



# Neighbor

City of West University Place  
Senior Services

Summer 2016

## Coloring Club



Coloring is a great way to relax, unwind and have fun. Our coloring parties bring interesting, creative and inspired people together to connect and share tips,

laugh, and chat, while de-stressing using the relaxation coloring technique to let your creative side go wild! No supplies needed, we will provide you with the books and pens. Third Wednesday of the month. 2 PM **Free!**

## West U Walking Club

Join us as we walk around this gorgeous neighborhood. Walking can add years to your life and is a fabulous way to exercise. Come join our fun group! (Meets at the Community Building) Monday, Wednesdays, Fridays, 8:15 AM **Free!**

## NEW! Garden Club

Interested in starting a Garden Club? We are too! Come to the Community Building to sign up. We will provide the space for you to meet and help the group get started.

## NEW! Tap It Out with Reiki

Using the Emotional Freedom Technique, also known as acupuncture without needles. Tap out your fears, cravings, weight, anger, and more. Heal your mind and body with Reiki Energy. Mondays, 10 AM **Free!**

## Computer Classes



Harris County offers FREE Computer Classes at the West University Senior Services location. Classes offered include:

Computer Basics, Beginner Internet, Facebook, Microsoft Word, Microsoft Excel, and several other useful classes for beginner to intermediate users. Kenneth Flowers is the instructor for these fun and informative classes. Kenneth has over 14 years of training experience within the corporate world, and municipalities. Class size is limited. Please sign up at the West U Library or call 713-668-8273. The classes are hosted every Tuesday, in the West U Community Building's Activity Room at 6104 Auden @ 2 PM. You may check on class offerings by visiting [www.hcpl.net](http://www.hcpl.net), and clicking on the West University location.

**Holiday Closures:** Memorial Day: May 30, Independence Day: July 4

## Featured Resident: Mary Ann Littlejohn

Mary Ann came to Houston from Mississippi in 1960 after she married her high school sweetheart. They were joined by daughter, Marie in 1962. Mary Ann worked at Allstate Insurance and then Fannin Bank through her husband Laney's undergrad and graduate school days at Rice. A son Tom was born in 1969 in Columbia, Missouri.

In 1972, Mary Ann and family embarked on an adventure to work for the oil company Aramco in Dhahran, Saudi Arabia. The family spent 23 years there. She worked in various departments of Aramco starting as secretary in Maintenance. Working in the Local Industrial Development Dept. was exciting. Other jobs took her to Materials Supply, Communications and finally as Admin Assistant in the support group for a Senior VP. Throughout this time the family was able to travel to many countries. They were on vacation, in Houston, at the time of Saddam's invasion of Kuwait. Mary Ann stayed stateside while her husband went back to work. She returned to Saudi in 1990 after the war.

When it was time to find a place to settle after retirement in 1996, Mary Ann and Laney decided to come back to Houston to be near their daughter Marie's family in Sugar Land and Tom in New Orleans.

Mary Ann started quilting with a group in Dhahran. She had been sewing since she was 8 yrs. old, making clothes for her and family and quilting quickly became a passion. She started out making traditional quilts but moved to making art quilts (quilts for the wall rather than the bed) by the late 90's. Her quilts have been juried into the International Quilt Show and other venues since 2000. She held volunteer jobs in the Quilt Guild of Greater Houston and was webmaster for Houston Area Fiber Artists. Recently she has joined the West University Quilters group that meets on most Tuesdays from 1 to 4 PM.



**Recipe Contest Winner!** Lynn Old "Muffin Tin Meatloaf." Lynn Old is the winner of our West U Recipe Contest! We would like to thank all of our entries, (all of them were delicious recipes by the way) Lynn Old made a mean meatloaf though that was tough to beat. Please feel free to pick up a free copy of her fabulous recipe at the West U Community Building!

