


















APRIL

2008



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

APRIL 2008 SPECIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Origami 9:30 	2	3 Computer 12:15 	4
7	8 HKB-TRC-2pm	9 Diorio/Purcell Leave @ 9:30am HKB- Lawrence Health Care- 2pm	10 Fairfield Outlet Mall leave @ 9:30am 	11 Social 11:30
14 Juliet's meet @ 10:30am - A 50+luncheon 11:30am 	15  Origami 9:30 Romeo's leave 9am HKB-Tomball Nursing 2pm	16 	17  leave @ 10:45am Computer 12:15 	18 Health class @ 9am RM B Ice cream social @ 11:30am 
21  42 tournament @ in Hockley Leave @ 11am 	22 Ribbon flowers Craft @ 9:30	23  leave @ 10:30am	24 Pct 4 50+ 8am 	25 Potluck 1145 
28  50+luncheon 11:30am	29  Bingo @ 10am  Ribbon flowers Craft @ 9:30	30 Harvest Homes 2pm		

ONGOING PROGRAMS

MONDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:00 a.m. Exercise
- 9:30 a.m. Games
- 9:30 a.m. Sr. Board Meeting(1st Mon.)
- 9:30 a.m. Take A Break(5th Mon.)
- 9:45 a.m. Advance Exercise
- 10:00 a.m. Senior Meeting(1st Mon.)
- 12:30 p.m. Bridge
- 5:00 p.m. Sister City(3rd Mon.)
- 6:00 p.m. North Star(3rd Mon.)
- 6:15 p.m. Troop 10673(1st & 3rd Mon.)
- 6:30 p.m. Coin Club (2nd Mon)
- 6:30 p.m. Troop Council(last Mon.)

TUESDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:00 a.m. Quilting
- 9:30 a.m. Origami
- 10:00 a.m. Delphians(1st&3rdTue.)
- 10:30 a.m. La Leche(2nd Tue.)
- 12:00 p.m. Games
- 1:00 p.m. Line dancing
- 2:00 p.m. Hometown KB(2nd Tue.)
- 6:00 p.m. Troop #10122(2nd & 4th Tue.)
- 6:30 p.m. TARC(1st Tue.)Anxiety
- 7:00 p.m. NAMI(1st Tue)Support
- 7:00 p.m. NAMI(2nd Tue)
- 7:00 p.m. Riding Club(3rd Tue.)

WEDNESDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:00 a.m. Exercise
- 9:30 a.m. Games
- 9:45 a.m. Advance Exercise
- 11:00 a.m. Rotary
- 2:00 p.m. Hometown KB(2nd & last Wed)
- 5:30 p.m. Cooper Foundation

THURSDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:30 a.m. Origami
- 9:00 a.m. Euchre
- 1:00 p.m. Games
- 6:00 p.m. Troop #10382(2nd&4th Thur.)
- 6:30 p.m. Promenaders

FRIDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure Chcek
- 9:00 a.m. Exercise
- 9:30 a.m. Take A Break(5th Fri.)
- 9:30 a.m. Games
- 9:30 a.m. Quilting
- 9:30 a.m. Porcelain Art(1st Fri.)
- 12:30 p.m. 50+ Singles
- 1:00p.m. Advance Exercise

SATURDAYS – NON PROFIT ONLY UNTIL NOON

- 8:00 a.m. NW Amateur Radio(4thSat.)
- 8:30 a.m. Needle Arts (2nd Sat.)
- 10:00 a.m. Dtrs. Of Confederacy (1stSat.)

