



Fall 2020

**October is Fire Safety Month** Our list of the top safety tips. Tasks you should check off your list as the clocks fall back during October:

1. Check Smoke and Carbon Monoxide Detectors.
2. Change All Batteries in Your Home.
3. Throw Away Expired Medications.
4. Prepare a Winter Emergency Kit for Your Home.
5. Prepare a Winter Emergency Kit for Your Car.

Due to COVID-19 schedules and services are subject to change. Please view our new additions of online and virtual options for classes, lectures and games in this newsletter, and on the official website

[www.westutx.gov/West-U-Virtual-Play](http://www.westutx.gov/West-U-Virtual-Play)

## Virtual Groups:

Have an idea for a virtual group? Would you like to group chat with your neighbors/friends with common interests? Call us to set up a group phone or computer conference call. Ideas: Book Club, Movie Club, Hobby Club, Recipe Club...etc. Call to discuss your ideas. We can make it happen using Join.me.com. Unlimited number of callers allowed.

## Virtual Classes:

Interested in virtual painting classes? Join us using Facebook Live for some awesome acrylic painting projects. Dates/Times TBD Please call the office for more information.

## Good Neighbor Team:

The Good Neighbor Team is an organization of volunteers committed to building and maintaining ties with long-standing residents of West University Place. The GNT delivers gifts three times a year and addresses/sends seasonal cards several times a year. 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 GNT typically meets on the third Thursday of the month at the Community Building at 1:00 P.M.

All programs in this Fall newsletter will be virtual or drive thru events. We would love for you to participate!

Registration is required.

To Register you must call the office at

713 662 5895 or email [Tbrooks@westutx.gov](mailto:Tbrooks@westutx.gov)

**Holiday Closures:** Sept. 7, Nov. 26, 27, Dec. 24, 25

**Voting Dates:** Nov. 3 (Auditorium)

# September



- ☐ **Tues. Sept. 1: Coffee & Conversation Club** Grab some complimentary coffee and donuts and join us for fun conversation with your neighbors. [Drive Thru Event on Milton](#). RSVP required. 8:30 AM **Free!**



- ☐ **Tue. Sept. 1-29: Gyrokinesis Method 307030.01** Rhythmic movement method that addresses the entire body. Range of motion, and flowing sequences, resulting in a sense of calm well-being. Eight classes per session. Instructor, Fernando Garcia. [Zoom Meeting](#). 8 AM \$130

- ☐ **Tues. Sept. 1: Trivia Game "WWII Trivia"** Join us for a fun trivia game. [Join.me Meeting](#). 11 AM **Free!**

- ☐ **Thurs. Sept. 3: Artful Aging** Sarah McMurray, a fantastic speaker and Geriatric Specialist, will be speaking on "Relocate, Renovate, or Both". [Zoom Meeting](#). 11 AM **Free!**



- ☐ **Fri. Sept. 4: Price is Right Come On Down...** You could be the next contestant on the West U Price is Right. [Join.me Meeting](#). 11:30 AM **Free!**

- ☐ **Tues. Sept. 8: Trivia Game "Name That Tune"** Join us for a fun song guessing game. [Join.me Meeting](#). 11 AM **Free!**

- ☐ **Mon. Sept. 14: Wacky Holiday "Cream Filled Donut Day"** Celebrate this Donut holiday, with complimentary donuts and coffee during this carbolicious event sponsored by LivHome Care. RSVP required [Drive Thru Event on Milton](#). 9 AM **Free!**



- ☐ **Mon. Sept. 14: Silver Sleuths.** The Silver Sleuth Program focuses on educating older adults about schemes and fraud. Candy Twyman from the BBB is here to keep us updated on the latest. Wish to be notified weekly regarding scams by the BBB? Call Senior Services to get on the email list. [Join.me Meeting](#). 11 AM **Free!**

- ☐ **Tues. Sept. 15: Hangman Game** Join us for this old fashioned word game with a newfangled spin. [Join.me Meeting](#). 11 AM **Free!**

- ☐ **Tues. Sept. 15: Wacky Holiday "Make A Hat Day"** Join us for this fun crafting event. Prizes awarded for most creative hat. [Virtual option available](#). 3:00 PM **Free!**



- ☐ **Wed. Sept. 16: Covid 19 Q & A with Dr. Catherine Troisi** Dr. Troisi is a UTHealth Epidemiologist who appears regularly on the show Houston Matters. She will answer your questions today. [Join.me Meeting](#). 11 AM **Free!**

