 9 AM \$6



- Sat. Aug. 29: Medicare 101** Turning 65 soon? Learn how to enroll in Medicare parts A, B and D during this informative session with specialist, Henry Cook. 10:30 AM **Free!**

Ongoing Senior Programs

Get up and Move

Chair Yoga and Chair Volleyball classes do not meet on Theme Meal days.

- M-F 8:00 Open Tai Chi: 207021** This instructor-less class is designed for those interested in warming up for the Tai Chi class or practicing their skills in an open space. \$10 per month



- M/W 8:30 Tai Chi: 207011** Exercise that tones, strengthens and improves balance and posture. \$49 per 6-week session
- M/F 9:00 Yoga Flow with Audrey: 207012** Yoga Flow works all body parts, builds strength, improves flexibility and balance, and helps to reduce stress. Gain stability and balance while also building endurance. \$50 per month



- Mon. 9:45 Intermediate Pilates: 207023** Body awareness, gained through this strength, flexibility, and focal attention training, allows you to perform everyday activities with more ease and safety. Look and feel better with improved posture. Inquire regarding restrictions on participation. Thick mat required. Session: Apr. 27 – June 29 \$71 per eight weeks. No Class May 18, 25.

- M/W/F 10:15 Body Pump: 207022** This standing and sitting combo will increase your heart rate and get you feeling energized and accomplished. \$47 per month. Due to high demand this class is closed to Non Residents.

- M/W/F 11:15 Water Aerobics: 207013** Classes take place at the West U Rec Center. You may pay for this class online or at the Senior Services office. \$65 per month

- M/F 12:00 PM Best Stretch Ever: 207029** An engaging class that uses no impact principles from yoga and Pilates. Summer Months only. \$40 per month



- Mon. 2:00 Beginner Line Dance 101: 205051** Learn the beginning steps in this fun class with Elsa Campbell that will put a smile on your face and a kick in your step. \$38 for eight weeks.

- M/W 3:00 Ping Pong:** Bring a friend and play a couple of games on our new ping pong table. **Free!**

- M/W 4:00 Afternoon Aerobics: 207014** Get your heart rate going while building muscle in a fun setting. \$26 per month

- T/TH 8:00 Gyrokinesis Method 207030** Rhythmic movement method that addresses the entire body, opening energy pathways and stimulating the nervous system. Range of motion, and flowing sequences, resulting in a sense of calm well-being. Eight classes per session. \$130



- T/TH 8:30 Stay Strong Exercise: 207028** Focus on cardiovascular endurance, strength training, balance, and stretching. 8:30 AM \$60 per month. No Class on Theme Meal Days: May 19, June 30, July 28, Aug. 25.

- T/TH 9:00 The Early Risers Exercise: 207015** This hour long class is especially designed for an older age group. Will combine stretching, toning, and flexibility training. Due to high demand, closed to non-residents. Incoming clients must be West U residents only. \$10 per month.
- Tues. 10:00 Chair Yoga:** Studies have shown that Chair Yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Class does not meet on Theme Meal days. *Free!*
- 
 T/TH 11:00 Zumba: 207020 A low impact dance fitness class that is fun for all ages and fitness levels. \$55 per month
- Tues. 11:00 Chair Volleyball:** More fun than you can possibly stand—while seated! Come enjoy this fun-filled game played with a beach ball. Class does not meet on Theme Meal days. *Free!*
- 
 T/TH 3:30 PM Hatha Yoga: 207026 Come and stretch with poses from foundational Hatha Yoga which will promote flexibility, balance, and inner calm by coordinating breath and movement. Bring yoga blocks for added benefits. \$50 per month
- Wed. 9:00 AM Morning Hatha Yoga: 207025** Try the A.M. version of this foundational Hatha Yoga which promotes flexibility, balance and inner calm by coordinating breath and movement. Bring yoga blocks for added benefits. \$14 per month.
- 
 Wed. 9:45 AM Beginner Pilates: 207023 Body awareness, gained through this strength, flexibility, and focal attention training, allows you to perform everyday activities with more ease and safety. Look and feel better with improved posture. Inquire regarding restrictions on participation. Thick mat required. \$71; Instructor: Cynthia Edmiston Session: April 29 – July 1 No Class May 13, 20.
- 
 Wed. 1:00 Advanced Line Dancing: 205021 Come learn some new moves in a social setting. This class will help with your coordination and keep you fit! \$38 for eight weeks.
- Fri. 1:00 Pickle Ball** A paddle sport, played indoors and created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced and competitive game. *Free!*

Thursday Evening Programs

ALL Sessions are 8 weeks in length. Please register within one week of start date if you want your class to meet the minimum number to offer it.

- 5:00 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. \$40 per eight sessions.
- 5:30 PM Evening Yoga:** This gentle yoga class will increase strength and range of motion. \$50 per eight sessions.