PROGRAMAS EN CURSO

LUNES

- 8:00 a.m. El caminar
- 8:00 a.m. Cheque de la presion arterial
- 9:00 a.m. Ejercicio
- 9:30 a.m. Tome un break(5th Mon.)
- 9:30 a.m. Juegos
- 9:30 a.m. Tablero Meeting(1st Mon Del Sr.)
- 9:45 a.m. Ejercicio Anticipado
- 10:00 a.m. Meeting(1st mayor Mon.)
- 12:30 p.m. Puente
- 5:00 p.m. City(3rd Mon.)
- 6:00 p.m. Star(3rd del norte Mon.)
- 6:15 p.m. Matcha 10673(1o y 3ro mon)
- 6:30 p.m. Moneda Club(2nd Mon.)
- 6:30 p.m. Troop Council(last Mon.)

MARTES

- 8:00 a.m. El caminar
- 9:00 a.m. El acolchar
- 9:30 a.m. Origami
- 10:00 a.m. Delphians
- 10:30 a.m. Leche del la
- 12:00 p.m. Juegos
- 1:00 p.m. Linea el bailar
- 2:00 p.m. Ciudad natal kb(2nd Tue)
- 6:00 p.m. Troop #10122(2nd & 4th Tue.)
- 6:30 p.m. TARC(1st Tue.)
- 7:00 p.m. NAMI(1st y 2do Tue.)
- 7:00 p.m. Tue del montar acaballo club(3rd)

MIERCOLES

- 8:00 a.m. El caminar
- 8:00 a.m. Cheque de la presion arterial
- 9:00 a.m. Ejercicio
- 9:30 a.m. Juegos
- 9:45 a.m. Ejercicio Anticipado
- 11:00 a.m. Rotatirui
- 2:00 p.m. La ciudad natal kb (2nd y el ultimo Wed.)
- 5:30 p.m. Fundacion Del Fabricante de vinos

JUEVES

- 8:00 a.m. El caminar
- 9:30 a.m. Origami
- 9:00 a.m. Euchre
- 1:00 p.m. Juegos
- 6:00 p.m. Marcha 10382 (o y to Thur.)
- 6:30 p.m. Promenaders

VIERNES

- 8:00 a.m. Juegos
- 9:00 a.m. Ejercicio
- 9:30 a.m. Tome un break(5th Mon.)
- 9:30 a.m. Juegos
- 9:30 a.m. El acolchar
- 9:30 a.m. Porcelana art (1st Fri.)
- 12:30 p.m. 50+ escoge
- 1:00 p.m. Ejercicio Anticipado

SABADOS – NO BENEFICIESE SOLAMENTE HASTA MEDIODIA

- 8:00 a.m. Aficionado radio (4th del nan ouatio sentado)
- 8:30 a.m. Aguja arts (2nd Sentada)
- 10:00 a.m. Dtrs. De confederacy(1st sentado)

MONDAY'S EVENTS

- 14th** – The 50+ luncheon will consist of barbeque pork chops, bake beans, Cole slaw, roll and dessert for \$4.00. Please come by before April 9th.
- 21st** – The Center' bus will be leaving at 11am to go and play a 42 tournament at the Hockley Community Center. The last day to signup is 10am on April 14th due to preparations. You don't have to sign up as a pair due to pairs will be drawn when we get there. Return by 4:30p.m. Please eat before we leave, only a break half way and we will have cookies and punch.
- 28th** - The 50+ luncheon will consist of spaghetti, salad, garlic bread and dessert for \$4.00. Please sign up before April 23rd.

ADVANCE EXERCISE

Mondays

We will begin dancing with Richard Simmons following right after regular exercise class is over at 9:45am. Please be sure to wear comfortable shoes because you will be doing a little dancing. We will wiggle into shape with the oldies. It's fun. **(Except first Monday)**

WALKING



Come and enjoy a safe and comfortable atmosphere to walk in. So, get out those old sneakers and dust them off and get your feet moving with us in Room A.



EXERCISE

Every Monday, at 9:00 we exercise in room A! Come join us and get in shape. Open for all ages.

KEEPING FIT



A Center staff is available to take your blood pressure. All you need to do is stop by the office. We check and you track.

