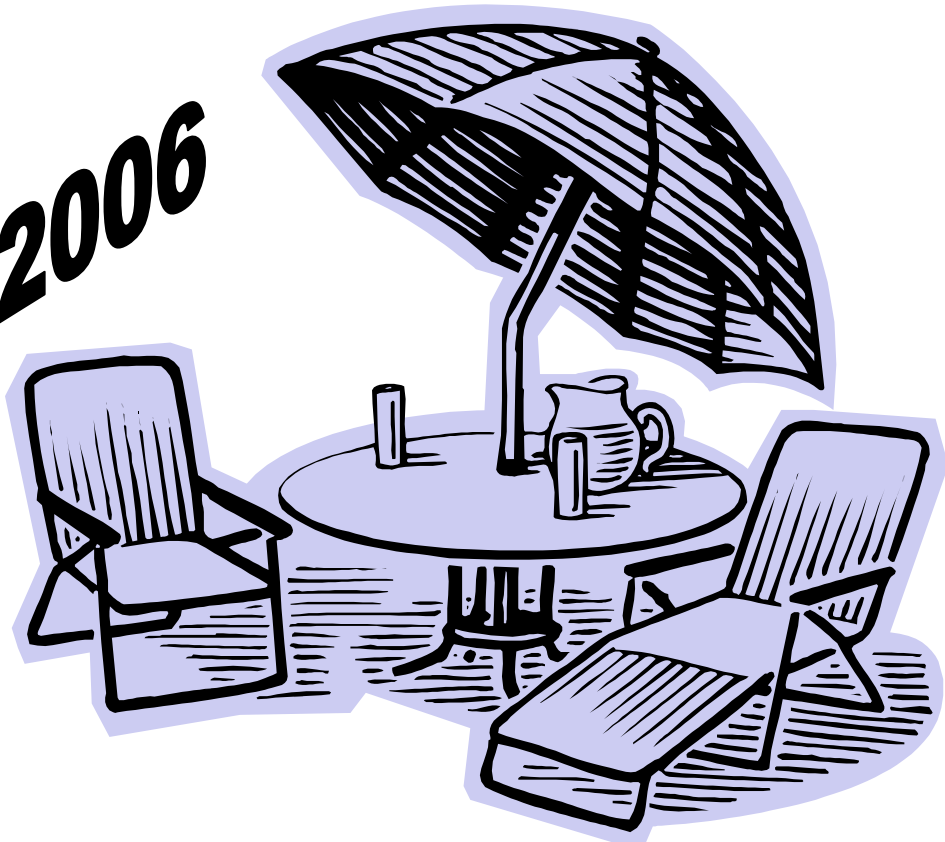


JUNE ACTIVITIES

2006



Tomball Community Center
Website: www.ci.tomball.tx.us
221 Market St
Tomball, TX 77375
281-255-6221

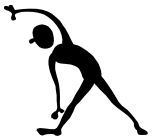
MONDAY'S EVENTS

WALKING	8 – 9	ROOM A
EXERCISE	9 – 9:30	ROOM A
GAME TIME	9:30 – 11:30	ROOM B
SR. ORGANIZATION(1 st MON)	10 – 12:30	ROOM A
BRIDGE	12:30 – 3:30	ROOM A

12th - The Center's bus will depart at 10a.m. to play bingo in Conroe. You must be at least 8yrs+ to go. Please reserve your seat before June 8th.

19th - The Center's bus will depart at 9 a.m. to tour the Lavender farm. We will have lunch at Beavers Restaurant. Please register before June 15th.

EXERCISE



Come and enjoy the comforts of a clean and comfortable place to get in shape. You'll meet friendly people and lots of smiles. 😊😊



BRIDGE CLUB

Every Monday @ 12:30p.m.

Bridge is open for anyone that is a serious player. We play every Monday starting at 12:30p.m. If you are interested in joining this group, please contact the President Joe Richardson or the Center.

SENIOR ORGANIZATION



1st MONDAY EVERY MONTH @ 10A.M.