# May



- **Mon. May 2, 9, 16, 23: Nexus Program, Hosted by Silverado** Learn about the keys to a successful life and the components available to you including, physical exercise, stress reduction, social activities, cognitive exercise, digital programs and support groups. Sponsored by Silverado Memory Care Community. 10 AM **Free!**

- **Tues. May 3: Grandmother's Day Tea Party** Join the 5th grade girls from Girl Scout Troop 25344 as they host a wonderful Tea event for you! 3:30 PM **Free!**



- **Wed. May 4: Chair Beach Volleyball** The game is played with a beach ball and a net, which Tim Hansen made for us. Rules are similar to regular volleyball, but no getting out of your chair! 10:30 AM **Free!**



- **Tues. May 10: Galveston Kayaking** We will travel to this gorgeous State Park for a kayak lesson and a 1 ½ hour grand tour over the fabulous sea grass beds in the bay. Prepare to get a little wet and bring an extra pair of shoes. Pack a lunch for a delightful picnic in the park. 9 AM \$9

- **Tues. May 10: Harpist Naomi Hoffmeyer** Do not miss this inspired performance! Naomi will provide lovely harp selections from her repertoire for the 2016 USA International Harp Competition. 1 PM **Free!**



- **Wed. May 11: Hemi Hideout Precinct Trip** BBQ lunch on your own at Dozier's Famous Meat Market followed by a tour of the Hemi Hideout which offers Amish style architecture, free ice cream and soda plus a collection of muscle cars that will blow your mind. 10 AM \$4 PLUS bring \$5 CASH for the Hemi Hideout donation.



- **Sun. May 15: Spring Cabaret** This local theatre offers a New York Style Cabaret experience. 1920–1940's Standards from the Great American Songbook paired with memories from those who were there. 5 PM \$24



- **Tues. May 17: Infection Control and Best Practices** This lecture will focus on infection control practice and precautions. Get the latest information on this very important topic. Sponsored by Right At Home Care 2 PM **Free!**



- **Wed. May 18: Taste of the Town "Brasserie 19"** With its crisp white interior and gorgeous table-hopping crowd, Brasserie 19 is easily the most see and be seen restaurant in town. The high octane ambiance is fueled by one of the city's best wine lists. 11 AM \$5

- **Thurs. May 19: Chinese Cultural Revolution Lecture** Join us for this amazing in depth look at how the Cultural Revolution affected the lives of young people living under Communism. Speakers will be sharing their heroic stories from the book "Zhiqing, Stories of China's Special Generation" 1 PM **Free!**



- **Tues. May 24: Pizza Pajama Jam Theme Meal** Gourmet Pizza Party! Prize awarded for best P.J.s. Steve and Diana will provide entertainment. Silverado Retirement Community will provide a scrumptious dessert. 11:30 AM \$5



- **Wed. May 25: 99 Cents Store Shopping** Join us for a trip to discover all the bargains they have to offer. 10 AM *Free!*



- **Fri. May 27: Tips and Tricks, iPhone 101** Who better to instruct this class than our capable volunteer and student, Caitlin Connelly? She will have you mastering this device in no time. Learn the latest tricks! 11 AM *Free!*

- **Tues. May 31: Corn-hole Tournament** The Prizes awarded for the winner! 10:30 AM *Free!*

## June

- **Wed. June 1: Menil Tour and Lunch** The Menil Collection, definitely the hidden gem of Houston's art scene, houses a vast collection ranging from Andy Warhol to Pablo Picasso. Lunch on your own at the Bistro Menil. 10:30 AM \$5



- **Thurs. June 2: Houston Heights Precinct Trip** We will travel to the beautiful and historic district of the Houston Heights with noted Historian, Andrew Grocock who will hop aboard the bus and provide an in depth guided tour. A delicious lunch at "Shade" restaurant is included, followed by a wonderful Heights Art Tour that is sure to delight. 9 AM \$50



- **Mon. June 6: Breast Cancer Awareness** Join P.A. Kim McCoy as she provides an updated presentation on the latest trends and advancements. Sponsored by Interim Health Care 10:30 AM *Free!*



