

Seniors on the Go

ALVIN PARKS AND RECREATION

AUGUST 2009

COMMENTS FROM THE COORDINATOR - SHERRY WOLFE

The summer season is drawing to a close but the summer heat seems to be here to stay! As a reminder the Senior Center is open from 8 a.m. to 5 p.m. Monday - Friday. If you need a place to cool down and get a drink of water please don't hesitate to spend the day with us.

Regardless of the temperature outside fall is right around the corner. Since fall doesn't necessarily bring cool temperatures in Alvin we are bringing you cool programs, trips and events here at the Senior Center. Mark August

28th on your calendar so you don't miss our annual Fall BBQ and Open House. This is your opportunity to get full on delicious Texas BBQ and see everything that the Senior Center and it's many groups have to offer. See column below for additional information.

If you just can't wait until the end of this month to get involved at the Center we completely understand. Stop in and talk to a staff member today and we will give you a tour of our awesome building and fill you in on of the fun things that happen here everyday!

SPECIAL EVENTS IN AUGUST:

- *Lunch Bunch - Las Rosas*
- *Rainforest Pyramid*
- *Learning Lunch*
- *L'auberge Du Lac*
- *Steel Magnolias*
- *Tuna Does Vegas*
- *A Tribute to Big Band - Miller Outdoor Theater*
- *Shiner Hobo Band*

COMING UP:

- *Grease*
- *Bluebell Creamery*
- *Kemah Wine Festival*
- *Country Western Dance*
- *1940's Air Terminal*
- *Lunch Bunch - Cracker Barrel*

Fall BBQ & Open House

Come see what we have to offer! The Senior Center is hosting its annual Open House and Fall BBQ. Groups from the center and representatives from various programs will be here to help you find something fun to get involved in at the Center. Come for lunch and find a reason to stay. RSVP.

DATE: August 28
TIME: 11:00 AM
COST: FREE



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AUGUST TRIPS AND SPECIAL EVENTS

A Tribute to Big Band - Miller Out Door Theater

The Conrad Johnson Foundation will present "A Tribute to the Big Band Era" featuring original works by Conrad Johnson and other big band greats such as Glenn Miller and Duke Ellington as performed by the Conrad Johnson Youth Orchestra, Young Adult Orchestra and the Conrad Johnson Jazz Heritage Orchestra.

**Must have minimum of 8 people signed up.*

DATE: August 21
TIME: 7:00 pm
COST : \$4.00



Steel Magnolias

"My Colors are blush and bashful...your colors are pink and pink." Steel Magnolias holds a special place in a lot of our hearts and now it holds one on the stage. Must sign up by August 1st.

DATE: August 27
TIME: 6:15 PM
COST: \$32.00

Rainforest Pyramid

Lets try this one again... Hurricane Ike got the best of this trip last time but we are not going to miss it again.

**Must have minimum of 6 people signed up.*

DATE: August 4
TIME: 9:00 AM
COST: \$10.00 + lunch

L'auberge Du Lac

Try your luck with more casino fun. It just might be your lucky day. Please remember these trips fill us fast. If you are feeling lucky make sure you reserve your spot today!

DATE: August 25
TIME: 7:00 AM
COST: \$10.00



Tuna Does Vegas

The hilarity begins again when characters from the 'third smallest town in Texas' take a rambling romp in Sin City. This show never ceases to entertain, and will have you laughing to the point of tears. Come take in one of the most hilarious show around with us and consider it your abdominal work-out for the day!

**Must have minimum of 8 people signed up.*

DATE: August 11
TIME: 7:00
COST: \$30.00

NEWLY ADDED TRIP!

Shiner Hobo Band

The Shiner Hobo Band will be playing Sengelmann Hall's Great Texas Pulka and we just can't miss it. This fun and talented group of musicians is worth the short drive to Shulenburg. Be sure to eat your lunch before we depart or pack it for the ride.

**Must have minimum of 10 people signed up.*

DATE: August 23
TIME: 12 PM
COST: \$13



LEARNING LUNCH

LEARNING



LUNCH

Mystery Topic

The Second Thursday of every month come have lunch on us and learn a little something while you are here. Topics will vary but will always be top notch. Join us, I bet you learn something. This month we have a mystery topic planned for you. You will just have to trust us and come check it out.

DATE: August 13
TIME: 11 AM
COST: FREE
** RSVP*

LUNCH BUNCH

Las Rosas Mexican Grill

Eat some tasty Mexican food with us! Whether you like traditional or something a little different this place is Muy Bueno! With the special summer lunch bunch prices these trips are filling up fast. Reserve your spot today so you don't miss out on all of the fun!