This organization is open to 50 & older for the purpose of uplifting each other in fun, fellowship, and support. We also do food drives and toy drives as we assist other organizations that may need our help and support within the community. If you are interested in joining this group, please contact the President Judy Turner or the Center.

TUESDAY'S EVENTS

WALKING	8 – 9	ROOM A
BLOOD PRESSURE CHECK	8 - 3	ROOM E
QUILTING	9 – 11:30	ROOM A
DELPHIANS (1 st & 3 rd TUE)	10 – NOON	ROOM B
LINEDANCING	1 - 2	ROOM A
GAME TIME	1 – 3:30	ROOM B

13th – 50+ luncheon for \$4.00 served at 11:45a.m. The menu consists of chicken-n-dumplings, dessert and drink. Please signup before June 8th.

20th - The Center's bus will depart @ 10:30a.m. to eat at the Incredible Pizza Company. You will have time to browse around, walk, play a game of miniature golf or ride a bumper car. Please sign up before June 16th.

TOMBALL ARCHEOLOGICAL RECOVERY



1st TUESDAY EVERY MONTH

7:00 – 9:00 P.M.



TARC group is to promote the hobby of metal detecting, discovering and preserving the history of the local area while having fun, fellowship, and trading treasure hunting stories. It is open to everyone. If you would like more information, please contact the Center at 281-255-6221.



BEGINNERS BRIDGE

2:30 – 3:30 p.m. in Room A

Volunteer Katherine Bowers will be teaching this class for a limited time for those of you that are interested in learning how to play. This is for beginners only. Please sign up in the office.

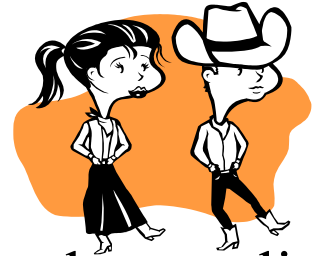
MORE TUESDAY'S EVENTS

NAMI METROPOLITAN HOUSTON

2ND TUESDAY @ 6:00 – 9:30 P.M.

This organization is for charitable and educational purposes relating to the promotion, support, development and furtherance of rehabilitation services and treatment programs for persons who suffer from mental illness in Harris County, Texas. Monthly meetings are open to the public and are held the second Tuesday of each month. For more information, please call the Center.

LINEDANCING



Come every Tuesday at 1 p.m. to learn how to line dance. It's fun and you get a full work out. We would love to have you just visit and watch if you like. A great time to meet new friends too! Open to all ages.

KEEPING FIT



A Center staff is available to take your blood pressure every Tuesday and Thursday from 8 – 3p.m. All you need to do is stop by. We check and you track.

WEDNESDAY'S EVENTS

WALKING	8 – 9	ROOM A
EXERCISE	9 – 9:30	ROOM A
GAME TIME	9:30 – 11:30	ROOM B
ROTARY	11 – 1:30	ROOM A
ROTARY BOARD (2 nd WED)	1:30 – 2:30	ROOM B

7th- Pct. 4 trip to Galveston to ride the Bolivar Ferry and lunch at Ocean Grill Restaurant. We will leave the Center at 8:30a.m. and return around 3:30. Lunch costs are on your own. Sign up before June 5th.

14th - Hometown Kitchen Band will be performing at Autumn Hills at 2p.m. Performers, please be there at 1:45p.m.

21st - Hometown Kitchen Band will be performing at Harvest Homes at 2p.m. Performers, please be there at 1:45p.m.

EXERCISE



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WILD BUNCH RIDING & ROPING CLUB

2nd Wednesday



@ 7p.m.

This organization is open to all persons that are interested in promoting fellowship and social activities for the community. We sponsor family activities with a western related theme. This consists of campouts, rodeos, trail rides, parades, etc. Please contact the Center for more information.