- **Mon. June 6: West U Men's Club Trip and Lunch** Join the West U Men's Club as they adventure to a fun location and lunch. Inquiries call: (713) 662-5896



- **Tues. June 7, 14, 21 & July 12, 19, 26: Beginning Genealogy with Marje Harris, Former Clayton Librarian** Explore your roots and family tree with our genealogy specialist. This is a six week commitment. 2 PM \$25 (for six weeks)



- **Tues. June 7, 14, 21: Brain Games** Right At Home is sponsoring these fun events, so be sure to register! 10 AM *Free!*



- **Wed. June 8: Archway Gallery Tour and Lunch at the Hobbit Café** We will view sculpture, pottery and paintings in a variety of media and styles. Lunch will be held at The Hobbit Café on your own. 10 AM \$5

- **Fri. June 10: The Magic of Laughter** This will be a fun interactive presentation guaranteed to make you giggle. Sponsored by Park Plaza. 1 PM *Free!*

- Mon. June 13: Chair Beach Volleyball** Great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand to eye coordination, and endurance. 10 AM *Free!*



- Wed. June 15: Taste of the Town "Kenny & Ziggy's Delicatessen"** Homesick New Yorkers make lunch at Kenny & Ziggy's Delicatessen Restaurant a standing room only affair. They are famous for their enormous portions and delicious cheesecake. 11 AM \$5

- Thurs. June 16: Patriotic Wreath Making** The Gardens of Bellaire will generously provide the fabulous supplies! 10 AM *Free!*



- Thurs. June 16: Discovering An American Poet, Robert Frost** Vincent D'Amico presents a fascinating lecture on one of the greatest American Poets. 1 PM *Free!*



- Sun. June 19: Father's Day Concert** A Father's Day favorite, featuring The Houston Symphonic Band with Conductor Chuck Thockmorton 2 PM *Free!*

- Mon. June 20: AARP Drivers Safety Class** Comprehensive, four hour instruction class that can improve your driving and possibly lower your auto insurance. 11:30 AM–4:30 PM, AARP Members \$15 Non Members \$20. You must bring your AARP I.D. card for the discount.



- Wed. June 22: Walmart Shopping** Check out the new Walmart! 9:30 AM *Free!*

- Thurs. June 23: Cooking Demonstration with Chef Adam Atterberry** We will travel to The Village of Meyerland Community to view a spectacular cooking demonstration hosted by a gourmet chef. 2:15 PM *Free!*



- Fri. June 24: Demystifying Medicare and Other Benefits** Pat Mione will provide pertinent information on the intersection of Medicare, Part D, and other group benefits for individuals who are considering working beyond age 65 and for all of us who are confused. 11 AM *Free!*



- Mon. June 27: Musical Bingo with Elderly Home Health Care** 40s and 50s music will lead this fun Bingo game. Prizes included! 10:30 AM *Free!*

- Tues. June 28: Red, White and Blue Theme Meal** Celebrate America's 240th Birthday with us! A delicious lunch will be prepared by Mr. Ed Heathcott! John Pickle will perform patriotic songs. Dessert sponsored by Interim Healthcare. 11:30 AM \$5

**MUNICIPAL PROPERTY TAX OVER-65 EXEMPTIONS** All home owners residents age 65 or older receive a \$185,000.00 property tax exemption. You are eligible for these exemptions as soon as you turn 65; you don't need to be 65 as of the first of the year to apply. School districts automatically grant an additional \$10,000 exemption for qualified persons who are 65 or older. An additional advantage of the over-65 exemption is the school tax ceiling. Once you qualify, your school taxes will not increase unless you make improvements to the home. Call the Harris County Appraisal District or go to their website for more information. <http://www.hcad.org/Resources/Exemptions/Homeowners.asp>

