

#### FEBRUARY 2008 SPECIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	Val	anny entine V Day	<b>S</b>	1
4 Adv.Exercise 9:45 am	5 Romeo's 8:00 Origami 9:30 Swedish Weaving 1 - 3	6 Bingo 10am	7 AARP noon-4 Computer 12:30	8 Social 11:30 AARP noon-4 CPR 12:30
Adv. Exercise 9:45am  Potato Patch 10:30am	12 Corn dogs 11:45 Swedish Weaving 1 - 3 HKB-TRC-2pm	13  HKB- Lawrence Health Care- 2pm	14 50+ lunch 11:45	15
18 Adv. Exercise 9:45am	19 50+lunch 11:45 Swedish Weaving 1 - 3 HKB-Tomball Nursing 2pm	20 Pct. 4-50+ Leave 7a.m. Bush Library	21 Food Class 8 – 4 Computer 12:30	22 Potluck 11:45
Adv. Exercise 9:45am Nachos 11:45	26 Swedish Weaving 1 – 3 Trail riders at Depot 1:30pm	Bowling 10:45am Harvest Homes 2pm	28	29 Tak a Break

#### **FEBRUARY ONGOING PROGRAMS**

#### **MONDAYS**

8:00	a.m.	Walking
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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(5<sup>th</sup> Mon.)

10:00 a.m. Senior Meeting(1st Mon.)

12:30 p.m. Bridge

5:00 p.m. Sister City(3<sup>rd</sup> Mon.)

6:00 p.m. North Star(3<sup>rd</sup> Mon.)

6:15 p.m. Troop 10673(1st & 3rd Mon.)

6:30 p.m. Coin Club (2<sup>nd</sup> Mon)

6:30 p.m. Troop Council(last Mon.)

#### **TUESDAYS**

8:00	a.m.	Walking
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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(2<sup>nd</sup> Tue.)

12:00 p.m. Games

1:00 p.m. Line dancing

2:00 p.m. Hometown KB(2<sup>nd</sup> Tue.)

6:00 p.m. Troop #10122(2<sup>nd</sup> & 4<sup>th</sup> Tue.)

6:30 p.m. TARC(1st Tue.)Anxiety

7:00 p.m. NAMI(1st Tue)Support

7:00 p.m. NAMI( 2<sup>nd</sup> Tue)

7:00 p.m. Riding Club(3<sup>rd</sup> Tue.)

#### **WEDNESDAYS**

8:00 a.m Walking

8:00 a.m. Blood Pressure check

9:00 a.m. Exercise

9:30 a.m. Games

11:00 a.m. Rotary

2:00 p.m. Hometown KB(2<sup>nd</sup> & 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

10:00 a.m. Euchre

1:00 p.m. Games

6:00 p.m Troop #10382(2<sup>nd</sup>&4<sup>th</sup> 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

#### SATURDAYS – NON PROFIT ONLY

#### **UNTIL NOON**

8:00 a.m. NW Amateur Radio(4<sup>th</sup>Sat.)

8:30 a.m. Needle Arts (2<sup>nd</sup> Sat.)

10:00 a.m. Dtrs. Of Confederacy (1stSat.)

