

# Seniors on the Go

ALVIN PARKS AND RECREATION

SEPTEMBER 2009

## COMMENTS FROM THE COORDINATOR - SHERRY WOLFE

As most of you may have already heard around town Michelle Nesrsta and myself have been relocated to office at the Parks and Recreation office. We will both continue to work closely with the new Coordinator, Joan Pagan, to find new programs that would benefit Alvin area seniors. We are excited to be able to continue to accompany you on many of the day trips around Houston and participate in all of the annual special events.

As this is the last time I will be writing the "Comments from the Coordinator" section of

your newsletters I would like to let everyone know that it has been my pleasure to be your Coordinator for the past four years. I knew that I would eventually have to let someone else have all of the fun and I am more than confident that the Center is in excellent hands.

Most of you have already had the pleasure of getting to know the new Senior Center Coordinator, Joan Pagan, and if you have not already met her I know you will love her as much as everyone else does. We look forward to continue seeing the Center flourish.

## SPECIAL EVENTS IN SEPTEMBER:

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

## COMING UP:

- *Oktoberfest*
- *Quilt Festival*
- *Lunch Bunch - Philips*
- *Pasta Pot Luck*
- *Isle of Capri*
- *Shangrila Botanical Gardens*
- *Senior Garage Sale*
- *Hooray for the Holidays*
- *Chocluck*

## Country Western Dances are BACK!

Dust off those cowboy boots because the boot scootin' fun is back in full swing. Starting this month the monthly Country Western Dances featuring live music by *Country Now and Then* will officially be back from summer break. This fall the price of dances has increased to \$5 per person but light refreshments will be provided so there is no longer a need for everyone to bring a snack. Tell all of your friends, these dances are something no one will want to miss! See you there.

**DATE:** September 15  
**TIME:** 7:00 PM  
**COST:** \$5 per person



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## SEPTEMBER TRIPS AND SPECIAL EVENTS

### Bluebell Creamery

Come take a peak at how the best ice cream in the county is made. As R.W. Apple Jr. of *The New York Times* put it, "... Blue Bell is not all hat and no cattle, as they say of some things and some people in Texas. With clean, vibrant flavors and a rich, luxuriant consistency achieved despite a butterfat content a little lower than some competitors, it hooks you from the first spoonful." Be sure to not fill up on too many samples or you won't have room everyone's favorite restaurant Almost Heaven.

**DATE:** September 22  
**TIME:** 8:30 AM  
**COST:** \$13.00 + lunch



### 1940's Air Terminal

Come check out this awesome display of aeronautical history. Take flight though the past and check out this unique museum that can only be found in Houston, TX! The first person to correctly identify the group shown in the picture to the right will get to go on this trip FREE!!!

**DATE:** September 30  
**TIME:** 9:30 AM  
**COST:** \$8.00 + lunch

### Kemah Wine Festival

Come join us for a delicious sampling of food and wine, while learning about varieties and food pairings! Enjoy food from 5 restaurants and wine from 13 wineries. Many people would agree that there is no better thing than a good glass of wine. Here at the Senior Center we all agree the best events always involve good friends, good company and a good plate of food. This trip combines the best of both worlds because you can go with your friends to taste delicious food while sipping some of the best wine around.

**DATE:** September 19  
**TIME:** 1:00 PM  
**COST:** \$40.00



## SEPTEMBER TRIPS AND SPECIAL 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:** \$40.00



## LEARNING LUNCH

**LEARNING**



**LUNCH**

### Food Safety/Healthy Choices

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 Delia Hernandez coming to talk about food safety and making healthy choice.

**DATE:** September 10  
**TIME:** 11 AM  
**COST:** FREE  
 \* RSVP

## LUNCH BUNCH

### Cracker Barrel

Lets have some "feels like home cookin" and browse the General Store at Pearland's newest location. Can you smell those biscuits baking?

*Please note: The restaurant in Pearland will hopefully be open in time for this trip. If not we will be going to a different Cracker Barrel location.*

**DATE:** September 2  
**TIME:** 11:00 AM  
**COST:** FREE

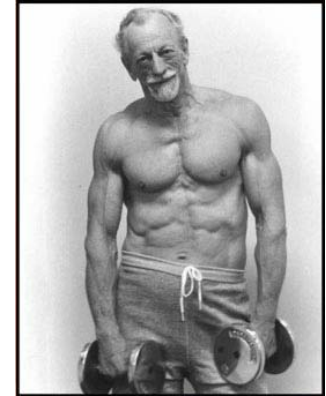
Special  
Summer Price!



