

Seniors on the Go

ALVIN PARKS AND RECREATION

JANUARY 2010

COMMENTS FROM THE COORDINATOR - JOAN PAGAN

Happy 2010! The new friendships and relationships year brings opportunities to begin anew. Start the New Year with new activities and events here at the Senior Center. If you haven't already received your Winter Quarterly in the mail please make sure your address is on our mailing list.

There are activities for all. Trips, luncheons, games, exercise classes, crafts, and special celebrations are provided with love for your enjoyment. Special

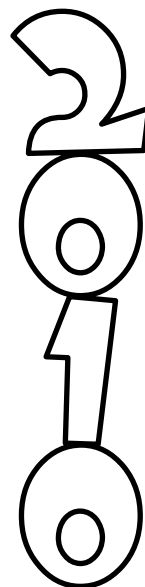
extra benefits from participation here at the Senior Center.

So, check the calendar and mark the trips or activities which interest you. Come by and sign up early, so that you will not miss out. We are happy to help you in any way possible and hope 2010 will be the best year ever for us all. Cheers!

Noon Year's Bash

Toast the "Noon" year at our Fourth Annual Noon Years Bash! Enjoy a festive countdown to noon and refreshments. Remember, in Tennessee they believe that what happens on the first 12 days of January predicts how each corresponding month will pan out. Laugh with us on the 5th and May will surely be full of joy for you! Sign-up today.

DATE: January 5
TIME: 11:30 AM
COST: \$5.00 *MUST RSVP*



SPECIAL EVENTS IN JANUARY:

- *Chorus Line*
- *Lunch Bunch - Morenos*
- *Railean Rum Distillery*
- *Delta Downs*
- *Forgotten Gateway*
- *Country Western Dance*
- *Balanced for Life*
- *Wii Bootcamp*

COMING UP:

- *Newman's Castle*
- *Lunch Bunch - T-Bone Tom's*
- *My Funny Valentine*
- *Miss Saigon*
- *Ms. Alvin Senior Pageant Information Session*
- *Arthritis Information Session*
- *Hearth Healthy Luncheon*

INSIDE THIS ISSUE:

TRIPS & EVENTS 2

PROGRAMS 4

ANNOUNCEMENTS 7

ORGANIZATIONS 8

JANUARY TRIPS AND SPECIAL EVENTS

Wii Training Camp

Texan Plus is coming to the Center to teach everyone how to play the Wii. See how much fun Wii bowling can be! Refreshments will be provided.

DATE: January 13
TIME: 12:00 PM
COST: FREE

Chorus Line

Find out who will get chosen for the Chorus Line. Seventeen young people are all taking part in the audition of their lives. See who makes the cut and get to know the story that has been one of the longest running American Musicals. *Minimum of 6*

DATE: January 6
TIME: 7:00 PM
COST: \$ 34.00

ALED - Info Session

Come learn about this 20 week Active Living Everyday course. Practical and real life ways to improve your health.

DATE: January 5
TIME: 9 AM
COST: FREE

Forgotten Gateway

The exhibit at Moody Gardens chronicles the Port of Galveston's largely forgotten history as a major gateway to American immigration from 1845 to 1924. Forgotten Gateway builds on a growing interest in the history of migration patterns to America and Galveston's place as one of the nation's top immigrant ports in history.

Minimum of 6

DATE: January 11
TIME: 9:30 AM
COST: \$14.00

Railean Distillery

We are headed to a "small drinking town with a big fishing problem" otherwise know as San Leon. You will meet the founders of Railean Distillers and they will explain how they got into the rum business and how RAILEAN rum is made.

Minimum of 6

DATE: January 25
TIME: 10:00 AM
COST: \$4.00 plus lunch



JANUARY TRIPS AND SPECIAL EVENTS

Delta Downs

Do you feel lucky...Do ya? Then sign up fast to head with us to LA for some casino fun. This is the first trip of the year so don't miss out.

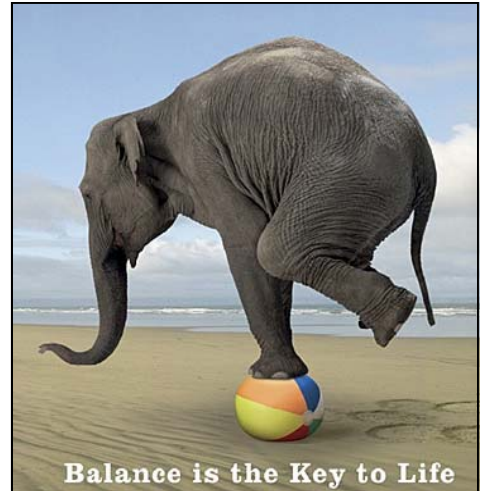
Minimum of 10

DATE: January 28
TIME: 7:00 AM
COST: \$10.00

Balanced for Life

Tammy Hopkins, LVN from Amedisys Home Health Care is coming out to the Center to talk about ways to be more "Balanced for Life". Refreshments will be provided.

