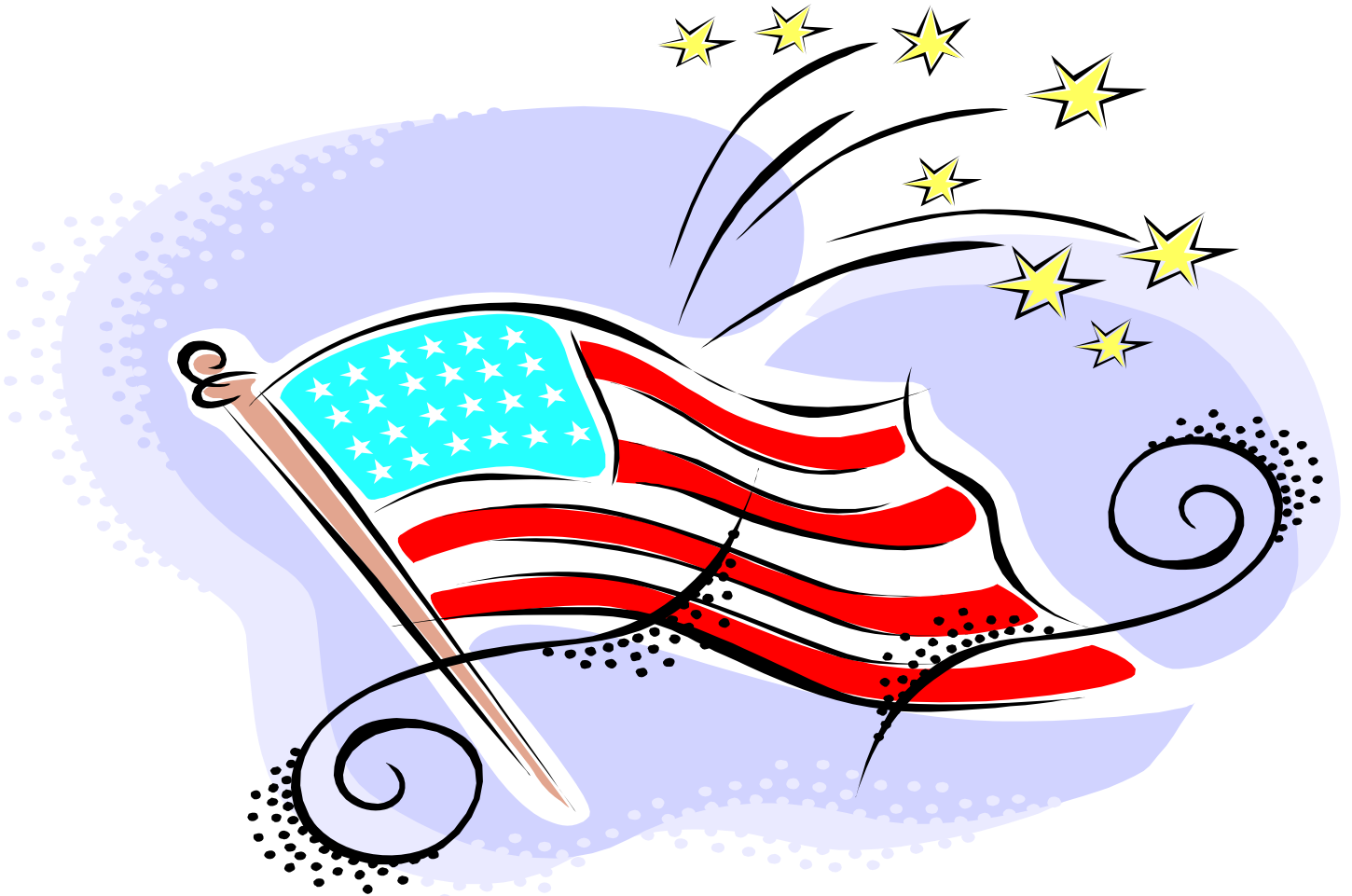



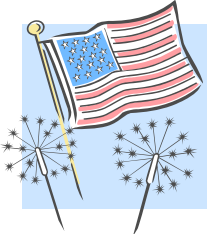

# JULY

## 2008



*Tomball Community Center*  
*Website: [www.ci.tomball.tx.us](http://www.ci.tomball.tx.us)*  
*221 Market St*  
*Tomball, TX 77375*  
*281-255-6221*