Old Country Store

## SEPTEMBER HEALTHLETE OPPORTUNITIES

- Country Western Dance (15 points)
- Bluebell Creamery Tour (15 points)
- Learning Lunch, September 10 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

### 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:** \$2 plus dessert



### Shangrila Botanical Gardens

The Botanical Gardens features more than 300 species of plants in nine formal gardens. This is a walking tour so strap on your walking shoes.

*Minimum of 15*

**DATE:** October 10  
**TIME:** 9 AM  
**COST:** \$15.00

### Oktoberfest

Gutes Essen Gute Lustige Gute Partei! Good food Good Fun Good Party!! We are preparing a German treat for you. Come have a festive German lunch with us were going to give it all we've BRAT. Missing this event would be the wurst thing you could do! Limited spaces available, please be sure to RSVP by no later than October 19th.

**Date:** October 22  
**Time:** 11:00 AM  
**Cost:** FREE



## PROGRAMS

### Legal Lecture

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

**DATE:** TBA  
**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

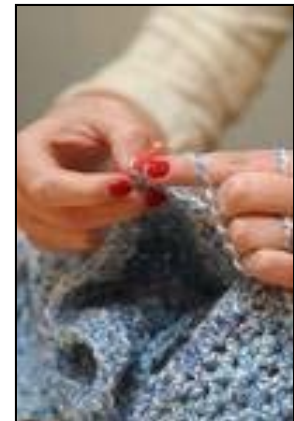
Rebecca Deaton, Director of Bereavement Services, will be starting a weekly grief and loss series starting October 6

**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

"GRANDMAS  
ARE MOMS  
WITH A LOT OF  
FROSTING."

~ *Unknown*



## PROGRAMS



### Card BINGO

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

**DATE:** September 16  
**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:** Jan 2010

### GAMERS

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

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

### SEPTEMBER BIRTHDAY CELEBRATION

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

**WHEN:** Sept. 24  
**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:** September 1&15  
**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:** Sept. 14  
**TIME:** 1 PM

“NO COWBOY WAS EVER FASTER ON THE DRAW THEN A GRANDPARENT PULLING A BABY PICTURE OUT OF A WALLET.”

~ *Unanimous*



## 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:** September 2  
**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:** September 24  
**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 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.
- The office at the Senior Center and the Parks Office have been under some recent reorganization. Michelle and Sherry's main office will now be at the Parks Office, 800 Dyche Ln. They will however still office a few hours a day at the Senior Center. If you need to contact either of them while they are out of the Center please feel free to call them at the Parks Office. For Michelle Nesrsta call 281-388-4297 or for Sherry Wolfe call 281-388-4291.

## 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, September 14 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  
**Fax :** 281-388-4367  
**Website:** www.alvin-tx.gov

### Staff:

#### Joan Pagan

*Coordinator*  
 Email- jpagan@cityhall.cityofalvin.com

#### Arthur Pryor

*Opener / Closer*

#### Jessica Aucion- Hilton

*Recreation Specialist*

#### Edward Hersh

*Parks and Recreation Director*

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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

|                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>BUNCO</b>                      | Sept. 3<br>(6:30-9:30)          |
| <b>RETIRED SCHOOL EMPLOYEES</b>   | Sept. 3<br>(3-6 PM)             |
| <b>GARDEN CLUB</b>                | Sept. 3<br>(8:30-12:30)         |
| <b>ACTIONS</b>                    | Mon.-Fri.<br>(8-2 PM)           |
| <b>DAYTIMERS</b>                  | Sept. 28<br>(10:30-12:45PM)     |
| <b>ARE YOU OK?</b>                | September 11<br>(10:00-12PM)    |
| <b>LONE STAR DAY LILY SOCIETY</b> | September 20<br>(2-5 PM)        |
| <b>MUSTANG CLUB</b>               | September 4<br>(1-2:30 PM)      |
| <b>WOODMEN OF THE WORLD</b>       | September 1<br>(6-8 PM)         |
| <b>GULF COAST QUILTERS GUILD</b>  | September 2<br>(6 - 9 PM)       |
| <b>MONDAY QUILTING</b>            | Mondays<br>(6:30 -10PM)         |
| <b>FRIDAY NIGHT SPECIAL BEE</b>   | Fridays<br>(4:30 - 10 PM)       |
| <b>MONDAY BRIDGE</b>              | Sept. 14 & 28 (10AM - 1:30PM)   |
| <b>TUESDAY BRIDGE</b>             | Sept. 8 & 22 (9:30 AM - 3:30PM) |
| <b>THURSDAY BRIDGE</b>            | Sept. 10 & 24 (1:00 - 5:00 PM)  |