# July

- **Wed. July 6: Happy Legs** Poor circulation and swollen legs could be caused by a hardening of the arteries. Find out more at this interesting presentation sponsored by MEDRelief Compassionate Care. 10:30 AM *Free!*
- **Thurs. July 7: Ice Cream Social** Celebrate National Strawberry Sundae Day, as Belmont Village Hunters Creek provides delicious treats for all! 1 PM *Free!*



- **Mon. July 11, 18, 25: The Story of You** What is the story of your life? Discover your unique life tapestry as we make it all about you, by way of guided autobiography. Join Mary Kuskowski, Licensed Professional Counselor, as she provides the tools to help you reflect on, integrate, and share your life themes. 2 PM \$41 for this productive, inspirational and fun, three week course.
- **Tues. July 12: Walmart Shopping Adventure** Walmart offers many items from groceries to upholstered furniture. Check it out! 9:30 AM *Free!*
- **Wed. July 13: Quilting Lecture: Blankets or Art?** Both traditional quilts for beds and decorative art quilts have a place in our world. Mary Ann will explain the difference in this fascinating slide show. 10:30 AM *Free!*



- **Thurs. July 14: Bingo Bonanza** Who will be crowned Evening Bingo Champion at this fun evening event hosted by Right At Home Care. Prizes galore provided. 5 PM *Free!*



- **Mon. July 18: Ten Thousand Villages Store in Rice Village** We will travel to this interesting store to hear how they are saving lives in third world countries by empowering women. 10 AM *Free!*
- **Mon. July 18: Giving Your Estate to the Right Person (Wills)** Expert lawyer, Virginia Lootens will provide an enlightening presentation to boost your knowledge. 2:30 PM *Free!*

- **Tues. July 19: Baker Ripley, Neighborhood Center Tour and Lunch** Join us as we tour this amazing Neighborhood Center, have a drum circle lesson, and a delicious lunch. 9:30 AM *Free!*



- **Wed. July 20: Taste of the Town "Courses Restaurant"** We will travel to the Culinary Art Institute of Houston, for a delightful lunch. 11 AM \$5
- **Wed. July 20: Coping with Stress Through Mindfulness** Reduce stress, relax and sleep better through guided meditation with Stan Merrill. 1 PM *Free!*



- **Thurs. July 21 or Wed. July 27: Historic Funeral Museum Tour & Old Town Spring Shopping Adventure** Including the 9/11 Fallen Heroes memorial and Presidential exhibition. A yummy lunch at The Potato Patch is included, followed by shopping at Old Town Spring to see the Bonnie and Clyde bullet holes. 9 AM \$31



- **Mon. July 25: Communicating with Your Physician and Advanced Directives** Shannon Cavers, Elder Law Attorney will present on these important topics. Sponsored by Interim Home Health Care. 10:30 AM **Free!**
- **Tues. July 26: Sports of Sorts Theme Meal** Wear your favorite Jersey as we celebrate all sports themes at this fun luncheon! Dessert sponsored by The Gardens of Bellaire. 11:30 AM \$5

## August



- **Mon. Aug. 1: Linda Gay, Former Director of the Mercer Arboretum** Linda is back to present another fabulous lecture on plants! Don't miss this incredible speaker who currently works for McGovern Gardens. 10:15 AM \$5

- **Tues. Aug. 2: National Ice Cream Sandwich Day & Beach Volleyball** Celebrate this National Holiday with some ice cream and a round of Chair Volleyball for fun! Sponsored by Belmont Village 10:30 AM **Free!**



- **Wed. Aug. 3: Contemporary Craft Museum Tour** We will tour delightful exhibitions as local artists showcase their work. The on-site Asher Gallery will have items for sale. Lunch will be on your own at Pronto Cucino's. 10:15 AM \$6

### ***Residents always get first priority on all trips and classes.***

This is true until the senior services office begins asking for payments. Once payments have been requested it is important to pay your balance by the due date requested. Our trips and classes do fill up so register early.