**Must have minimum of 6 people signed up.*

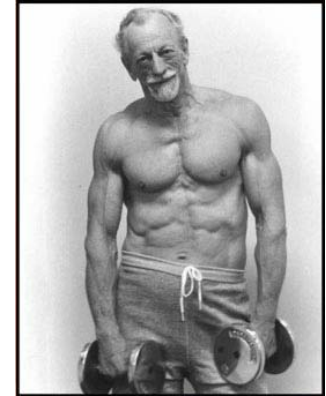
DATE: August 7
TIME: 11:00 AM
COST: FREE plus lunch

Special
Summer Price!



AUGUST HEALTHLETE OPPORTUNITIES

- Fall BBQ (15 points)
- Rainforest Pyramid Senior Trip (15 points)
- Learning Lunch, August 13 at ASC (15 points)
- Wii Wednesday, at ASC (15 Points)
- ACES, Monday, Wednesday and Friday at ASC (15 points)
- Body Recall, Monday, Wednesday and Friday at ACS (15 points)



UPCOMING TRIPS AND EVENTS

Grease

Take a trip to simpler time of poodle skirts, t-birds, and drive ins. Watch bad boy Danny fall in love with the girl next door Sandy. Spots for this trip will fill up fast! If you want to watch Grease with us please remember to sign-up as soon as possible.

DATE: September 10
TIME: 7:00 PM
COST: \$40

Hooray for the Holidays

It may still be close to 100 degrees outside but the holidays are right around the corner. I'm sure we will get some milder weather for our annual Holiday Party. Please RSVP by November 13th and let us know what dessert you plan to bring.

DATE: November 19
TIME: 11:30 AM
COST: FREE

Hooray for



the Holidays!

Senior Dance

We know everyone has been counting down the days until the Country Western Dances would start again. You don't have to wait any longer! The first dance of the season is this month. Bring a friend and enjoy the sounds of Country Now and Then. Remember you no longer need to worry about bringing a snack to share, refreshments will be provided.

DATE: Tuesday, September 15
TIME: 7 PM
COST: \$4.00



PROGRAMS

Legal Lecture

Lone Star Legal Aid is back and starting a lecture series before their normal one on one legal appointments.

DATE: August 27
TIME: 10:00 AM

BODY RECALL

This exercise class helps with mobility and flexibility. Call the Senior Center for more info.

WHEN: MWF
TIME: 1 - 2 PM
COST: Call Center

BARBERSHOP CHORUS

If you are a man and you like to sing come check out this harmonious group. New members are always welcome.

WHEN: Tuesdays
TIME: 6 PM

GRIEF & LOSS SERIES

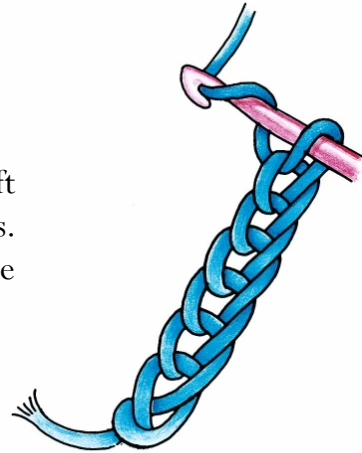
Rebecca Deaton, Director of Bereavement Services, will be starting a weekly grief and loss series starting June 2nd.

WHEN: Tuesdays
TIME: 10:30 am- noon

CROCHETING

Join Grace Collins, in the craft room for our Crocheting class. Learn to crochet or just come crochet with fun company.

WHEN: Thursdays
TIME: 1:30 - 3 PM



T.O.P.S

Join Sue Davis and her group to learn how to "Take Off Pounds Sensibly". Stay fit and healthy the right way.

WHEN: Tuesdays
TIME: 6:30 - 8 PM

MAH JONGG

Do you know how to "Mah Jongg"? Come see what all the excitement is about and learn this fun and challenging game.

WHEN: Wednesdays
TIME: 1 PM

QUILTING

Beginning and Intermediate quilting instruction offered by Sue Driscoll.

WHEN: Mondays
TIME: 6 - 8:30 PM

"IT IS BETTER TO
BE AN OPTIMIST
WHO IS SOMETIMES
WRONG THEN A
PESSIMIST WHO IS
ALWAYS RIGHT."

~ *Unknown*



PROGRAMS



Card BINGO

This is a whole new spin on traditional BINGO. Bring your sense of adventure and \$1. Fun awaits you!

DATE: August 19
TIME: 10 am - 12 pm
COST: \$1

ALED

Twenty week Active Living Everyday course. Practical and real life ways to improve your health.

DATE: Tuesdays
TIME: 9: - 10 AM

GAMERS

If you like games (especially dominoes) you will love this group!

