

Seniors on the Go

ALVIN PARKS AND RECREATION

JULY 2009

COMMENTS FROM THE COORDINATOR - SHERRY WOLFE

I'm sure that everyone has seen the weather report they are calling for hot, hot and more hot. As the temperature continues to rise it becomes increasingly necessary to take precautions to stay cool. If you need a place to cool down please stop in and enjoy our air conditioning. In addition, do not hesitate to ask a staff member for something to drink if you need to rehydrate.

We also recommend that during the summer you consider changing your exercise routine to include more activities that take place in a cool environment

rather than outside to avoid heat related illnesses.

We currently have two group exercise programs that meet Monday, Wednesday and Friday. In the morning from 9 a.m. to 10 a.m. our Senior ACES exercise group meets and in the afternoon from 1 p.m. to 2 p.m. Body Recall meets. Stop by and check them out to find the best fit for you.

Group exercise not your thing? We also have a treadmill, two stationary bikes and a gazelle available for your use from 8 a.m. to 5 p.m. Monday through Friday. See you soon.

Rock the Dock

It is too hot to go to Kemah during the day so we are headed down to Kemah at night to eat at the restaurant of your choice and listen to live music! There is something magical about listening to live music while eating delicious food and staring out at the ocean. Come eat, drink and rock the dock to live tunes by *The Madigan's!*

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

DATE: July 2
TIME: 5:30 pm
COST: \$3.00 + Dinner



SPECIAL EVENTS IN JULY:

- Luau
- Diabetic Education
- Hello Dolly
- Dance at Laurel Court
- Terracotta Warriors
- Learning Lunch
- Phantom of the Opera
- Lunch Bunch - Spaghetti Warehouse

COMING UP:

- Fall BBQ & Open House
- Rainforest Pyramid
- Lunch Bunch - Las Rosas
- L'auberge Du Lac
- Steel Magnolias
- Tuna Does Vegas

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JULY TRIPS AND SPECIAL EVENTS

Luau

Aloha! Time to break out your grass skirts and leis. We are hosting our Second Annual Summer Luau. Hang Ten with some big Kaunas, and enjoy a tasty summer lunch. There will also be a live performance by Polynesian dancers and you will have a chance to show us how well you can shake your hips. RSVP by July 1st to ensure you are in on the action.

DATE: July 16
TIME: 11:00 AM
COST: FREE!



Terracotta Warriors

The Houston Museum of Natural Science presents what some are calling the 8th wonder of the world. One of the most extraordinary archeological finds of the 20th century. Be awe struck with us.

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

DATE: July 11
TIME: 10:00 AM
Cost: \$ 28.00 +



Phantom of The Opera

Andrew Lloyd Webber's international award-winning phenomenon directed by Harold Prince, The Phantom of the Opera, the longest running show in Broadway history, now comes/returns to Houston to take *your* breath away.

DATE: July 23
TIME: 6:45 PM
Cost: \$35.00

Hello Dolly

"Some people paint, some sew... I meddle," replies Dolly and we are off on a whirlwind race around New York in the early twentieth century, as we follow the adventures of America's most beloved match-maker at Brazosport Theater.

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

DATE: July 15
TIME: 6:45 PM
COST: \$20.00

Dance At Laurel Court

Go see the new Laurel Court facility! While you are there enjoy live music and have glamour shots taken by a professional photographer. This event does not include transportation from the Senior Center. Please call 281-388-4298 to RSVP.

DATE: July 21
TIME: 6:00 pm
COST: FREE
LOCATION: Laurel Court, 3830 Mustang Rd

APRIL 8-12, 2010: CARNIVAL CARIBBEAN CRUISE



Cabin Cost

(based on double occupancy)

Inside: \$445.41/person

Ocean View: \$495.51/person

Payment Details

\$25 deposit by July 30th

\$175 payment by December 1st

Final Balance due February 1, 2010

LEARNING LUNCH

LEARNING



LUNCH

Smart Seniors Ask for Help

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 Lena Maye Ferris Foundation coming to talk to you while you enjoy lunch.

DATE: July 9

TIME: 11 AM

COST: FREE

*RSVP

LUNCH BUNCH



Spaghetti Warehouse

“The Spaghetti Warehouse combines Old World Italian Traditions with American abundance in hearty, made from scratch dishes. A festive atmosphere, large seating capacity and more than 21 locations in 9 states make Spaghetti Warehouse locations ideal for family celebrations and group gatherings.”

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

DATE: July 10

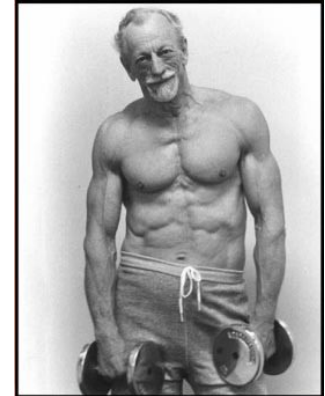
TIME: 11:00 AM

COST: FREE plus lunch



JULY HEALTHLETE OPPORTUNITIES

- Luau (15 points)
- Senior Dance @ Laurel Court (15 points)
- Learning Lunch, July 9 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)



EDUCATIONAL SESSIONS

Diabetes

Diabetes can have a large impact on you life especially if you have been recently diagnosed. Come join us for this informative diabetic education class. Learn how to correctly use your meter, cook nutritional meals and use the food pyramid to make good choices. For more info please call 281-388-4298



DATE: July 22
TIME: 11 AM
COST: FREE

UPCOMING SHOWS

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



PROGRAMS

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

Legal Lecture

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

DATE: July 23
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

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

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

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

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

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

~James Dent

PROGRAMS

Card BINGO

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

DATE: July 15
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

JUNE BIRTHDAY CELEBRATION

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

WHEN: July 23
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: July 7
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: July 13
TIME: 1 PM

“Ah, summer, what power you have to make us suffer and like it.”

~Russel Baker

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: July 8
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.

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: July 23
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 have a talent you would like to share with your peers please talk to a staff member today so we can get you started.
- 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.

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 8 at 9 AM.

CONTACT US:

Alvin Senior Center
 216 W. Sealy - mail
 309 W. Sealy
 Alvin, TX 77511
 Monday - Friday 8:00 AM to 7:00 PM

Office : 281-388-4298
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Website: www.alvin-tx.gov

Staff:

Sherry Wolfe

Coordinator
 Email- swolfe@cityhall.cityofalvin.com

Michelle Nesrsta

Assistant Coordinator
 Email - mnesrsta@cityhall.cityofalvin.com

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	July 2 (6:30-9:30)
RETIRED SCHOOL EMPLOYEES	No Meeting This Month
GARDEN CLUB	No Meeting This Month
ACTIONS	Mon.-Fri. (8-2 PM)
DAYTIMERS	July 27 (10:30-12:45PM)
ARE YOU OK?	No Meeting this month
LONE STAR DAY LILY SOCIETY	July 19 2-5
MUSTANG CLUB	No Meeting this month
WOODMEN OF THE WORLD	July 7 (6-8 PM)
GULF COAST QUILTERS GUILD	July 1 (6 - 9 PM)
DIZZY BUSY BEE QUILTING	Mondays (6:30 -10PM)
FRIDAY NIGHT SPECIAL BEE	Fridays (4:30 - 10 PM)
MONDAY BRIDGE	July 13 & 27 (10AM - 1:30PM)
TUESDAY BRIDGE	No Meetings This Month
THURSDAY BRIDGE	No Meetings This Month