

Hi Neighbor

Winter/Spring 2016

Rise and Shine Breakfast



Mark your calendars and save the date for Tuesday, April 12, 2016 from 7:30 AM – 9 AM. The West U Rotary Club — a close community partner of the City of West U and West U Senior Services for several years — will be preparing and serving

juice, coffee and a delicious breakfast for you. The cost of the event is \$1 and we ask that you RSVP by March 31st. There will be drawings for those attending and there may even be some musical entertainment. Come join us for a fun breakfast event at the Community Services Building. To register, please call Senior Services at 713-662-5896.

Recipe Contest!

Recipe Contest! Do you have old recipes sitting in your cupboard at home? The more old fashioned the better! Submit your favorite recipe for a chance to win a wonderful and fabulous prize plus public acclaim! Collect a recipe card from Senior Services to enter. Categories: Casseroles, Appetizers & Soups, Salads & Dressings, Desserts, Meat & Poultry, Fish & Seafood, Vegetables. We would love to receive your entry! Recipe cards will be judged by category and finalists will be chosen. We will feature the Grand Prize winning recipe in the summer edition of the Hi Neighbor Newsletter!

NEW! West U Walking Club

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!

Ongoing Senior Programs

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

Holiday Closures: January 1 and March 25

Featured Resident: Lupe Palacios

Lupe was born here in Houston in the East End. She attended Immaculate Heart of Mary Parochial School. During 1952/1953 she attended Southwestern Business University where she took several business courses.

Lupe was married in 1956 to Isidoro Palacios from Richmond, TX. Isidoro and Lupe moved to their first home on Alderfer in the south area of Houston in 1964. They moved to West University in 1969, first on Ruskin Street, then in 1972 to her current home on Bissonnet Street. Isidoro and Lupe adopted their daughter, Maria Patricia, in 1964. Maria Patricia attended West University Elementary, Pershing Jr. High School, and Stephen F. Austin High School. She is a floral designer.

Lupe went to work as a seamstress for Candace Fashions, a manufacturer of children's clothing, in 1951 through 1959. In 1953 she was appointed Office Manager. In 1959 the company moved to Frankston, TX. She was offered a job by the accounting firm that handled the Candace Fashions account. Lupe decided to stay in Houston so she accepted the offer to work as Secretary for Abramowitz, Smith & Zlotnik Accountants in 1959. The firm's name changed several times during the 55 years that she worked there. The current name is Laporte CPAs & Business Advisors. Lupe retired from Laporte in November 2014, after working 55 years for the firm. She was named Ambassador for the firm for her Public Relations work.

Now that Lupe has retired, she is enrolled at the WUP Community Center doing exercise, Tai Chi, trips, lunches, bingo and most of the activities offered there. She is also a volunteer for the Good Neighbor Team. She encourages other seniors to join the many services that the center offers. Her hobbies include: reading, movies, and puzzles, and she particularly likes to go to a casino at least once a month.

She is a member of St. Vincent de Paul Catholic Church.



Daylight Savings Time, or DST, in 2016 begins on the second Sunday of March and ends on the first Sunday of November. On Sunday, March 13, 2016, clocks are moved forward one hour from 2 am standard time to 3 am DST.

January

- **Mon. Jan. 4: Meet Houston Astros Player, Charles Gipson**
Former Houston Astro, Charles Gipson is a member of the National League Champs who also played in the 2005 World Series. Charles will provide a rare presentation, unique memorabilia, and a Q&A session. Charles also played for the Yankees during their AL win. 1 PM **Free!**
- **Tues. Jan. 5: Community Volunteer Service Project** How can you help? Donate your time to this worthy cause. We will be putting together toiletries for the homeless. We will travel to the Village of Meyerland, and assemble the bags in a community effort. 1:30 PM **Free!**
- **Wed. Jan. 6: Lonestar Animal Recovery Presentation** Doug will be bringing some interesting animals and provide a history lesson of this wonderful agency. A giant Tortoise will stop by to say hello. 11 AM **Free!**
- **Sun. Jan. 10: Brain Tumor Support Group** Invites brain tumor patients in the Houston community and their families to socialize, snack and talk about topics pertinent to survival and caregiving. 2 PM **Free!**
- **Mon. Jan. 11– Mar. 14: Self Defense Training/Senior RAD** Offering awareness and defense strategies for older adults, featuring tactics and insight. This is a 10 week class. 10–11:30 AM **Free!**
- **Tues. Jan. 12: Chair Volleyball** More fun than you can possibly stand—while seated! Come enjoy this fun-filled game played with a beach ball. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand to eye coordination, and endurance. 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!**
- **Wed. Jan. 13: Beaumont Historic McFadden House as seen on C-SPAN** We will tour this prominent home, carriage house and gardens. A delicious lunch at Two Magnolias is included. We will also tour the Chambers House Museum. 9 AM \$24
- **Wed. Jan. 13, 20, 27 Sign Language 101** Stimulate your brain, and test your skills while learning this valuable form of communication. Lessons will include: The alphabet, gestures, and simple phrases. 10 AM Three, 1 hour classes for \$4
- **Mon. Jan. 18: West U Antiques Appraisal Show** David Lackey, will be on site to provide histories and appraisals of your treasures. Sponsored by Senior Real Estate Specialist, Marth Turner Sotheby's own Lorian Welsh. 10:30 AM This event is free but you must register.