#### PROGRAMAS EN CURSO DE FEBRERO

LUNES	MIERCOL	FC
8:00 a.m. El caminar	8:00 a.m.	El caminar
8:00 a.m. Cheque de la presion arterial	8:00 a.m.	Cheque de la presion arterial
9:00 a.m. Ejercicio	9:00 a.m.	Ejercicio
9:30 a.m. Tome un break(5th Mon.)	9:30 a.m.	Juegos
9:30 a.m. Juegos	11:00 a.m.	Rotatirui
9:30 a.m. Tablero Meeting(1st Mon Del Sr.)	2:00 p.m.	La ciudad natal kb (2 <sup>nd</sup> y el
10:00 a.m. Meeting(1st mayor Mon.)	2.00 p.m.	ultimo Wed.)
12:30 p.m. Puente	5:30 p.m.	Fundacion Del Fabricante de
5:00 p.m. City(3 <sup>rd</sup> Mon.)	5.50 p.m.	vinos
6:00 p.m. Star(3 <sup>rd</sup> del norte Mon.)		VIIIOS
6:15 p.m. Matcha 10673( 10 y 3ro mon)	<b>JUEVES</b>	
6:30 p.m. Moneda Club(2 <sup>nd</sup> Mon.)	8:00 a.m.	El caminar
6:30 p.m. Troop Council(last Mon.)	9:30 a.m.	Origami
	10:00 a.m.	Euchre
<u>MARTES</u>	1:00 p.m.	Juegos
8:00 a.m. El caminar	6:00 p.m	Marcha 10382 (o y to Thur.)
9:00 a.m. El acolchar	6:30 p.m.	Promenaders
9:30 a.m. Origami	•	
10:00 a.m. Delphians	<b>VIERNES</b>	
10:30 a.m. Leche del la	8:00 a.m.	Juegos
12:00 p.m. Juegos	9:00 a.m.	Ejercicio
1:00 p.m. Linea el bailar	9:30 a.m.	Tome un break(5 <sup>th</sup> Mon.)
2:00 p.m. Ciudad natal kb(2 <sup>nd</sup> Tue)	9:30 a.m.	Juegos
6:00 p.m. Troop #10122(2 <sup>nd</sup> & 4 <sup>th</sup> Tue.)	9:30 a.m.	El acolchar
6:30 p.m. TARC(1st Tue.)	9:30 a.m.	Porcelana art (1st Fri.)
7:00 p.m. NAMI(1st y 2do Tue.)	12:30p.m.	50+ escoge
7:00 p.m. Tue del montar acaballo club(3 <sup>rd</sup> )	_	-
	<b>SABADOS</b>	- NO BENEFICIESE

**SOLAMENTE HASTA MEDIODIA** 

8:30 a.m. Aguja arts (2<sup>nd</sup> Sentada) 10:00 a.m. Dtrs. De confederacy(1<sup>st</sup> sentado)

8:00 a.m. Aficionado radio (4<sup>th</sup> del nan ouatio sentado)

#### **MONDAY'S EVENTS**

- 11<sup>th</sup> The Center's bus will be leaving at 10:30a.m. to eat at the Potato Patch. Please call or come by the office to sign up.
- 25<sup>th</sup> For anyone that participates in any of the Center's activities, we invite you to come and enjoy chili cheese nachos with us for \$3.00, Please sign up in the office before February 20<sup>th</sup>.

# 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.





Every Monday, at 9:00 we exercise in room A! Come join us and get in shape. Open for all ages. If you would like to volunteer to lead this class then, please come by the office or call 281-255-6221.

# 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**





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 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. Texas Pink will be our entertainment for the month.



## TOMBALL COIN CLUB





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.



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.

#### **TUESDAY'S EVENTS**

- 5<sup>th</sup> ROMEO'S will travel to the 1940 Airport Museum at Hobby Airport. We will depart the Community Center at 8:00 and return around 2:30. The cost of the trip is \$2.00 with lunch costs on your own.
- 12<sup>th</sup>- For anyone that participates in any of the Center's activities, we invite you to come and enjoy a corn dog, chips and dessert for \$3.00. Please sign up in the office before February 7<sup>th</sup>.
- 12<sup>th</sup> Hometown Kitchen Band will perform at Tomball Retirement at 2 p.m. Performers, please be there at 1:45p.m.
- 19<sup>th</sup> 50+ luncheon is \$4.00 and will be served at 11:45am. The menu is corn breading dressing with chicken, corn and a dessert. Deadline is February 14<sup>th</sup>.
- 19<sup>th</sup> Hometown Kitchen Band will perform at Tomball Retirement at 2 p.m. Performers, please be there at 1:45p.m.
- **26**<sup>th</sup> The Trail Riders will be arriving at 1:30p.m. If you would like to go and walk with us down to the Depot and welcome them to Tomball, please let the office know.

#### **SWEDISH WEAVING**

Every Tuesday 1 – 3pm, Room B

Darcel has many talents and is volunteering again to help those that wish to sign up to make a Swedish weaving blanket. Please come by the office and sign up and pick up a supply list.



#### 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.



## ORIGAMI

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. Class will be on the  $5^{th}$  and  $19^{th}$ .

# 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.

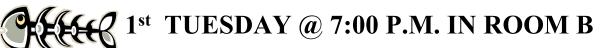
#### **TUESDAY'S CLUB & ORGANIZATIONS**

## NAMI METROPOLITAN HOUSTON

2<sup>ND</sup> 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



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

3<sup>rd</sup> 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. **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.

2<sup>nd</sup> 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.