**Refunds:** If you require a refund please contact the Senior Services Manager or Recreation Specialist. Situations vary, and this will determine if a refund can be issued. We will do our best to accommodate your needs but, if fees have already been paid to the vendor and you neglected to cancel in a timely fashion or we have nobody on the wait list to take your place, this may not be possible. It is preferred that we credit your account. However, if you require a refund check to be issued from our finance department, we will implement a \$10 surcharge.

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Owner Selby Clark, a long time resident of West-U

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- ☐ **Fri. Aug. 5 or Mon. Aug 29: Galveston Bryan Museum Trip and Lunch** The Bryan Museum is home of the largest collection of historical artifacts, documents and artwork relating to the Southwest United States. Lunch will be on your own and held at the Spot overlooking the Gulf. We will stop by the oldest drug store in Texas, “The Star” for delicious hot lava sundaes. (included) 9 AM \$22



- ☐ **Mon. Aug. 8: AARP United Healthcare Presentation** A local agent and community outreach contact will discuss the many parts of Medicare. 10:30 AM **Free!**
- ☐ **Tues. Aug. 9: Knox Box Presentation & National Peach Day** Find out what a clever item a Knox Box is from our star West U Fire Marshal Novak. Ed Heathcott will provide scrumptious peach cobbler to celebrate this fabulous presentation. 10 AM **Free!**
- ☐ **Thurs. Aug. 11: Children of Aging Parents** How to identify and address issues associated with aging. Sponsored by Park Plaza 5:30 PM **Free!**
- ☐ **Mon. Aug. 15: Olympic Viewing on the Big Screen TV** Cheer on your favorite champion as we view the Gymnastics Final on the projection screen! Refreshments will be provided. 2 PM **Free!**
- ☐ **Tues. Aug. 16: Gardens of Bellaire Tour and Lunch** Join us as we tour this wonderful retirement home and sample the food. 10:30 AM **Free!**



- ☐ **Wed. Aug. 17: Taste of the Town “Restaurant Week”** We will pick the place closer to the date. Suggestions welcomed. 11 AM \$5



- ☐ **Wed. Aug. 17: National Thrift Store Shopping Day** We will have a fantastic time shopping for fun things. 1:30 PM \$2

- ☐ **Thurs. Aug. 18: Alkaline Water Information** Antioxidant water is not a cure all, but it can help with many issues. 10:30 AM **Free!**



- ☐ **Fri. Aug. 19: First Annual Summer Bash/Mini Olympics & Lunch** Participate in our version of the Olympics here at the Community Building! We will have fun relays, chair volleyball, corn-hole, wackiest hat contests and a cakewalk with many prizes. We will be battling the Weekley YMCA and Bellaire L.I.F.E, so bring your A game to represent West U! We will be in teams of six, with special T-Shirts to prove our awesomeness. Lunch is included. 10:30 AM Sponsored by Park Plaza **Free!**

- ☐ **Wed. Aug. 24: Holly Hall Retirement Home Tour and Lunch** We will tour this Christian based center where lunch will be served. 10 AM **Free!**



- ☐ **Tues. Aug. 30: Luau Theme Meal** Join us for a delicious Hawaiian themed luncheon. Home Instead will be the dessert sponsor. 11:30 AM \$5

**TRY BEFORE YOU BUY!!** Some classes offer a complimentary one-time trial on your first visit!!! Try the class before you register and get a feel if it's the right class for you! These include Tai Chi, Gentle Yoga, Senior Water Aerobics, Early Risers, Line Dance, & Afternoon Aerobics.

