

Seniors on the Go

ALVIN PARKS AND RECREATION

MARCH 2010

COMMENTS FROM THE COORDINATOR - JOAN PAGAN

This year is truly they visit, they realize how “Marching” on. There are so much they’ve missed by many events and activities procrastinating. going on, time is flying by.

Each and every month several newcomers drop by to check out what happens at the Senior Center. They are always impressed with the variety of activities, trips, and seminars; all without a membership fee.

Some visitors express that they have intended to drop by for a long time. Once

Our Center is alive with sounds of laughter, conversation, music, games, and events. If you have been waiting to come in, don’t put it off any longer!

Look for the events you like, mark them in this newsletter and keep it on your fridge as a reminder of all the fun you have coming up.

Lucky Leprechaun Potluck

There are only two kinds of people in the world, The Irish and those who wish they were, or at least that is what the Irish say. The Senior Center is celebrating with a Lucky Leprechaun Pot Luck Lunch. Please RSVP.

DATE: March 17
TIME: 11:00 AM
COST: An Irish dish to share



SPECIAL EVENTS IN MARCH:

- *South Pacific*
- *Lunch Bunch - Hickory Oaks*
- *Day at the Strand*
- *L'auberge Du Lac*
- *Diabetes Academy*
- *Newman's Castle (Rescheduled from February)*
- *Reminisce with Music*

COMING UP:

- *Easter Egg Hunt*
- *Gulf Greyhound Park*
- *Aeros Hockey Game*
- *St. Arnold's Brewery*
- *Volunteer Luncheon*
- *Mother's Day Brunch*
- *Father's Day Lunch*
- *Senior Prom*

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MARCH TRIPS AND SPECIAL EVENTS

Newman's Castle (Rescheduled)

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

DATE: March 16
TIME: 8:30 AM
COST: \$ 23.00

Lauberge Du Lac

Do you feel lucky...Do ya? Then sign up fast to head with us to LA for some casino fun. These trips fill out fast so make sure to sign up today!

Minimum of 10

DATE: March 24
TIME: 7:00 AM
COST: \$10.00

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

The Strand

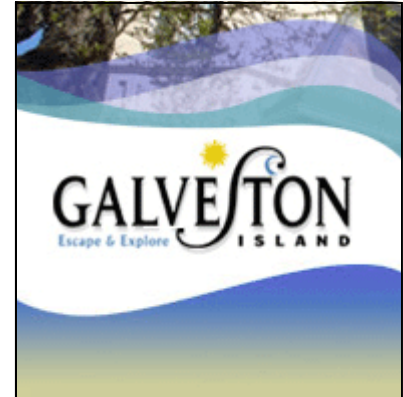
Galveston's downtown provides an opportunity to embark on a brief adventure! The Strand offers an intriguing selection of shops, restaurants, galleries, and museums. Another fantastic find in our suggestion box

DATE: March 30th
TIME: 9:30 AM
COST: \$4.00

Blood pressure Workshop

Everyone struggles to maintain what is considered a healthy blood pressure. Come learn more about ways to watch your blood pressure and see how you are doing?

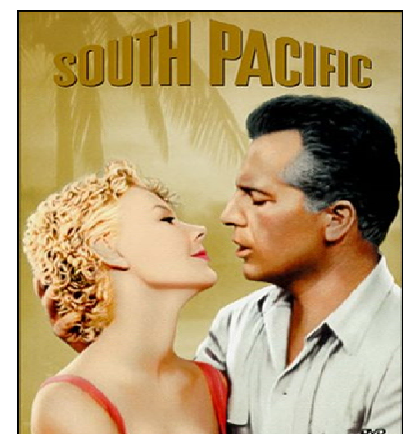
DATE: March 2
TIME: 10:30 AM
COST: FREE



Diabetes Introduction Seminar

If you or someone you know is currently living with diabetes then this is one seminar you won't want to miss. The best way to stay healthy is to stay informed!

DATE: March 9
TIME: 11:00 AM
COST: FREE



MARCH TRIPS AND SPECIAL EVENTS

Reminisce with Music

Melissa Kelton with HCHH will be at the Center to play a fun reminiscing game with everyone. Stop by for a stroll down magnificent memory lane.

DATE: March 16

TIME: 10:00 AM

COST: FREE

Hand Massages

You use your hands all day long and they never get any attention. Here is your chance to pamper them. Let these two wonderful ladies treat your hand to the massage they deserve.