#### **WEDNESDAY'S EVENTS**

- **6<sup>th</sup> -** 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
- 13<sup>th</sup> Hometown Kitchen Band will be performing at Lawrence Health Care at 2p.m. Performers, please be there at 1:45pm.
- 20<sup>th</sup> 50+ Pct. 4 trip to Bush Library. We will leave the Center at 7:00 a.m. and return around 3:00. We will celebrate Presidents' Day with a self guided tour of the Museum and a special presentation by Historical Impressionist Peter M. Small. The cost of the trip is \$5.00 with lunch costs on your own. Please sign up before Feb. 18<sup>th</sup>.
- 27<sup>th</sup> The bus will be departing at 10:45am to go bowling. The cost is a \$1.50 and this covers your shoes. Please come by the office to sign up.
- 27<sup>th</sup> Hometown Kitchen Band will perform at Harvest Homes at 2 p.m. Performers, please be there at 1:45p.m.

#### 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.







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

- 7<sup>th</sup> AARP defensive driving Room B starting at noon.
- 7<sup>th</sup> The City bus will depart at 12:15p.m. to go over to the College for computer classes. Please register in the office.
- 14<sup>th</sup> 50+ luncheon will be \$4.00. The menu will be a stuff bake potatoes and a dessert. Lunch will be served at 11:45a.m.
- 21st Food Handling Class in Room A starting at 8a.m.
- 21st The City bus will depart at 12:15p.m. to go over to the College for computer classes. Please register in the office.

# 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.

# "SPECIAL CLASSES" FOR THURDAYS





If you are interested in learning more about computers, please sign up in the office. We have a reserve class just for the Community Center at the college and it's FREE. We will be going on February 7<sup>th</sup> and 21<sup>st</sup> and will be leaving at 12:15. Our bus capacity is 25.



AARP Defensive Driving Class September 20<sup>th</sup> & 21<sup>st</sup> Noon till 4:00 p.m.



Requirements: You must be past your 50<sup>th</sup> birthday, have a valid driver's license, and have NO outstanding traffic violations. Certificates are awarded after completion of the full eight hour course. The cost is \$10.00 and must be paid in the office at time of reservations. Make check payable to AARP. Class must have a minimum of 12 and a maximum of 30. Deadline is the 14<sup>th</sup>.

# HARRIS COUNTY PUBLIC HEALTH & ENVIRONMENTAL SERVICES

No advance registration required. Any questions please call consumer Health at (713) 439-6270

•Fee: Free to all Harris County food service personnel

•Time: Class begins at 8 a.m. to 4:00p.m.

•Date: February 21st in Room A

#### THURSDAY'S CLUB'S & ORGANIZATIONS

# 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.

OLUNTEER

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.

#### FRIDAY'S EVENTS

- 8<sup>th</sup> Class resumes for those taking defensive driving. Class begins at noon.
- 8<sup>th</sup> If you would like to learn CPR, please sign up in the office. This is open to the public, so the class may fill up quickly. More details are on last page.
- 22<sup>nd</sup> Potluck at 11:45 in Room A.
- 29th "Take a Break in Room A at 9:45a.m.



#### 11:45 A.M. IN ROOM A February 22nd

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.



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 1<sup>st</sup> Friday of every month in . Come to the meeting for details.



# 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



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.

# 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 and seminars that may be of interest to our community of all ages. You may pick up one of our calendars and the choice is your as to what you would like to participate in. You may not like some things one month, but each month there are different events that may be of interest you. We are continuing to grow and add new programs so there is something for everyone to do. Come on in and stay awhile with us.

## SATURDAYS NON- PROFIT ORGANIZATIONS



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.

# SAUGHTERS OF CONFEDERACA

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.

# BRINGA "FRIEND DAY"

All you need to do is bring your friend by the office and introduce them to one of the staff members. If this is their first time to visit our Center then you will be presented with a "FREE" meal ticket to eat with us. We are looking forward to seeing your new friend. (③)

#### **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.

#### SAM HOUSTON TRAIL RIDERS



**Sponsored by** 

#### **CITY OF TOMBALL**



Tuesday, February 26 at 1 p.m. the Center will be walking over to the Depot to welcome the riders to Tomball. If you would like to go, please let the office know. Wear you duds!

#### **CPR CLASS**



The Community Center will be holding CPR class in Room A from 12:30 to 2:30p.m. The cost is \$35.00 if we have less than 10 or \$30.00 if we have more than 10. This is open to the public for anyone needing to renew their certificate or just wanting to learn how to save a life. Please sign up in the office.

**Tomball Community Center Staff** 

Wanda Sutton – Director
Terrie Marchand
Cathy Rogers
Diana Lujan