Wed. Jan. 20: Taste of the Town "Tapester's Grill" A local family owned business that specializes in American comfort food featuring trendy décor and a fun neighborhood vibe. 11 AM \$5 Plus lunch on your own.

Thurs. Jan. 21: An Adventure in Madagascar The very talented photographer, John Old will provide a fabulous presentation showcasing his travels. 2 PM **Free!**



Sat. Jan. 23: Baytown Full Moon Hike A naturalist will lead this hike which begins at sunset. We hope to view nocturnal animals such as owls, opossum, and raccoons in their habitat. Hikers must wear comfortable clothing and closed toe shoes. Time TBD \$6



Mon. Jan. 25: Hearing Loss and Communication Disorders Dr. Sanchez, will provide an informative PowerPoint presentation regarding this important topic. 10:30 AM **Free!**



Tues. Jan. 26: Sweethearts Luncheon Theme Meal Join us for a special day of fun with lunch, entertainment, chocolate and a movie. Sinatra style music will be performed by Rob Silver. Dessert will be sponsored by Safeway Medical Supply. 11:30 AM \$5



Wed. Jan. 27: Walmart Shopping We will travel to the new Walmart for a shopping adventure. There is a Subway Sandwiches at this location. 9:30 AM **Free!**

Thurs. Jan. 28: Free Caregiver Workshop Creating Meaningful Activities This interactive course, will cover strategies for developing daily connections with individuals with dementia. Respite care available. 11 AM-1 PM **Free!**

February

Tues. Feb. 2: The Benefits of Laughter Find out the importance of laughter at this fun lecture. Hilariously funny, Thomas Harvey from Cura-Connector will provide fantastic insight. 10:30 AM **Free!**



Thurs. Feb. 4: La Grange Quilt Museum and Fayette County Courthouse Tour We will travel to this historic city with a special viewing of the Quilt Museum, followed by a tour of the gorgeous Fayette County Courthouse. Lunch at Bistro 108 is on your own, plus antique shopping in the square. 8:30 AM \$19

Mon. Feb. 8: Plant Scents Linda Gay, is the former director of the Mercer Arboretum. She currently works for the McGovern Centennial Gardens. Linda will share a presentation of her most favorite, fragrant plants that thrive in our extreme climate. 10:15 AM \$5



Tues. Feb. 9: Welcome to Poland Our wonderful office volunteer, Hanna Paczkowski will provide fascinating insight of her historic homeland. Learn about Poland's traditions, culture and delicious food. Polish snacks will be provided. 10:30 AM **Free!**



Wed. Feb. 10: Family Tree Learn and Lunch Home Care, Who Pays, You or Medicare? Family Tree sponsors a lovely lunch and answers your questions regarding Home Health Care. 11:30 AM **Free!**



Mon. Feb. 15: Chase Tower Sky Lobby Adventure The downtown JP Morgan Chase building offers the highest public view of Houston from the Sky Lobby! Get a bird's eye view of this lovely city. Some beautiful artwork is also on display in the lobby. Lunch is on your own and will be held at Treebeard's (church location) 10:30 AM \$5



Tues. Feb. 16: Chair Volleyball Don't miss this fun event! Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand to eye coordination, and endurance. 10:30 AM **Free!**



Wed. Feb. 17: Taste of the Town Frank's Americana Revival This menu features reinterpreted, comforting, regional favorites and dishes influenced by classic and modern American cuisine. 50s décor adds the charm of this River Oaks restaurant. 11 AM \$5 plus lunch on your own.