THURSDAY'S EVENTS

WALKING	8 – 9	ROOM A
BLOOD PRESSURE CHECK	8 - 3	ROOM E
HOMETOWN K- BAND	9 – 10	ROOM B
LA LECHE CLASS	10:30-12:30	ROOM B
GAME TIME	1 – 3:30	ROOM C

- 8th** – For anyone that participates in any of the Center's activities, we invite you to come and enjoy a root beer float for a \$1.00 with us at 1p.m. Sign up before June 5th.
- 15th** – The Center's bus will depart @ 10:30a.m. to take our Romeo's out to the Olive Garden for Father's Day. Please reserve your seat on the bus before June 13th.
- 15th** - No Hometown Kitchen Band practice.
- 22nd** – 50+ luncheon for \$4.00 served at 11:45a.m. The menu consists of stuffed bell peppers, fresh vegetables, dessert, and a drink.
- 29th** - Origami is a class that will teach you the Japanese art of paper folding. This is a FREE class starts at 10a.m. and we must have 5 participants. Sign up before June 22nd.

SESQUICENTENNIAL PROMENADERS

EVERY THURSDAY @ 7:00 – 10 P.M.



If you are interested in meeting people and having fun come by and visit with us anytime. Visitors are welcome. If you would like more information about square dancing, please contact the Center at 281-255-6221.

MORE THURSDAY'S EVENTS

LA LECHE LEAGUE

2nd THURSDAY 10:30A.M.-12:30P.M.

The mission of this non-profit group that is open to the public, is to support and educate women who wish to breast feed their children.

KEEPING FIT



A Center staff is available to take your blood pressure every Tuesday and Thursday from 8 – 3p.m. All you need to do is stop by. We check and you track.



HOMETOWN KITCHEN BAND

Thursday @ 9a.m.



The Center has an outreach program that will benefit many within our Community. We are in need of volunteers with a hometown heart to come and practice for an half hour with us. Our mission is to enhance the quality of life for each individual, group or organization within our community. We will take reservations 2 month in advance. For more information, please call us.

FRIDAY'S EVENTS

WALKING	8 – 9	ROOM A
PORCELAIN ART (1 ST FRI)	9:30 – 1:30	ROOM B
EXERCISE	9 – 9:30	ROOM A
TAKE A BREAK (5 TH FRI)	9:30A.M.	ROOM A
QUILTING	9:30 – 11:30	ROOM A
GAME TIME	9:30 – 11:30	ROOM A
POTLUCK (1 ST & 4 TH FRI)	11:45A.M.	ROOM A
BINGO (2 ND & 4 TH FRI)	1 – 2	ROOM B
MOVIE DAY (1 ST FRI)	1-4	ROOM D

2nd - Movie day at 1p.m.

2nd - Potluck, all ages attending bring a dish.

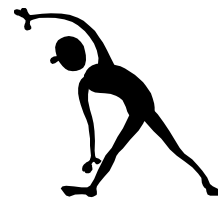
9th - Bingo for all ages, played in Room A today only.

23rd - Bingo for all ages

23rd - Potluck, all ages attending bring a dish.

30th - Take a break @ 9:30a.m. Please signup before June 23rd

EXERCISE



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PORCELAIN ART GUILD

1ST FRIDAYS AS SCHEDULED



We loves to paint on porcelain. This class will teach you how to be very creative and show you special techniques with paints by your instructor. If you are interested and would like to join our class please contact us at 936-539-6635.

FOOD HANDLING TIPS

- **Buy from trusted sources.**
- **Choose fresh or frozen products that are clean, cold, well wrapped, sealed tight without rips or leaks, and sold from a refrigerated or freezer case.**
- **Refrigerate or freeze poultry quickly after purchase, if possible within half an hour.**
- **Defrost meats in the refrigerator, not on the counter, allowing a few hours to a full day depending on size.**
- **Do not allow raw poultry or its juices to touch other foods.**
- **Safe Temperatures:**
 - 180 degree – dark meat**
 - 170 degree – White meat**
 - 165 degree – Ground chicken & turkey**
 - 140-165 degree – Foods held warm to serve**
- **Keep hot foods hot and cold foods cold. Hot foods at 140 degree and cold food at 40 degree or colder.**
- **Always wash your hands before handling foods or serving**
- **Never taste and eat food while in serving line or at the buffet**
- **Wash cutting boards, tools, the sink, all work surfaces and hands in hot soapy water before and after handling raw foods.**



