

Seniors on the Go

ALVIN PARKS AND RECREATION

FEBRUARY 2010

COMMENTS FROM THE COORDINATOR - JOAN PAGAN

We all hope that 2010 has started off great! Did you know that 2010 is the year the year of the Tiger in the Chinese Zodiac. Any of your grandchildren born in 2010 are said to be sensitive, sympathetic, indecisive and powerful. Everyone born in 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986 and 1998 are also Tigers.

Knowing a person's Chinese Zodiac sign will help you guess a persons age within 12 years without having to actually ask their age. The 12 Chinese

zodiac signs are rat, ox, tiger, rabbit, dragon, snake, horse, ram, monkey, rooster, dog and pig.

Did you ever wonder why the animals are in the order they are? "Legend has it that the 12 animals argued who would be first, so the gods called for a swimming contest. All 12 animals gathered at a river bank and jumped in, but the rat shrewdly hopped on the ox's back. Although the ox reached the opposite shore first, the rat leaped onto land and won the race before the ox climbed out of the water!"

Heath Healthy Luncheon

It's is the time of year where all you see is hearts everywhere. But instead of the valentine's heart, we are celebrating your heart! Enjoy a "Heart Healthy" lunch with us! All food will be prepared with your most important organ in mind. *RSVP by February 10th.*

DATE: February 15
TIME: 11 AM
COST: \$5.00



SPECIAL EVENTS IN FEBRUARY:

- *Lunch Bunch - T-Bone Toms*
- *Newman's Castle*
- *My Funny Valentine*
- *Miss Saigon*
- *Ms. Alvin Senior Pageant Info Session*
- *Arthritis Info Seminar*
- *Senior Country Western Dance*

COMING UP:

- *South Pacific*
- *Lunch Bunch - Hickory Oaks BBQ*
- *Lucky Leprechaun Potluck*
- *L'auberge Du Lac*
- *Strolling the Strand*
- *Mother's Day Brunch*
- *Father's Day Lunch*

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FEBRUARY TRIPS AND SPECIAL EVENTS

Newman's Castle

We are headed to Bellville to see an actual castle complete with draw bridge. Who knew we had a real castle so close to home? The tour comes complete with lunch and an experienced tour guide.

Minimum of 10

DATE: February 23
TIME: 8:30 AM
COST: \$ 23.00

Pageant Info Session

Come find out how you can become the next Ms. Alvin Senior. Hear from past queens about how much fun they have had holding the title and what you can expect if you choose to participate. 2010 is your time to shine!

DATE: February 25
TIME: 10:00 AM



Country Western Dance

This month's Country Western Dance is our annual dance sponsored by Alvin HS PALS. Stop by and see what wonderful things they have planned for this year! Refreshments will be provided.

DATE: February 16
TIME: 7:00 PM
COST: FREE

Arthritis Info Session

Come find out how you can relieve some of that arthritis pain. This seminar will give you tips and tricks for alleviating arthritis pain. Lunch will be provided .

DATE: February 25
TIME: 11:00 AM
COST: FREE

Veteran's Benefits

Audrey Smith will be at the Senior Center to present information on Veteran's Benefits. Please mark you calendars. Refreshments will be provided.

DATE: February 16
TIME: 11:00 AM
COST: FREE

My Funny Valentine

A deliciously funny and romantic romp through the incredible songs of Rodgers & Hart! Each musical gem is like a play in itself. Prepare to revel in classics like "Blue Moon", "Isn't It Romantic?", "Ten Cents a Dance", "Spring is Here", "Johnny One-Note", "The Lady is a Tramp", "Bewitched", "My Funny Valentine" and dozens more! *Minimum of 6*

DATE: February 4
TIME: 7:00 PM
COST: \$ 16.00



FEBRUARY TRIPS AND SPECIAL EVENTS

Miss Saigon

This inspired classic love story in wartime, have woven songs pulsing with memorable melodies and resonant lyrics. With its exotic setting, but familiar conflict of returning draftees, MISS SAIGON makes the story of MADAME BUTTERFLY new again.

Minimum of 6

DATE: February 17

TIME: 7:00 PM

COST: \$43.00



LEARNING LUNCH

LEARNING



LUNCH

Falls & Fractures

Learning Lunches are held the second Thursday of every month. This month AMED will be our guest speaker. Come have lunch on us and learn a little something while you are here.

DATE: February 11

TIME: 11 AM

COST: FREE

* RSVP

LUNCH BUNCH

T-Bone Tom's

This super yummy restaurant was recently featured on the Food Network show Diners, Drive-in's and Dives. They have been "serving up tasty comfort food to loyal patrons since 1974". Thanks to Carmen Alverado for suggesting this fun place to eat.