# JULY 2008 SPECIAL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Bingo 10am 	3 Dancercise 10-11	4 <b>CLOSED</b> 
7	8	9	10 Dancercise 10-11 Rib Tickler @ 10:45am Computer 12:15 	11 Domino's 11:30
14	15	16	17 Dancercise 10-11	18 <b>POTLUCK</b> 
21	22 Romeo's 10am	23	24 Dancercise 10-11	25
28	29 Juliet's 8:30am	30 Pct 4 depart 9am 	31 Dancercise 10-11 HCS 10:45 Computer 12:15 	

# 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(1<sup>st</sup> Mon.)
- 9:30 a.m. Take A Break(5<sup>th</sup> Mon.)
- 9:45 a.m. Advance Exercise
- 10:00 a.m. Senior Meeting(1<sup>st</sup> 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(1<sup>st</sup> & 3<sup>rd</sup> 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(1<sup>st</sup>&3<sup>rd</sup>Tue.)
- 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(1<sup>st</sup> Tue.)Anxiety
- 7:00 p.m. NAMI(1<sup>st</sup> 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
- 9:45 a.m. Advance Exercise
- 11:00 a.m. Rotary
- 1:00 p.m. Beginners Bridge
- 2:00 p.m. Hometown KB(2<sup>nd</sup> & last Wed)
- 6:30 p.m. Coin Club (2<sup>nd</sup> Wed.)

## THURSDAYS

- 8:00 a.m. Walking
- 8:00 a.m. Blood Pressure check
- 9:30 a.m. Origami
- 9:00 a.m. Euchre
- 10:00 a.m. Dancercise
- 11:30 a.m. Focusing Families
- 12:15 p.m. Computer Classes(1<sup>st</sup>&3<sup>rd</sup>)
- 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(5<sup>th</sup> Fri.)
- 9:30 a.m. Games
- 9:30 a.m. Quilting
- 9:30 a.m. Porcelain Art(1<sup>st</sup> Fri.)
- 9:45 a.m. Advance Exercise Rm B
- 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 (1<sup>st</sup>Sat.)

# MONDAY'S EVENTS

## 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) Fridays in room B**



## 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.



## **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.



## **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

- 22<sup>nd</sup> – ROMEO'S-Sam Houston Race Track tour.** We will leave the center at **10:00** and return around **2:00**. We will have lunch at **Sweet Tomato**. Please sign up by **July 18<sup>th</sup>**.
- 29<sup>th</sup> – JULIET'S trip to Brookwood Community.** We will leave the center at **8:30 a.m.** and return by **2:30 p.m.** We will have lunch at **Carl's Bar-b-cue**. Please sign up before **July 25<sup>th</sup>**.



**CLASS WILL RESUME AUGUST 19<sup>TH</sup>**

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. **No class for July.**

# 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**



**1<sup>ST</sup> 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**



**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.

# TUESDAY'S CLUB & ORGANIZATIONS



## **LA LECHE LEAGUE**

**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.

## **DELPHIANS**

**1<sup>st</sup> & 3<sup>rd</sup> 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.

## **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.





# WEDNESDAY'S EVENTS

- 2<sup>rd</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.
- 30<sup>th</sup> - Pct 4 bus for 50+ will be leaving at 9:30am to Gulf Greyhound Park. We should return around 4:30p.m. The cost is \$8.00. Please sign up before July 28<sup>th</sup>.

## ADVANCE EXERCISE



We will be dancing with a tape of Richard Simmons 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. 😊😊



## **BEGINNER BRIDGE**

**Every Wednesday 1-3pm.**

If you are interested in learning beginner bridge, the class starts at 1p.m. and is over by 3p.m. in Room B. This class is not for those that already know how to play, but for those that wish to learn how. The volunteer will be Darlene Nassau.