WHEN: Mon. & Fri
TIME: 1 - 5 PM

AUGUST BIRTHDAY CELEBRATION

Berlene from Alvin Health Care will be at the Center honoring all those August babies!

WHEN: August 27
TIME: 10 AM

ACES

This evidence based exercise class is so much fun you won't know it is good for you. Playing to Stay Healthy!

DATE: MWF
TIME: 9 - 10 AM
COST: FREE

COMPASSIONATE CHORAL

Marlena Nelson leads the best Gospel Sing – A – Long around.

WHEN: August 4 & 18
TIME: 10 AM

ALVIN COUNTRY SQUARES

Do-Si-Do your partner and square up with the best little square dance club in Texas.

WHEN: Thursdays
TIME: 7:30 PM
COST: \$4

DOMINO TOURNAMENT

Bring your partner or come solo and we will partner you with another awesome domino player.

WHEN: August 10
TIME: 1 PM

“THERE IS ONLY ONE WAY TO HAPPINESS, AND THAT IS TO CEASE WORRYING THINGS WHICH ARE BEYOND THE POWER OR OUR WILL.”
 ~ Epictetus



PROGRAMS

WII WEDNESDAYS

Do you miss bowling? Wii have just what you need. Compete in monthly bowling tournaments or just come and “train” anytime of the month. This new interactive video game will make you feel like a kid again.

DATE: August 5
TIME: 10 am - 12 pm
COST: FREE

BREAKFAST & BONES

Is there any better combination then a good breakfast and a fun group of domino players? We don't think so! Enjoy a delicious breakfast, coffee and dominoes with us every week. August menu is posted in West End Kitchen.

DATE: Wednesdays
TIME: 8:30 - 11:30 am
COST: FREE

LONE STAR LEGAL AID

Legal Advice is back! Free one on one legal counseling is offer by Lone Star Legal Aid. Service is first come first serve. Be sure to get an appointment in advance.

DATE: August 27
TIME: 11 am
COST: FREE

ANNOUNCEMENTS

- Visit the City Website and sign-up to receive email alerts about any new happenings at the Center. Simply go to: <http://www.alvin-tx.gov> and click “subscribe to email alerts”.
- The senior center is always looking for new programs and classes. If you or someone you know has a talent you would like to share with your peers please talk to a staff member today.
- If you are interested in serving on the Senior Board please talk to a staff member today.
- Both our painting and ceramics class are on break until the Fall.
- If you need a place to beat the heat , come soak up some Senior Center AC . We are open M-F 8-5 and one cool place to hang out.
- If your senior group meets at the Center and has not already reserved their 2010 meeting dates please get with a staff member to reserve your meeting dates today.

SENIOR BOARD

- Barbara Biggers, *President*
- Beverly Kimbrough, *Historian*
- Kathy Jennings, *Secretary*
- Wanda Garrett
- Marlena Nelson, *Vice President*
- Jerry White

Our next board meeting will be Monday, August 10 at 9 AM.

CONTACT US:

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Joan Pagan

Receptionist

Arthur Pryor

Opener / Closer

Jessica Aucion- Hilton

Recreation Specialist

Edward Hersh

Parks and Recreation Director

THE ALVIN SENIOR CENTER WILL BE GLAD TO ASSIST YOU WITH ROOM RENTALS FOR BIRTHDAYS, GRADUATION PARTIES, BABY SHOWERS, WEDDINGS, ANNIVERSARIES OR OTHER TYPES OF PARTIES OR SPECIAL EVENTS. WE HAVE A SPACIOUS FACILITY AND OUR RENTAL RATES ARE VERY REASONABLE. CALL US FOR MORE INFORMATION.
 281-388-4298



ORGANIZATIONS

BUNCO	August 6 (6:30-9:30)
RETIRED SCHOOL EMPLOYEES	No Meeting This Month
GARDEN CLUB	No Meeting This Month
ACTIONS	Mon.-Fri. (8-2 PM)
DAYTIMERS	August 24 (10:30-12:45PM)
ARE YOU OK?	August 14 (10:00-12PM)
LONE STAR DAY LILY SOCIETY	August 16 (2-5 PM)
MUSTANG CLUB	August 7 (1-2:30 PM)
WOODMEN OF THE WORLD	August 4 (6-8 PM)
GULF COAST QUILTERS GUILD	August 5 (6 - 9 PM)
MONDAY QUILTING	Mondays (6:30 -10PM)
FRIDAY NIGHT SPECIAL BEE	Fridays (4:30 - 10 PM)
MONDAY BRIDGE	Aug. 10 & 24 (10AM - 1:30PM)
TUESDAY BRIDGE	No Meetings This Month
THURSDAY BRIDGE	No Meetings This Month