- **5:30 PM Evening Mahjong Lessons:** Join Michelle, as she guides you through this skillful game. \$116 per eight, two-hour lessons.
- **5:30 PM Grief Support:** Every fourth Thursday of the month. Grief looks different for every individual. Let us provide you with the tools to deal with it. Sponsored by Vitas. *Free!*
- **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 cardiovascular exercise. \$38 per eight sessions.

Cultural & Brain Stimulating Programs

- **Mon. 9:00 Scrabble Free Play:** Do you have super vocab skills? Become the West U Scrabble Queen or King at this fun morning of game play. *Free!*
- **Mon. 10:00 Beginning Canasta:** Darlene will be hosting a Canasta play group. Learn the basics and you will be a pro in no time flat with Darlene's helpful tutelage. *Free!*
- **Mon. 1:00 Mahjong Free Play:** Know how to play and need a group to play with? Come join the fun! *Free!*
- **Tues. 10:30 The Ukulele Group:** The group invites anyone to join them and sing along. Class does not meet third Tuesday's of the month. *Free!*
- **Last Tues. of Month 11:30 Monthly Theme Meal: 204011** Join us for a delightful meal, door prizes and some wonderful entertainment. \$6 (The last Tues. of the month unless a Monday holiday is before Tues.)
- **Tues. 1:00 Mexican Train Dominoes:** Join the fun. Don't know how to play? Don't worry, we will teach you. *Free!*
- **Tues. 1:00 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!*
- **Third Tues. 6:30 PM Small Cities Civics Club:** A new group of concerned citizens whose goal is to meet and discuss current issues, including occasional guest lectures. Guest speaker begins at 6:45 PM. *Free!*
- **Wed. 10:00 Knitting for Fun:** Learn how to make designer items, blankets, and small toys for your children and grandchildren. *Free!*
- **Wed. 11:00 Weight Watchers:** Please see their website for more details. Come join your West U neighbors at this local meeting. Weigh in at 11 AM in the JNR Room.
- **Second Wed. of the Month 11:00 Gardening Club:** Meet with your neighbors to discuss conservation, education, and civic improvement. *Free!*



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. 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.

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. We no longer pro-rate for any classes.



- Fourth Wed. of the Month: 11:00 Poetry Lovers:** A new class for poetry enthusiasts who believe that poetry is written to be read aloud. Bring published poems to read and discuss your thoughts on them. *Free!*
- Second and Fourth Wed. of the Month 2:00 Meditation:** A class of individuals who strive to make their lives more balanced. *Free!*
- Wed. 2:00 Mahjong Lessons: 204033:** Paula will teach you the basics of this intricate game during these two hour lessons. \$66 for eight weeks.
- Third Wed. of the Month: Coloring Club:** Coloring books are no longer just for kids. Socialize and let your creativity soar. 2 PM *Free!*



- Thurs. 10:00 Games Galore:** Bring your skills to play a myriad of games from Sequence to Uno to Scrabble and beyond. *Free!*
- Thurs. 1:00 Mahjong:** Know how to play and need a group to play with? Come join the fun! *Free!*
- Last Thur. of the Month 1:00 Great Decisions:** 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. Class meets Jan-Aug.



- Fri. 9:00 Mahjong Lessons 204031:** Join our instructor as she guides you through this skillful game. \$116 for six two-hour lessons.
- Fri. 9:30 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/week
- Fri. 11:00 Contract Bridge:** Come and free play with the group. \$2/week
- Fri. 11:15 Shakespeare:** A friendly educational group that reads Shakespeare's plays, studies his life and relevant historical information. Led by Kate Pogue. \$2/week



- Fri. 2:00 Bingo:** Great prizes, good company, snacks, and loads of fun for all. \$4
- First Fri. of the Month 2:00 PM, Grief Group:** Let us provide you with the necessary tools and support to deal with it successfully. *Free!*



City of
**West University
Place**

Senior Services
6104 Auden St.
West University Place, TX 77005

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SENIOR SERVICES

www.westutx.gov/seniorservices
Hours: M–F 7:30–5:30 PM
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City of West University Place TX

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

WEST UNIVERSITY SENIOR SERVICES FOR RESIDENTS

Transportation: Transportation is provided to senior activities, doctors, dentists, beauty shops, drug stores, banks and post office. By appointment only, schedule permitting. Participants must have the cognitive and physical ability to get to and from the vehicle and their appointment site on their own. If not, a caretaker must be present. Grocery shopping is provided on a designated day.

Call the office for more information. 713 662 5895. When you call for transportation, please have the name, address, and phone number of your appointment available.

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

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) 662-5896 for any of these services!

Toby Brooks at tbrooks@westutx.gov or Patricia Noren at pnoren@westutx.gov

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