MONDAY'S CLUBS & ORGANIZATIONS SENIOR ORGANIZATION



This organization is open to 50 & older for the purpose of uplifting each other in fun, fellowship, and support in room A. We also do food drives and toy drives as we assist other organizations that may need our help and support within the community. First Monday every month @ 10a.m.

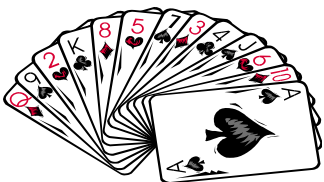


TOMBALL COIN CLUB

2nd MONDAY @ 6:30 P.M. IN ROOM B



We are just starting our club, but the one thing we all like to do is talk about coins. If you collect coins and would like to share, then come and join us. If you have any questions, please call at 281-255-6221.



BRIDGE CLUB

Every Monday @ 12:30p.m.



Bridge is open for anyone that is a serious player. If you are interested in joining this group in room A, please contact the President Susan Hall or the Center.

TUESDAY'S EVENTS

- 8th** - Hometown Kitchen Band will perform at Tomball Retirement at 2p.m. Performers, please be there at 1:45p.m.
- 15th** - Romeo's-Pinball Museum leave at 9:00 a.m.
- 15th** - Hometown Kitchen Band will perform at Tomball Nursing at 2 p.m. Performers, please be there at 1:45p.m.
- 22nd** - Darcel will be doing a class on ribbon flower making. It will begin at 9:30 sharp in Room B. Please come by to sign up and pick up your supply list in the office.
- 29th** - Ribbon class resumes at 9:30a.m. in room B.
- 29th** - The Center's bus will depart at 10 am to play bingo in Conroe. You must be 8+ years to go. Please reserve your seat on the bus.



1st & 3rd Tuesday @ 9:30a.m.

This class is an art of Japanese paper folding. Come and see you may just like it. It's fun to create art. The volunteer teaching is Jessica Bishea.

LINEDANCING

ROOM A



Come every Tuesday at 1 p.m. to learn how to line dance with volunteer, Terry Mandzuk. It's fun and you get a full work out. We would love to have you just visit and watch. Open to all ages.

Community Center Quilters Room A @ 9:30a.m.



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. Experienced quilters are welcomed.

TUESDAY'S CLUB & ORGANIZATIONS

NAMI METROPOLITAN HOUSTON

2ND TUESDAY @ 6:00 P.M. IN ROOM B

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 call. This month we will have John Pickett, Community Education-Intracare Hospital speaking on their programs and future plans.

TOMBALL ARCHEOLOGICAL RECOVERY



1st TUESDAY @ 7:00 P.M. IN ROOM B



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.

WILD BUNCH RIDING & ROPING CLUB



3rd TUESDAY @ 7:00 P.M. IN ROOM B

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.

TUESDAY'S CLUB & ORGANIZATIONS

LA LECHE LEAGUE

2nd TUESDAY 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.

DELPHIANS

1st & 3rd TUESDAY @ 10:00 A.M. IN ROOM B

This chapter is a women's organization that meets in small educational discussion groups twice a month. The primary philanthropic objective of the members of the Assembly and the Foundation is to assist undergraduate students in reaching their goal of acquiring a college education.

WEDNESDAY'S EVENTS

- 9th - Our City bus leaves at 9:30 for Purcell's restaurant and Diorio's market.
- 9th - Hometown Kitchen Band will be performing at Lawrence Health Care at 2p.m. Performers, please be there at 1:45pm.
- 30th - Hometown Kitchen Band will perform at Harvest Homes at 2 p.m. Performers, please be there at 1:45p.m.

ADVANCE EXERCISE

We will begin dancing with Richard Simmons following right after regular exercise class is over at 9:45am. Please be sure to wear comfortable shoes because you will be doing a little dancing. We will wiggle into shape with the oldies. It's fun.

WALKING



Come and enjoy a safe and comfortable atmosphere to walk in. So, get out those old sneakers and dust them off and get your feet moving with us in Room A.