- ☐ **Thurs. Sept. 17: RUOK?** 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. [Join.me Meeting](#). 2 PM **Free!**



- **Thurs. Sept. 17: Premier World Travel** Trips featured are The Black Hill Dakotas, departing June 9, 2021. Plus, The Desert Oasis, Southern California National Parks, and the New England Rails and Trails trip that departs in October, 2021. Kimberley Torres from Premier provides this lecture. [Join.me Meeting](#). 4 PM **Free!**

- **Mon. Sept. 21: Ask Laura the Lawyer** Laura Bromlow is an attorney with The Dean Law Firm PLLC. Join Laura for this wonderful lecture on “Wills and Trusts”. [Join.me Meeting](#). 11 AM **Free!**

- **Tues. Sept. 22: Trivia Game “U.S. Presidential Fact/Fiction”** Join us for a fun trivia challenge game to test your skills, and knowledge. [Join.me Meeting](#). 11 AM **Free!**

- **Mon. Sept. 28: Wacky Holiday “National Good Neighbor Day”** Learn how to use the social media, “NextDoor”. You can reach out to your neighbor to enjoy shared hobbies, catch up on gossip, or find a good plumber or lost pet. Bring your tablet or phone and learn how. [Join.me Meeting](#). 10:30 AM **Free!**



- **Wed. Sept. 30: Kevin Hsu Chinese Medicine** Dr. Hsu will provide a presentation on the benefits of acupuncture and its effectiveness in relieving pain. [Join.me Meeting](#). 11 AM **Free!**

## October

- **Thurs. Oct. 1: Artful Aging** Sarah McMurray, a fantastic speaker and Geriatric Specialist, will be speaking on “Senior Home Safety”. [Zoom Meeting](#). 11 AM **Free!**

- **Tues. Oct. 6: Coffee & Conversation Club** Complimentary coffee, donuts and some neighborhood conversation with this friendly group. [Drive THru Event on Milton](#). 8:30 AM **Free!**



- **Tues. Oct. 6: Trivia Game “Name That Tune”** Join us for this fun song guessing game to test your knowledge. [Virtual option available](#). 11 AM **Free!**

- **Thurs. Oct. 8: Pumpkin Patch** We will travel to the pumpkin patch to pick out our pumpkins. [Virtual option available with RSVP](#). 10:30 AM \$5

- **Fri. Oct. 9: Holiday Craft Series** Pumpkins made out of mason jar lids. Put them on your porch! [Virtual option available](#). 10:30 AM \$3



- **Tues. Oct. 13: Pumpkin Decorating Contest** Get into the Halloween spirit and produce a pumpkin masterpiece. [Virtual option available](#). 11 AM **Free!**

- **Wed. Oct. 14: Wacky Holiday “National Dessert Day” “Let them eat cake!”** This popular French saying holds true especially on National Dessert Day! Join us for dessert. Drive down Milton for a complimentary dessert. Calories don’t count today. RSVPs only. Noon. **Free!**



- **Thurs. Oct. 15: Identifying a Stroke** Dr. Grotto will provide this wonderful lecture on stroke care and information on the Mobile Stroke Unit. [Join.me Meeting](#). 3 PM **Free!**
- **Fri. Oct. 16: Wacky Holiday Series "Dictionary Day"** Celebrate with us by playing the hilarious Dictionary parlor game of "Fictionary". [Join.me Meeting](#). 11 AM **Free!**
- **Mon. Oct. 19: Ask Laura the Lawyer** Laura Bromwell is an attorney with The Dean Law Firm. Laura will provide a presentation on "Leaving a Legacy". Feel free to ask questions at this event. [Join.me Meeting](#). 11 AM **Free!**
- **Tues. Oct. 20: Trivia Game "TV Trivia"** Join your hosts Patricia or Toby who will test your knowledge during this battle of wits today's game. [Join.me Meeting](#). 11 AM **Free!**
- **Tues: Oct. 27: Halloween Costume Contest** Join us for this fun social distancing contest. Send a photo of yourself dressed in your Halloween costume. Prize awarded for best costume. Send photos to [tbrooks@westutx.gov](mailto:tbrooks@westutx.gov) Winners announced on Friday, Oct. 30 **Free!**
- **Fri. Oct. 30: Halloween Bingo** Join us for a special bingo game using holiday cards. Call to register and receive your special game pieces and join the fun! Prizes awarded. 2 PM **Free!**