## **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.

### **TOMBALL COIN CLUB**



**2<sup>nd</sup> WEDNESDAY @ 6:30 P.M. IN ROOM B**



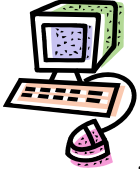
We are just starting our club, but the one thing we all like to do is talk about coins. If you collect coins and would like to share, then come and join us. If you have any questions, please call at 281-255-6221.

# THURSDAY'S EVENTS

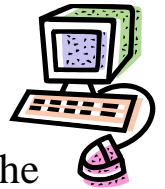
- 10<sup>th</sup> - The Center's bus will depart at 10:45 or go eat at the Rib Tickler. Please register in the office.
- 10<sup>th</sup> - The City bus will depart at 12:15p.m. to go over to the College for computer classes. Please register in the office.
- 24<sup>th</sup> - The Center's bus will depart at 10:45 to eat at the Harris County Smoke house. Please register in the office.
- 24<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.

## DANCERCISE

Every Thursdays from 10 – 11am we will have volunteer Yvonne Savala to come in and dance us into shape. You may call or just come back. Your welcomed.



## COMPUTER CLASS 2ND & 4TH



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. 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

## **FOCUSING FAMILIES**

**EVERY THURSDAY @ 11:30AM-1:30PM**

This is a non-profit organization committed to strengthening individuals, families and communities through education, prevention and intervention to eliminate family violence, sexual assault, and other crisis issues. This will help provide safe conversation that will allow you to gain knowledge and support from other members that can help you.

## **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

**11<sup>th</sup>** - For anyone that participates in any of the Center's activities, we invite you to come and enjoy Pizza with us for \$4.00, Please sign up in the office before July 8<sup>th</sup>.

**18<sup>th</sup>** – Potluck, bring a dish to share.

**ADVANCE EXERCISE**



Come and exercise with a tape of Richard Simmons at 9:45am in room B. 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.

**POTLUCK**

**11:45 A.M. IN ROOM A July 18<sup>th</sup>**

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**

**1<sup>ST</sup> 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 1<sup>st</sup> Friday of every month in . Come to the meeting for 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](http://www.ci.tomball.tx.us) under Community Center and then calendar to print you a copy. We hope to see you.

# **Center's Recipe for the Month**

## **BROCCOLI CASSEROLE**

**1 bag of broccoli steamed & drained**

**1 can cream of mushroom**

**2 cups mayo**

**2 cups shredded cheese**

**2 eggs**

**2 tbsp. chopped onion**

**Dash salt & pepper**

**Mix together and put in greased pan.**

**Top with cheese crackers crumbs  
before baking. Bake at 350degrees for  
20/30minutes**

**Note: If you have a favorite recipe you would like to share, please drop it in the box located in the office.**

# HEALTH TIP FOR THE MONTH



Glaucoma is an eye disease caused by high pressure in the eye. It can cause you to gradually lose sight without warning and often without symptoms. The best way for people at high risk for glaucoma to protect themselves is to have regular eye exams.

## **How often is it covered?**

Once every 12 months

## **For whom?**

People with Medicare at high risk for glaucoma

## **Your costs in the Original Medicare Plan?**

You pay 20% of the Medicare-approved amount after the yearly Part B deductible.

## **Are you at high risk for glaucoma?**

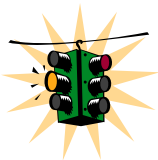
Your risk for glaucoma increases if you...

- have diabetes
- have a family history of glaucoma
- are African American and age 50 or older

# COMING EVENTS FOR SEPTEMBER



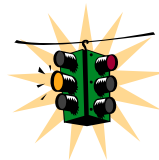
If you are interested in a watercolor class, please call and sign up. If we have enough we will have a class every Tuesday from 9 a.m. to noon. Darcel Mercer has taught this class before and it was a huge success ending with a wonderful art show exhibit.