## Get Up & Move Classes

**Coming Soon!** Men's Only Exercise Class ... please call to inquire!

- M/W/F 8:15 AM West U Walking Club:** Walking can add years to your life and is great for your cardiovascular system, circulation and stamina. (Meets at the Community Building) **Free!**
- M/W 8:30 AM Tai Chi:** Exercise that tones, strengthens and improves balance and posture. \$45 per 6 week session
-   **M/W/F 9 AM Gentle Yoga & Strength Training:** Improve stability and balance, while also building endurance. \$40 per month
- M/W/F 11:15 AM Senior Water Aerobics:** Help build endurance, improve strength and help with arthritis. \$58.50 per month (Class held @ Recreation Center however, please register at the Community Building)
-   **M/W 4 PM Afternoon Aerobics:** Get your heart rate going while building muscle in a fun setting. \$24 per month
- T/Th 9 AM The Early Risers Exercise:** An hour long class, especially designed for an older age group: Combines stretching, toning, and flexibility training. \$8 per month
- Wed. 1 PM Beginner Parkinson Tango:** Houston Area Parkinson Society sponsors this class. No partner needed! Come ready to move! **Free!**
-   **Wed. 1 PM Advanced Line Dancing:** Come learn some new moves in a social setting. This is a wonderful class to help you with your coordination and help to keep you fit! \$17 per month
- Thurs. 11:30 AM Bones for Life®:** Springy dynamic movement and well aligned posture are keys to regenerating bone tissue. This class focuses on gentle, precise movement to help you improve bone health, balance, and range of motion.

## Thursday Evening Programs

*(For Those Baby Boomers Still Working)*

- 5 PM Beginner Tai Chi:** It is documented in several medical journals that Tai Chi can decrease your chances of falling, and can improve your health. \$23 for six sessions.
- 5:30 PM Evening Yoga:** This gentle Yoga class will increase strength and range of motion. \$40 for six sessions.
-   **6:15 PM Beginner Line Dancing:** You will come out of this class with a smile on your face, a kick in your step and some excellent cardio vascular exercise. \$24 for six sessions.

# Cultural & Brain Stimulating Programs



- **First Mon. of the Month. 11 AM West University Men's Club:** The West University Men's Club, (West U M Club) is a great place for men to meet their neighbors and share common interests, monthly luncheons, outings and guest lecturers. To learn more call (713) 662-5896.

- **Mon. 10 AM Reiki Energy Class:** Heal your mind and body with Reiki Energy. *Free!*



- **Mon. 1 PM Mah Jongg Free Play:** Know how to play and need a group to play with? Come join the fun! *Free!*



- **Tues. 10:30 AM The Ukulele Group:** Enjoy learning to play the ukulele, no experience needed. The group invites anyone to join them and sing along with familiar tunes. *Free!*



- **Last Tues. of Month 11:30 AM Monthly Theme Meal:** Join us for a delightful meal, door prizes and some wonderful entertainment. \$5 (The last Tues. of the month unless a Monday Holiday is before Tues.)

- **Tues. 1 PM Mexican Train Dominoes:** Join the fun. Don't know how to play? Don't worry, we will teach you. *Free!*

- **Tues. 1 PM Quilting Group:** Make a new friend, share ideas about quilting and learn together in a group setting. We provide the space, you provide the creativity. *Free!*



- **Tues. 2 PM Computer Lessons:** Want to improve your computer skills? Join others in the same boat; Learn Facebook, Excel, Word, and how to download photographs. Call the library at (713) 668-8273 to register. *Free!*

- **Wed. 10 AM Knitting for Fun:** Learn how to make designer items, blankets, and small toys for your children and grandchildren. *Free!*



- **First Wed. of the Month 11 AM West U Book Club:** A new book each month, sure to be enjoyed. Stop by the Harris County Library and ask what they are reading prior to the meeting. *Free!*



- **Wed. 11 AM Weight Watchers:** Please see their website for more details. Hosted in Auditorium. Come join your West U neighbors at this local meeting.

- **Second and Fourth Wed. of the month 2 PM Meditation:** An ongoing group of individuals who strive to make their life more balanced. *Free!*



- Wed. 2 PM West University Place Support Group:** DBSA Greater Houston provides free and confidential support groups for individuals living with or family and friends affected by depression and bi-polar disorders. Attend a support group today to begin your road to recovery. *Free!*



- Third Wed. of the Month 2 PM Coloring Club:** Join us for this innovative and creative class. Supplies provided. *Free!*

- Thur. 12:30 PM Watercolor Painting:** Bring on your creative side, learn new techniques, enjoy others in your class and use the other side of your brain. Instructor: Chris Bridge. Call: (713) 662-5895 to register.