## November

- **Tues. Nov. 3: Voting & Coffee & Conversation Club** Complimentary coffee, and some neighbor chit chat with a friendly group. [Drive Thru on Milton](#). 8:30 AM **Free!**
- **Tues. Nov. 3 Wacky Holiday "National Sandwich Day"** Ed Heathcott will be preparing delicious sandwiches in honor of this wacky holiday. You must register with RSVP in advance. [Drive Thru Event on Milton](#). 11 AM **Free!**
- **Wed. Nov. 4: Wacky Holiday Series "Nacho Day"** We celebrate today, but the actual holiday is on Nov. 6. Join us for some delicious nachos and social distancing. RSVPs required. Bring a lawn chair and enjoy the weather and a mini Mexican feast. 11 AM \$5
- **Thurs. Nov. 5: Artful Aging** Join Sarah McMurray, a Geriatric Specialist, who provides excellent information. Today's topic is, "The Dangers of Polypharmacy". [Zoom Meeting](#). 11 AM **Free!**
- **Thurs. Nov. 5: Direct Link** Are you a West U Resident interested in the West U Alarm System and enhancements that have been added? Find out more at this interesting lecture with the WUPD Jessica Ly. [Join.me Meeting](#). 1 PM **Free!**
- **Fri. Nov. 6: Holiday Craft Series Pinecones and More!** Join us for this fun craft project using pinecones to make fun holiday characters. [Virtual option available](#). 10:30 AM \$3





- **Mon. Nov. 9: Christmas Island Lecture** On July 18, 1908, the freighter SS Aeon went aground. Join us for this harrowing true-life story of the 10 week ordeal of Chaplain BR Patrick, USN and Mr. Edwards's family. [Join.me Meeting](#). 10:30 AM **Free!**
- **Wed. Nov. 11: Tastings with Toby: "Red Wine, Apple Cider, Sangria"** Let us show you how to make this lovely drink for the upcoming holidays during this fun demonstration. [Virtual option available](#). 2 PM **Free!**
- **Tues. Nov. 17: Holiday Series "Take a Walk Day"** Meet us at the CB and join us for a walk to a local park in West U. Get outdoors while we social distance. Bring some trail mix. 9 AM **Free!**
- **Tues. Nov. 17: Holiday Recipe Club "Decorated Christmas Cookies"** Learn to make super cute cookies during this cooking show demonstration. [Virtual option available](#). 3:30 PM **Free!**
- **Thurs. Nov. 19: Houston Audubon Owl Program** Join us for this fascinating lecture and live owls with Mary Ann Weber from the Audubon Society. [Join.me Meeting](#). 2:30 PM \$5
- **Wed. Nov. 25: Pre Thanksgiving Treats** Join us for this fun Drive Thru event for some treats sponsored by Boy Scout Troop 266. 10 AM–10:30 AM **Free!**



## December



- **Tues. Dec. 1: Volleyball Tournament and Wacky Holiday "Candied Red Apple Day"** 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. Apple dip provided. [Virtual option available](#). 11 AM **Free!**
- **Wed. Dec. 2: World War II Program** Learn all about interesting facts from WWII during this program hosted by Patti. [Join.me Meeting](#). 11 AM **Free!**
- **Wed. Sept. 2: Parking Lot Pizza Party** Join us for Pizza outside on the picnic table behind the CB. Bring a portable chair to sit six feet apart. RSVPs only. 11 AM \$5
- **Thurs. Dec. 3: Artful Aging** Join specialist, Sarah McMurray for a fun morning of discussing favorite Holiday Memories including favorite foods, and also a recipe exchange. [Zoom Meeting](#). 11 AM **Free!**
- **Fri. Dec. 4: Gingerbread House Decorating** Come and decorate a gingerbread houses during this fun event. Bring bag of candy to add to the fun. Take your house home to use for décor for the holidays. Houses are limited so sign up early. [Virtual option available](#). 10:30 AM \$5





- **Mon. Dec. 7: Charades and Holiday Trivia** This fun game involves acting out words or phrases printed out on cards, and provides an excellent two-way communication opportunity that can strengthen interpersonal skills and a great workout for the brain. *Virtual option available.* 10:30 AM **Free!**

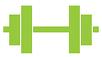
- **Tues. Dec. 8 Wacky Holiday "National Brownie Day"** Celebrate with us during this delicious holiday. Sponsored by Amber Bartosh with Performance Based Healthcare Solutions. *Drive Thru on Milton.* 1:30 PM **Free!**