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. 😊😊

KEEPING FIT



A Center staff is available to take your blood pressure. All you need to do is stop by the office. We check and you track.

WEDNESDAY'S CLUBS & ORGANIZATION **ROTARY**

EVERY WEDNESDAY @ 11 A.M. IN ROOM A

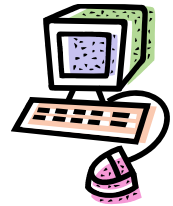
This is an organization that operates exclusively for the promotion of social welfare and net earnings are devoted exclusively to charitable, educational, or recreational purposes.

THURSDAY'S EVENTS

- 3rd** - The City bus will depart at 12:15p.m. to go over to the College for computer classes. Please register in the office.
- 10th** – The City bus will depart at 9:30 to head over to the new Fairfield Outlet Mall. We will leave at 2pm. It's a big outlet so wear comfortable shoes.
- 17th** - The Center's bus will depart at 10:45am to eat at Applebee's. Please call or come by to register in the office.
- 24th** - Pct 4. bus for 50+ will depart the Center at 8a.m. to visit the Houston Museum of Natural Science/CSI- The experience. Lunch will be on your own at Cleburne's Cafeteria. The cost is \$11.00 and the deadline is April 22nd.



COMPUTER CLASSES



If you are interested in learning more about computers, please sign up in the office. We have a reserved class just for the Community Center at the college and it's FREE. We will be going on April 3rd & 17th. The bus will leave at 12:15. Our bus capacity is 25.

KEEPING FIT



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

EUCHRE

Every Thursday 9:00-11:00a.m.



Any one wanting to learn or play, just come in and have fun. We are always needed new people and welcome you to join.

THURSDAY'S CLUB'S & ORGANIZATIONS

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 in room A. If you would like more information about square dancing, 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.

FRIDAY'S EVENTS

- 4th - 50+ single group in Room C.
- 11th - For anyone that participates in any of the Center's activities, we invite you to come and enjoy chili Frito pie with us for \$3.00, Please sign up in the office before April 8th .
- 18th - For anyone that participates in any of the Center's activities, we invite you to come and enjoy having an ice cream social with us for \$2.00. Please sign up in the office before April 8th .
- 18th - Mini Health fair in Room B, 9 – noon. Please sign up.
- 25th - Potluck at 11:45 in Room A.



11:45 A.M. IN ROOM A April 25th

Bring your favorite covered dish with enough to share, and invite a friend, neighbor, or relative. This monthly gathering is a great opportunity to meet friendly, interesting folks from all walks of life, and engage in wonderful conversations.



Community Center Quilters

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. Experienced quilters are welcomed.

FRIDAYS CLUBS & ORGANIZATIONS



PORCELAIN ART GUILD

1ST FRIDAYS AS SCHEDULED



We love 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 more information, please call.

50+ SINGLES GROUP



If you are interested in getting to know people that are outgoing and would like to socialize after hours or just go out for fun, then this group may be for you. The meetings will be held the 1st Friday of every month in . Come to the meeting for details.

Need a Place to Meet?

If your organization or group needs a comfortable place to meet. The Community Center is available for rentals. Please contact a Center representative for more details.

SOMETHING FOR EVERYONE

Come and enjoy your favorite activity or go with us on a trip. The Center offers a variety of events, classes, trips, socials, rental space and seminars that may be of interest to you or our community of all ages. You may pick up one of our calendars in the foyer at the Cherry street entrance or go on line at www.ci.tomball.tx.us under Community Center and then calendar to print you a copy. We hope to see you.

SATURDAYS NON- PROFIT ORGANIZATIONS



ONLY UNTIL NOON **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.

DAUGHTERS OF CONFEDERACY

This organization is to honor the memory of our confederate soldiers and uphold the tradition for which they fought. Membership are women that are 16 years of age and are blood or lineal descendant. This group is historical, educational, benevolent, memorial and patriotic.