## **AARP Defensive Driving Class**

**September 18<sup>th</sup> & 19<sup>th</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.



# 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.

## **NOTE:**

**We will not be having Kitchen Band performances this month, we will resume in September. Be sure to store your instrument in a safe place and keep it in tune.**

**Tomball Community Center Staff**

Wanda Sutton – Director

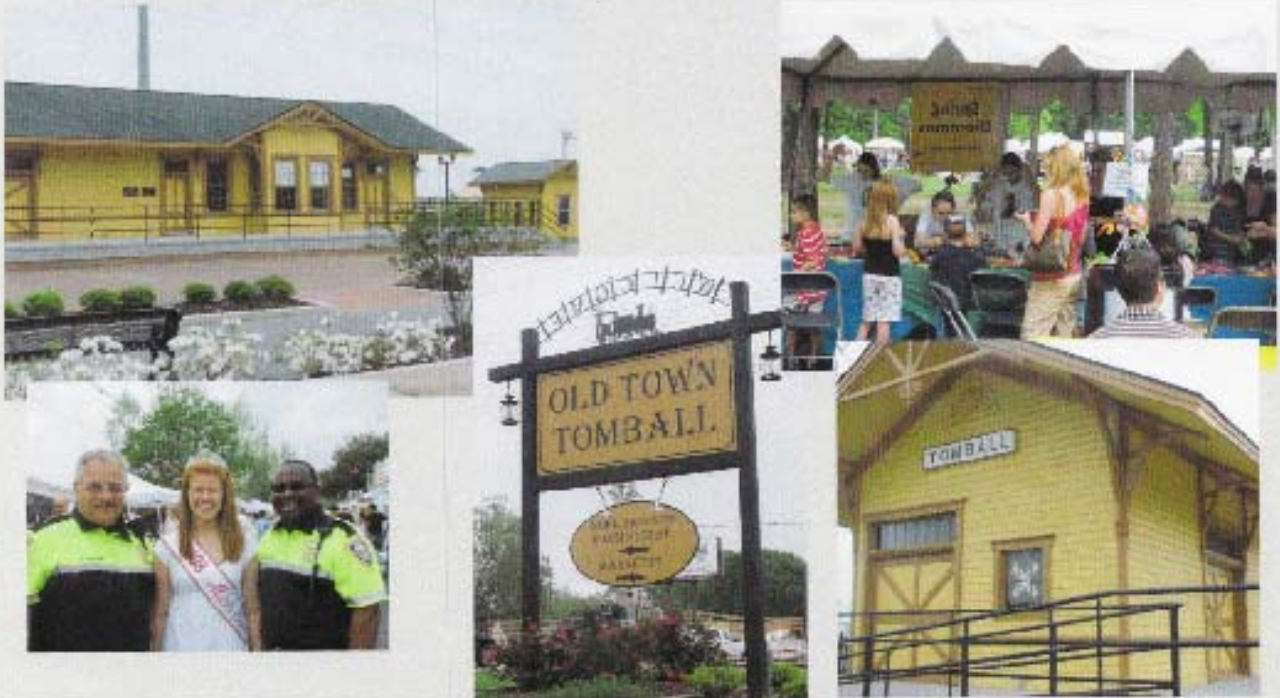
Terrie Marchand

Cathy Rogers

Diana Lujan

THE CITY OF TOMBALL & THE REGIONAL ARTS COUNCIL  
PRESENT

## 2ND SATURDAY AT THE DEPOT June 14 ~ July 12 ~ August 9



Movies ~ Music ~ Arts ~ Food

ENTERTAINMENT BEGINS AT 6:00 P.M.—MOVIE BEGINS AT DARK

### MOVIES

JUNE 14 ~ *HAPPY FEET*  
JULY 12 ~ *BEE MOVIE*  
AUGUST 9 ~ *MADAGASCAR*

**FREE ADMISSION**

### MUSIC

JUNE 14 ~ THE LAIRDS  
JULY 12 ~ TBD  
AUGUST 9 ~ BRAID

WHAT TO BRING:  
THE WHOLE FAMILY  
LAWN CHAIRS  
PICNIC BASKET

\*NO GLASS CONTAINERS  
\*NO RAIN DATE



For Information visit [www.ci.tomball.tx.us](http://www.ci.tomball.tx.us) or call 281-351-2787