- First or Last Thur. of the Month 1 PM Great Decisions:** Beginning in May: Pick your Thursday. Two dates are offered to accommodate this popular discussion group. Same time, same topic, just a different week! All are welcome to attend the monthly meeting to discuss topics related to current affairs and world affairs topics. This group is sponsored by the Foreign Policy Association and a book is required.



- Thurs. 1 PM Mah Jongg:** Know how to play and need a group to play with? Come join the fun! *Free!*

- Fri. 9 AM Mah Jongg Lessons:** Join instructor Carol Goulet as she guides you through this skillful game. \$35 for four two hour lessons.



- Fri. 9:30 AM Opera and So Much More:** Ann Thompson discusses one of the greatest and oldest forms of art. This commentary appeals to both aficionados and novices. \$2 per week

- Fri. 11:15 AM Shakespeare:** A friendly educational group that reads Shakespeare's plays, studies his life and relevant historical information. Led by Kate Pogue. \$2 per week

- Fri. 11 AM Contract Bridge Lessons:** Interested in learning how to play bridge? Six-week session begins soon, please call to inquire. \$2 per day



- Fri. Noon Women's Only Support Group:** DBSA Greater Houston sponsors a confidential support group that assists in the recovery of individuals with depression or bipolar disorder. Attend a support group today to begin your road to recovery. *Free!*



- Fri. 2 PM Bingo:** Great prizes, good company, snacks, and loads of fun for all. \$3

### Ongoing Senior Programs

Please pay for all classes at least **ONE WEEK IN ADVANCE!**

**Cancellation/Payment Policy:** If you wish to continue to reserve your space in an **ongoing class**, it is imperative that you pay one week prior to the new class start date. Several of our classes are filled to capacity. Payment ensures you are enrolled.



City of  
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Senior Services  
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West University Place, TX 77005

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### SENIOR SERVICES

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Hours: M–F 7:30–5:30 PM  
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### PLEASE HELP US

Please help us by calling (713) 662-5895 if you have received this calendar in error or the name and/or address on the label is wrong. Thank you!

### DO NOT THROW AWAY IMPORTANT SENIOR INFORMATION

**Senior Board Members:** Becky Arnold, George Baker, Sarah Ballanfant, Ruth Becker, Candyce Beneke, Selby Clark, Carlos De Le Torre, Rebecca Dozier, Judy Faulkner, Virginia Lootens, Stan McCandless, Joe Mitchell, Michelle Moore and John Palmer

## West University Senior Services For Residents

**Transportation:** Monday through Friday, transportation is provided to senior activities, doctors, dentists, beauty shops, drug stores, banks and post office.

**Words on Wheels:** Enjoy reading but can't get to the library? Call (713) 668-8273 to reserve your books. We will bring them to you and return them.

**Home Maintenance and Repair:** Call to request assistance with small or odd jobs.

**Medical Equipment Loans:** Basic medical equipment available for temporary use.

**Special Trash Pick up:** For those with special needs, the city provides trash and recycle pickup at your door.

### Call (713) 662-5895 for any of these services!

*When you call for transportation, please have the name, address, and phone number of your appointment available.*

Toby Brooks at [tbrooks@westutx.gov](mailto:tbrooks@westutx.gov) or Patricia Noren at [pnoren@westutx.gov](mailto:pnoren@westutx.gov)

**RESERVATIONS FOR TRANSPORTATION MUST BE MADE AT LEAST ONE DAY IN ADVANCE!  
THERE ARE NO STANDING APPOINTMENTS. PLEASE CONFIRM ALL APPOINTMENTS WEEKLY.**

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