Minimum of 6

DATE: February 8

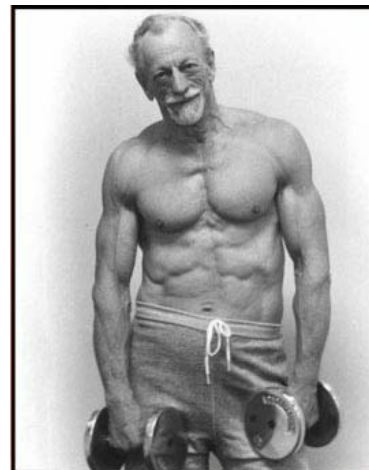
TIME: 10:30 AM

COST: \$4.00 + Lunch



FEBRUARY HEALTHLETE OPPORTUNITIES

- Arthritis Info Seminar at ASC (15 points)
- Pageant Info Session at ASC (15 points)
- Hearth Healthy Luncheon (15 points)
- Active Living Everyday (20 points)
- Learning Lunch at ASC (15 points)
- Wii Wednesday, at ASC (15 Points)
- ACES, Monday, Wednesday and Friday at ASC (20 points)
- Body Recall, Monday, Wednesday and Friday at ACS (20 points)



UPCOMING TRIPS AND EVENTS



Lucky Leprechaun

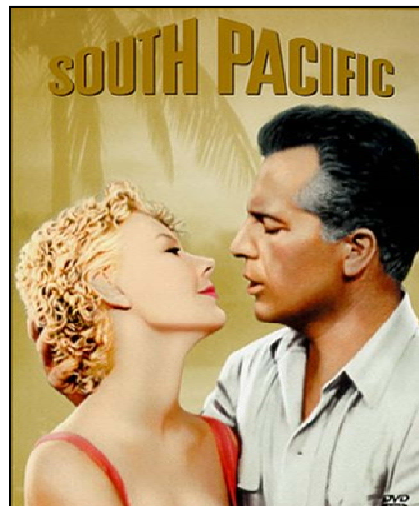
There are only two kinds of people in the world, The Irish and those who wish they were. The Senior Center is celebrating with a Pot Lucky Leprechaun Lunch. Please call to sign-up and let us know what you plan to bring. May the luck of the Irish be with you this entire month!

DATE: March 17
TIME: 11:00 AM
COST: Your Irish Dish to share

South Pacific

Set on a tropical island during World War II, the musical tells the sweeping romantic story of two couples and how their happiness is threatened by the realities of war and by their own prejudices. The beloved score's songs include "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outta My Hair," "This Nearly Was Mine" and "There is Nothin' Like a Dame"

DATE: March 18
TIME: 7:00 PM
COST: \$43.00



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

GRIEF & LOSS SEMINAR

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

QUILTING

Beginning and Intermediate quilting instruction offered by Sue Driscoll.

WHEN: Mondays
TIME: 6 - 8:30 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



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

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

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

"IF YOU WANT TO GET THER IN A HURRY, GO BY YOURSELF. IF YOU WANT TO GET THERE AND GO FAR, GO TOGETHER."

- African Proverb



PROGRAMS



OIL PAINTING & WATERCOLOR

Beverly Kimbrough's painting class is back in full swing. Stop by to get the supply list and start painting today!

WHEN: Wednesdays
TIME: 1-3 PM

Card BINGO

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

DATE: February 17
TIME: 10 am - 12 pm
COST: \$1

ALED

Twenty week Active Living Everyday course. Practical and real life ways to improve your health. Starts Jan. 12th.

DATE: Tuesdays
TIME: 9 AM

CAKE DECORATING

This sweet class that will have you decorating like a pro in no time. Supply list will be given at the first class on January 5.

WHEN: Tuesdays
TIME: 1-3 PM
COST: Your Supplies

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

FEBRUARY BIRTHDAY CELEBRATION

Happy Birthday to everyone born in February. Enjoy cake and punch with us!

WHEN: February 25
TIME: 10 AM
COST: FREE

GAMERS

If you like games (especially dominoes) you will love this group! Stop by and introduce yourself to your new best friends!

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

DOMINO TOURNAMENT

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

WHEN: February 8
TIME: 1 PM

"WHAT THE WORLD
REALLY NEEDS IS
MORE LOVE AND
LESS PAPERWORK."

- Pearl Bailey



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: February 10
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. December 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 by appointment only Be sure to get an appointment in advance.

DATE: Appointments Required
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.
- We are still seeking a Tai Chi instructor. If you or anyone you know is qualified and interested in starting a Tai Chi class in March please talk to a staff member today.
- The Balanced for Life Presentation originally scheduled for January 26th was rescheduled for February 2nd at 11:30 a.m. Tammy Hopkins, LVN from Amedisys Home Health Care will be at the Center to talk about ways for you to become more “Balanced for Life”. Refreshments will be provided.
- If you are interested in volunteering at the Senior Center please talk to a staff member today.

SENIOR BOARD

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

Our next board meeting will be Monday, February 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
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 Attendant

Michelle Nesrsta

Recreation Specialist

Sherry Wolfe

Recreation Manager

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	First Thurs. of the month (6:30-9:30)
RETIRED SCHOOL EMPLOYEES	First Thurs. of the month (3-6 PM)
GARDEN CLUB	First Thurs. of the month (8:30-12:30)
ACTIONS	Mon.-Fri. (8-2 PM)
DAYTIMERS	Last Mon. of the month (10:30-
ARE YOU OK?	2nd Fri. of the month (10:00-12PM)
LONE STAR DAY LILY SOCIETY	3rd Sun. of the month (2-5 PM)
MUSTANG CLUB	First Fri. of the month (1-2:30 PM)
WOODMEN OF THE WORLD	First Tues. of the month (6-8 PM)
GULF COAST QUILTERS GUILD	First Wed. of the month (6 - 9 PM)
MONDAY QUILTING	Mondays (6:30 - 8:30PM)
FRIDAY NIGHT SPECIAL BEE	Fridays (4:30 - 10 PM)
MONDAY BRIDGE	10AM - 1:30PM)
TUESDAY BRIDGE	(9:30 AM - 3:30PM)
THURSDAY BRIDGE	(1:00 - 5:00 PM)