

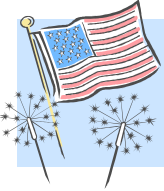


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tomball Community Center July 2009</p>		<p>1 Walking 8a.m. Pct 4 trip 9am Exercise 9am Games 9:30am Rotary noon Beg Bridge 1pm</p>	<p>2 Pinochle 9am Focusing 11:30 50+ Lunch 11:45 Computer  Pilates 1 Promenader 7pm</p>	<p>3 CLOSED</p> 
<p>6 Walking 8am Exercise 9am Games 9:30am Sr. meeting 10am Bridge 12:30</p>	<p>7 Quilting 9am Line dancing 1 Euchre 1 TARC 6:30pm Nami Support 7</p>	<p>8 Walking 8am Exercise 9am Bingo 10am Rotary noon Games 9:30am Beg Bridge 1pm</p>	<p>9 Pinochle 9am Focusing 11:30 Pilates 1 Promenaders 7pm</p>	<p>10 Walking 8am Exercise 9am Games 9:30am Quilting 9am 50+group 12:30</p>
<p>13 Walking 9am Exercise 9am Games 9:30am Bridge 12:30 Sister City 5pm</p>	<p>14 Quilting 9am LaLeche 10:30 Line dancing 1 Euchre 1 NAMI 7pm</p>	<p>15 Walking 8am Exercise 9am Games 9:30am Rotary noon Beg Bridge 1pm</p>	<p>16 Pinochle 9am Health Class 9am Juliet's 10:30am Focusing 11:30 Pilates 1 Promenaders 7pm</p>	<p>17 Walking 8am Exercise 9am Games 9:30am Quilting 9am</p>
<p>20 Walking 8am Exercise 9am Games 9:30am Bridge 12:30</p>	<p>21 Quilting 9am Romeo's 9:45am Line dancing 1 Euchre 1 Riding Club 7</p>	<p>22 Walking 8am Exercise 9am Games 9:30am 50+ Break 9:45 Rotary noon Beg Bridge 1pm</p>	<p>23 Our bus trip 8am Pinochle 9am Focusing 11:30 Pilates 1 Promenaders 7pm</p>	<p>24 Walking 8am CPR 8:30am Exercise 9am Games 9:30am Quilting 9am</p>
<p>27 Walking 8am Exercise 9am Games 9:30am Bridge 12:30</p>	<p>28 Quilting 9am Line dancing 1 Euchre 1</p>	<p>29 Walking 8am Exercise 9am Rotary noon Beg Bridge 1pm HKB-Harvest Homes @ 2pm Texas Wildlife 7</p>	<p>30 Pinochle 9am Focusing 11:30 Pilates 1 Promenaders 7pm</p>	<p>31 Walking 8am Exercise 9am Games 9:30am Quilting 9am Take a Break 9:30am</p>

- 1st - The 50+ Pct. 4 trip will be to the Gulf Greyhound for a day of fun. The cost is \$8.00 and we will depart the Center at 9a.m. and return by 5p.m.
- 2nd - 50+ luncheon will consist of hot dogs , chips, potato salad and dessert for \$4.00. You must come in before June 30th . Lunch served at 11:45p.m.
- 2nd - The bus will depart at 12:45p.m. to head over to the college for computer class. It's "FREE", but you must sign up.
- 3rd - **CLOSED**
- 8th - The Center's bus will depart at 10 am to play bingo in Conroe. You must be 8+ years to enter Bingo Hall. Please reserve your seat on our bus.
- 16th - The Juliet's will depart at 10:30am to go to The Woodland's Mall and ride the boat. The cost to ride the boat is \$2.50 with lunch on your own. Return around 3:30p.m.
- 16th - "FREE" glucose test and blood pressure. If you have type 2 diabetes or if you have osteoarthritis you will learn about new related studies. Class held in room B at 9am.
- 21st - The Romeo's will tour the Gun Range and Tomball jail. We will leave at 9:45 and return around 1:30. Lunch on your own at Mel's.
- 22nd - At 9:45a.m. we will be serving assorted muffins, fruit and juice for those 50+ that participate in any of the Center's activities for \$2.00. Please sign up before July20th.
- 23rd - We will be going to the Ringling Bros. Circus. The tickets are \$10.00 and MUST be paid by July 17th. We will leave the Center at 8am and return by 3pm. Children under 2 years won't need a ticket, but they will need to sit in you lap. All ages.
- 24th - There will be a CPR and First Aid class in Room B from 8:30am – 11:30am. Must sign up before July 17th and class is limited to 15, but MUST have at least 5. The cost is \$35.00 for CPR only and for both is \$45.00. Checks are payable to CPR by Kiki.
- 29th - Hometown Kitchen Band will perform at Harvest Homes at 2p.m. Performers, please be t here at 1:45p.m.
- 31st "Take a Break" at the Center is for anyone that participates in any of our programs. Must sign up in the office before June 25th.

REMINDER: We have more participants than buses and our trips fill up fast. All trips are on a [first come first serve basis](#). Trips that cost nothing only require you to phone in your reservation. However, if a payment is required for the trip, a reservation can not be made until that payment is received. There can be no late payments. If you want a receipt, just ask and we will print you one. All participants are require to make reservations for themselves and not for others. We try to serve all in a fair and equitable manner, so that in serving the Center it will enhance the quality of life for each individual, group, or organization being served. **NOTE:** to serve food we must have 20 and for City bus trips we must have 12.

Website: www.ci.tomball.tx.us

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Wanda Sutton - Manager Terrie Marchand - Assistant

Diana Lujan & Cathy Rogers - Attendants