DATE: January 26
TIME: 11:30 AM
COST: FREE



LEARNING LUNCH

LEARNING



LUNCH

Heart Health

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

DATE: January 14
TIME: 11 AM
COST: FREE

LUNCH BUNCH

Morenos Mexican Restaurant

Lets start the new year off spicy! Join us for some Mexican food suggested by our very own Senior Center Coordinator, Joan Pagan. Thanks to everyone for the great suggestions. Keep them coming!

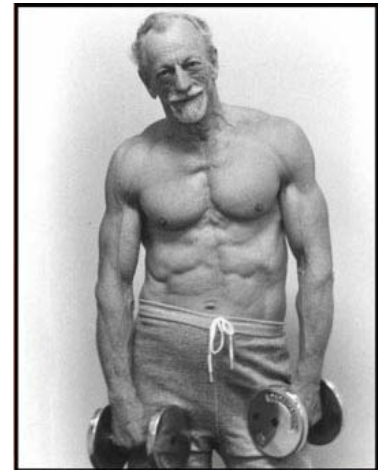
Minimum of 6

DATE: January 19
TIME: 11:00 AM
COST: \$2 plus the cost of your lunch



JANUARY HEALTHLETE OPPORTUNITIES

- Balanced for Life at ASC (15 points)
- Noon Years Bash at ASC (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



Heart Healthy

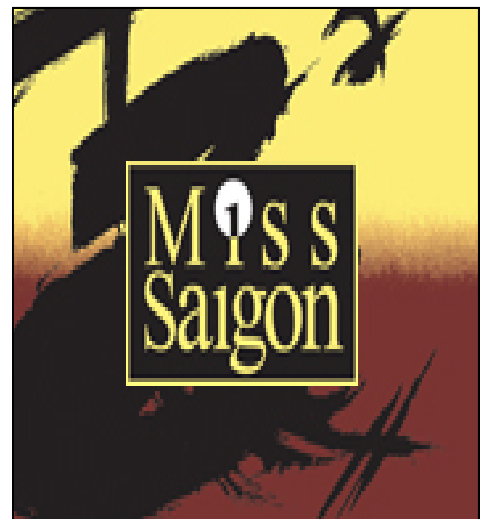
It is the time of year where all you see is hearts everywhere. But we aren't celebrating the Valentine's heart we are celebrating *your* heart. Come enjoy a "Heart Healthy" lunch with us! All food will be prepared with your most important organ in mind. Make your reservation with a staff member by February 10th.

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

Miss Saigon

This inspired classic love story set in wartime, has 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



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 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

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

"IN THE NEW
YEAR, MAY YOUR
RIGHT HAND BE
STRTCHED OUT
IN FRIENDSHIP,
NEVER IN WANT."

- Irish Toast



PROGRAMS



Card BINGO

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

DATE: January 20
TIME: 10 am - 12 pm
COST: \$1

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

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

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

"LIFE IS A GREAT
 BIG CANVAS;
 THROW ALL
 THE PAINT ON IT
 YOU CAN."

- Danny Kaye

ALED

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

DATE: Tuesdays
TIME: 9 AM

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

JANUARY BIRTHDAY CELEBRATION

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

WHEN: January 28
TIME: 10 AM

DOMINO TOURNAMENT

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

WHEN: January 11
TIME: 1 PM



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: January 13
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 currently seeking a Tai Chi instructor. If you or anyone you know is qualified and interested in starting a Tai Chi class in February please talk to a staff member today.
- The Senior Center will be closed January 18th in observance of Martin Luther King Jr. Day.
- Audrey Smith will be at the Senior Center on February 16th from 11 a.m. to 12 p.m. to present information on Veteran's Benefits. Please mark you calendars. 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*
- Beverly Kimbrough, *Historian*
- Kathy Jennings, *Secretary*
- Wanda Garrett
- Marlena Nelson, *Vice President*
- Jerry White

Our next board meeting will be Monday, January 11 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

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)