It's that time of year to support our "ASTROS" for their 2008 season. The Center is planning on going to three daytime games this year, so mark your calendars. The first one is June 12th, followed by July 23rd, and August 28th. If we have more than 20 people then the tickets will be \$2.00 off, otherwise the price for bullpen seats this year is \$26.00. Please sign up for the first game for June before May 8th so that tickets can be purchased.

JULIETS

Ladies this is just for you! Before we have our first trip in May, we need to meet in April to discuss the meaning of Juliet's. Please come up with a slogan for the name Juliet's. The winner will receive their first outing paid for.

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.**

MINI HEALTH FAIR

Friday, April 18th

9 – noon, Room B

Nurses from to Texas Woman's University College will be presenting a community project for those that would like to know more in educational information for Hypertension, Diabetes and also take advance of having your blood pressure checked. They will be playing some games and will be giving prizes away. This is a great time to come in and pick up some brochures on health related issues you may be interesting in. Please come by the office or call if you would like to attend no later than April 14th, so that they will bring enough items. Hope to see you get HEALTHY.

**VOLUNTEERS
NEEDED**

The Center has room to grow and we need you. Monday through Friday between the hours of 8 to 2pm. anyone wanting to share a talent with our Community on behalf of the Center is needed. The Center is looking for someone to teach a craft, watercolor, knitting, basket weaving, exercise instructor, education class or an instrument. Whatever you have that may be of interest to those seeking to learn is welcomed here. Just call or come by and talk to Terrie or Wanda and we will set you up with a room at your convenient for teaching.

WHAT'S AT THE NEW OUTLET MALL

HUNDREDS OF OPENINGS

Adidas	Kate Spade
Aldo	Kay Jewelers
Ann Taylor Factory Store	Lane Bryant Outlet
Anne Klein	Levi's Outlet
Aslan Too	Liz Claiborne
Auntie Anne's Soft Pretzels	Lucky Brand Jeans
Banana Republic Factory Store	Michael Kors
Bass	Naturalizer
BCBG Max Azria	Nike Factory Store
Bebe	Oakley Vault
Brown Shoe Closet	Oneida
Calphalon Kitchen Outlet	PacSun
Calvin Klein	Perfumania
Carter's	Perry Ellis
Charlotte Russe	Petite Sophisticate Outlet
Clarks Bostonian	Puma
Coach	Quiksilver
Coldwater Creek	Reebok
Cole Haan	Robert Wayne Footwear
Columbia Sportswear	Rockport
Converse	Rue21
The Cosmetics Company Store	Skechers
Designer Fragrances & Cosmetic Co.	Solstice
Ecko Unltd	Stride Rite Keds Sperry
Eddie Bauer	Sunglass Icon
Elie Tahari	Time Factory Watch Outlet
Factory Brand Shoes	Tommy Hilfiger
Gap Outlet	True Religion
Geoffrey Beene	Ultra Diamonds
Gold Toe	Under Armour
Harry & David	Van Heusen
Izod	Vans
Jodi Maroni's Sausage Kingdom	Villa Pizza
Johnston & Murphy	Waterford Wedgwood
Jones New York	Zales Outlet
Juicy Couture	Zumiez
Kasper	

This is just a few, this is a big outlet!

FREE CPR CLASSES

Northwest EMS and the Tomball Fire Department will provide CPR training once a month beginning March 1. The classes will be held at the Tomball Fire Department Station 1, 1200 Rudel. Classes will commence at 9a.m. and will be completed by approximately 2p.m. Classes will be free to the public as TFD will cover the cost of any training materials as part of our public education outreach program. The following is a schedule of the 2008 classes:

March 1

April 19

May 3

June 21

July 5

August 23

September 6

October 25

November 1

No class in December



Tomball Community Center Staff

Wanda Sutton – Director

Terrie Marchand

Cathy Rogers

Diana Lujan