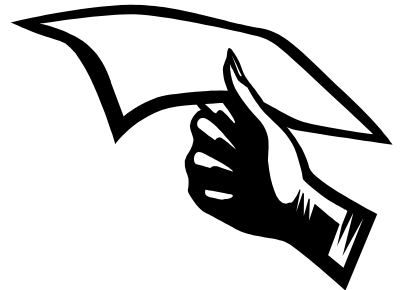
PICTURE DAY

If you are a participant at the Center, you are welcome to come by the office and have your picture taken. If you have an e-mail address, we will be glad to send the photo to you, so that you may share it with other family members FREE. For a suggested donation of a \$1.00 to offset the cost of printing, we will be glad to print you one 5 x 7 copy. You may want to bring a frame so the picture will not be damaged. This is a great opportunity for you to get an updated portrait. So, dress up and come by to see us.



CRAFT CLASS

JUNE 29TH



We have a volunteer this month to teach a class on June 29th at 10 a.m in learning **ORIGAMI**, the art of Japanese paper folding. If you are interested in attending this class, please sign up before June 22nd. We need at least 5 participants to have this class.



NORTHWEST AMATEUR RADIO SOCIETY



This club provides emergency communications to many organizations during disasters. These include the American Red Cross, the National Weather Service and the Harris County Office of Emergency Management. NARS provides an exam program for amateur radio operators to become licensed. For more information, please contact the Center.

GIRL SCOUT TROOPS



The Center has several different troops that meet here each month in the evening. If you are interested in getting involved in one of these groups, please contact the Center for more information.

VOLUNTEERS

If you would like to volunteer at the Center, please contact the director. If you have a talent in teaching, educating the public, or just want to help others, or whatever your expertise may be. The Center has a place for you. Call us for more information.

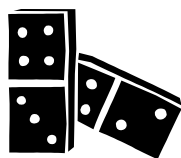
Community Center Quilters



Tuesdays & Fridays

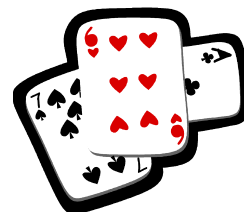


This group quilts on behalf of the Center for anyone needing a quilt stitched. All proceeds they collect are donated back to various organizations on behalf of this group to help our community. These quilters are special and their volunteer time and work is very well appreciated. New quilters are welcomed anytime.

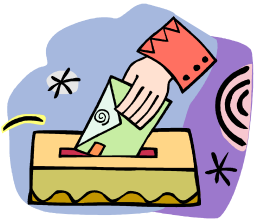


GAME TIME

As scheduled on books



The Center has various times to play games. Check out the calendar and come join us for some fun. We have dominoes, cards, board games, skip bo, bridge, pennies, etc. Everyday we have some kind of games being played among other activities we do. All it takes is you!



COMMUNITY MAIL BOX



The Center has a Community mail box located in the foyer at the Cherry Street entrance. This is for your convenience so that you can give your friends here at the Center a special card anytime of the year. You can place your birthday, valentine, or just a card of thinking of you in our box. **REMEMBER!** It is up to you to check the mail box for you mail. We will only deliver mail to you when our box is running over. This is a great way to save on stamps and trips to the post office. So, start writing those cards.

MOVIE DAY

The Center will start having movie day the first Friday of every month in Room D @ 1p.m. The details of the feature presentation will be posted on the bulletin board on the west side. If you have a movie you would like to share, then drop it by the office.

Tomball Community Center Staff

Wanda Sutton – Director

Terrie Marchand

Catherine Rogers

Kendra Leonard