DATE: March 25 & 29

TIME: 10:00 AM



LEARNING LUNCH

LEARNING



LUNCH

Taxes

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

DATE: March 11

TIME: 11 AM

COST: FREE

* *RSVP*

LUNCH BUNCH

Hickory Oaks

Come have some of the taste of Texas with us at this new Friendswood Hot Spot. Hickory Oaks is known for their ribs. We suggest bringing a friend and some wet knaps! After all, getting messy is the most fun part of eating ribs! Thanks Joan for the suggestion.

Minimum of 6

DATE: March 4

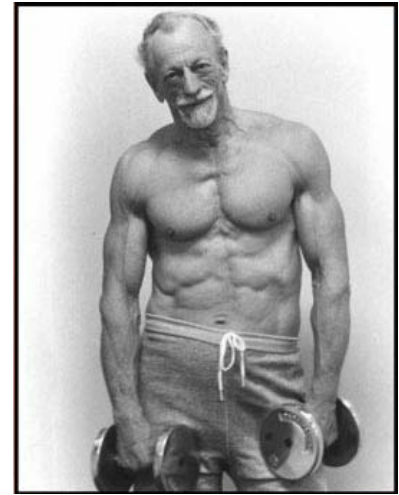
TIME: 11:00 AM

COST: \$2.00



MARCH HEALTHLETE OPPORTUNITIES

- Blood Pressure Workshop at ASC (15 points)
- Diabetes Introduction Seminar at ASC (15 points)
- Reminisce with Music at ASC (15 points)
- The Strand (15 points)
- Lucky Leprechaun Potluck (15 points)
- Learning Lunch at ASC (15 points)
- Wii, 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



Volunteer Appreciation Luncheon

Come celebrate our volunteers! We are hosting our annual volunteer lunch. The senior center would not be as successful without our volunteers. Come show your support and let them know just how much we appreciate all that they do!

DATE: April 22
TIME: 11:00 A.M.
COST: Free must RSVP

2010 Ms. Alvin Senior Pageant

The Alvin Senior Center is hosting the 4th Annual Ms. Alvin Senior Pageant 2010. Cathy Hollis has done such a wonderful job representing Alvin this past year! Cheer on the wonderful contestants as they compete in four categories: Philosophy of Life, Talent, Evening Gown and Interviews with the Judges. Come see who Cathy will pass the Crown to for 2010.

DATE: April 16th
TIME: 6:00 - 8:00 PM
COST: \$5.00



PROGRAMS

Adult Morning Swim

Come join us every morning for a quick dip in the pool. Lap swim, water walk, or what ever makes you happy.

DATE: Mon - Fri
TIME: 7:30 - 9:30 AM
COST: \$15/month

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: 9:30 am

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

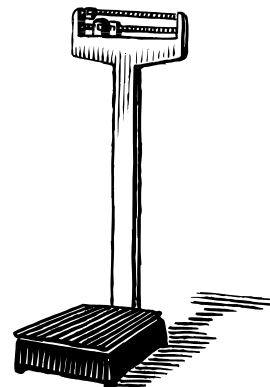
Do you know how to "Mah Jongg"? Come see what all the excitement is about and learn this fun and challenging game.

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



"In the spring, at the end of the day, you should smell like dirt."

~Margaret Atwood



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

Alvin Country Squares

Square Dancing is back! Join the Alvin Country Squares every Wednesday for some toe tappin fun!

DATE: Wednesdays
TIME: 7:00 - 9:30 PM
COST: FREE

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

MARCH BIRTHDAY CELEBRATION

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

WHEN: March 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: March 8
TIME: 1 PM

“If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.”

~Nadine Stair

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: **March 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.
- A special thanks to Bluebell Ice Cream for their generous donation of delicious Bluebell Ice Cream for us to enjoy at our March Special Events.
- If you are interested in volunteering at the Senior Center please talk to a staff member today.
- Be on the look out this month...a new treat may be *popping* up!

SENIOR BOARD

- | | | |
|-------------------------------------|---|------------------------------------|
| • Barbara Biggers, <i>President</i> | • Beverly Kimbrough, <i>Historian</i> | • Kathy Jennings, <i>Secretary</i> |
| • Wanda Garrett | • Marlana Nelson, <i>Vice President</i> | • Jerry White |
| | • Nell Shimek | |

Our next board meeting will be Monday, March 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)