- **Thurs. Dec. 10: Soup Starter Social** Join this event sponsored by the NCL girls. Be sure to RSVP for these scrumptious homemade soup mixes in a jar. Quantities are limited. *Drive Thru on Milton.* 10:30 AM **Free!**

- **Wed. Dec. 16: Tastings with Toby** Cocktails are a wonderful way to relax. Toby Brooks, will demonstrate a fanciful drink recipe for your enjoyment. *Virtual option available.* 2:30 PM **Free!**

- **Mon. Dec. 21: Wacky Holiday "Crossword Puzzle Day"** Join us for this intergenerational program where teens will be on hand to challenge you to a game of Wheel of Fortune. *Virtual option available.* 2 PM **Free!**



- **Tues. Dec. 22: Chair Volleyball Tournament** Laugh and cheer with the girls from NCL Post Oak If you are interested in trying this fun sport, come on! Today is the day to do it. 11 AM Possibly played outside. **Free!**

- **Wed. Dec 23: Christmas Bingo** Join us for a special virtual bingo game using holiday cards. Call to register and receive your special game pieces and join the fun! Prizes awarded. 2 PM **Free!**

- **Wed. Dec. 30: New Years Bingo** Join us for a special virtual bingo game using holiday cards. Call to register and receive your special game pieces and join the fun! Prizes awarded. 2 PM **Free!**

## Ongoing Senior Virtual Classes

### Get up and Move

*Virtual Classes are available online! Call the office to register 713 662 5895 or email [tbrooks@westutx.gov](mailto:tbrooks@westutx.gov)*

- **Mon. 3:15 PM Stay Strong Exercise: 307028** Focus on cardiovascular endurance, strength training, balance, and stretching. \$29 per month. New program new time when we can meet in person.



- **M/W 4:00 Afternoon Aerobics: 307014** Get your heart rate going while building muscle in a fun setting. *Virtual option available.*

- **Mon 10 AM & Thurs 5 PM: Zoom Tai Chi: 307011.01** Classes taught on Mondays and Thursdays via *Zoom* with instructor Greg Illich \$34/10 classes. New Tai Chi Session Begins Oct. 1



- Tue/Thurs 11 AM Best Stretch Ever:** An engaging class that uses no impact principles from Yoga and Pilates. Classes taught via Zoom with instructor, Jeryl Schultz. Call the office to register and receive [Zoom link](#). **Free!**
- Second and Fourth Wed. of the Month 2:00 PM Meditation:** A class of individuals who strive to make their lives more balanced. [Virtual option available](#). **Free!**
- Thurs. 5 PM: Zoom Evening Yoga:** Classes taught every Thursday via Zoom with instructor Esther Tell. Call the office to receive the [Zoom link](#). **Free!**
- Fri. 10:30 AM Line Dance "Come Dance w/ Me!":** Elsa Campbell teaches using [Facebook Live](#) to show you the steps to line dance in the comfort of your home. You will come out of this class with a smile on your face, a kick in your step and some excellent cardiovascular exercise.
- Online Grief Support:** Grief looks different for every individual. Let us provide you with the tools to deal with it. Sponsored by Vitas. Groups available online. <https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/grief-support/phone-in-grief-support-groups>



## At Your Leisure Classes

*Do these classes anytime in the comfort of your home.*

- The Early Risers Exercise:** This virtual instruction with Billie, is especially designed for an older age group. Will combine stretching, toning, and flexibility training. [Available anytime on YouTube](#). **Free!**
- Virtual Chair Yoga with Esther:** Studies have shown that Chair Yoga can be extremely helpful when it comes to combating stress, fatigue. [View Esther's videos on YouTube](#) **Free!**
- 5:30 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. [Virtual option available](#). **Free!**
- Fri. 2:00 Virtual Bingo:** Join over the phone or with your device. Call the office for the [Join.me link](#) or [phone number](#). Good company, good prizes. Loads of fun for all. **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 Program Specialist. Situations vary, and this will determine if a refund is possible. We will do our best to accommodate your needs. 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 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 fill and are subject to closure to non-residents. Payment ensures your enrollment. We no longer prorate for any classes.



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](http://www.westutx.gov/seniorservices)

Hours: M-F 7:30-5:30 PM

Like us on Facebook!

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**

*Call the office for more information. 713 662 5895.*

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