Sat. Feb. 20: Delphian Distinguished Speaker Series Prolific author and speaker, Susan Lieberman, introduces her new book 'Death, Dying, and Dessert, Reflections on Twenty Questions About Dying'. Susan has a Ph.D in public policy and a Masters from UC Berkeley. 5 PM **Free!**



Mon. Feb. 22: Allergies and You Dr. Naureen Alim (West U Resident and excellent speaker) will provide a PowerPoint and answer your questions about allergies. 10:30 AM **Free!**



Tues. Feb. 23: Chili When It's Chilly Theme Meal Celebrate the cool weather with delicious chili and all the fixings. Dessert sponsored by Silverado. Entertainment provided by Cyndi St. Cyr. 11:30 AM \$5



Wed. Feb. 24: Meyerland Shopping Adventure Join us for a shopping trip to Palais Royal, Chicos, and Talbots. 9:30 AM **Free!**

Thurs. Feb. 25: Downtown Farmers Market Trip City Hall hosts a Farmers Market at Hermann Square featuring local farmers and sustainable food. 10:30 AM \$1

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.

March

- 
 Tues. Mar. 1: Movement Is Blessed This program was developed for seniors who are less active and less mobile and can be administered by self, by a family member or by a caregiver. Sponsored by Cura-Connector 10:30 AM **Free!**
- 
 Wed. Mar. 2: Ice Cream Social & Musical Bingo Join us for some Musical Bingo and ice cream sundaes. This super fun event and the prizes will be sponsored by Ambassador Caregivers. 2 PM **Free!**
- Sun. Mar. 6: Brain Tumor Support Group** Invites brain tumor patients in the Houston community and their families to socialize, snack and talk about topics pertinent to survival and caregiving. 2 PM **Free!**
- 
 Tues. Mar. 8: Washington on the Brazos, Barrington Living History Farm and Star of the Republic Museum Precinct Trip Enjoy the great outdoors (and hopefully bluebonnets) as we get a unique educational experience during this tour of a replica of an actual cotton plantation and museum. A delicious box lunch will be included. 8 AM \$19
- Mon. Mar. 14: Waste Water Treatment Tour** Have you ever wondered how grey water is treated and cleaned before being returned to local waterways? Join us, as we travel to the West U Water Treatment Plant to get a backstage, fascinating tour from one of the engineers. 10:30 AM **Free!**
- 
 Tues. Mar. 15: Wal-mart Shopping Adventure Lightbulbs, patio furniture, peanut butter, cereal, or diamond watches, this store has it all. 9:30 AM **Free!**
- 
 Wed. Mar. 16: Taste of the Town Tiny Boxwoods A unique atmosphere, set within a garden nursery. Tiny's huge windows allow you to view the romantic landscaping while enjoying some delightfully different entrees. 11 AM \$5 plus lunch on your own.
- 
 Wed. Mar. 23: Houston Heights Tour Join us for a fabulous history filled bus tour with Houston Historian, Andrew Grocock as our guide. Lunch is on your own in the Heights. 8:30 AM \$25
- 
 Wed. Mar. 23: Easter Egg Decorating Join us for a fun time decorating Easter eggs. Sponsored by The Village of Meyerland. 10:30 AM **Free!**
- Tues. Mar. 29: Walk Through The Past Theme Meal** Come dressed as a blast from the past, and enjoy a delicious lunch. Glennie Scott will provide entertainment. Dessert sponsored by Family Tree Caregivers. Costume prizes awarded. 11:30 AM \$5
- 
 Wed. Mar. 30: Lunch and Learn Creating a plan of care helps to ensure that a senior loved one's transition to home care is smooth and family caregivers are prepared for any situation. Join Mechelle Minter, owner of Home Instead, as she provides helpful information during this lovely luncheon. 11:30 AM **Free!**

April

- 
 Fri. Apr. 1: Golf Practice 101 Come with us to Hermann Park to hit a bucket of golf balls. We will supply the clubs and the balls. Get outside, laugh and enjoy the weather! No golfing experience necessary. Left handed clubs available. 9:30 AM \$5
- 
 Thurs. Apr. 7 or Tues. Apr. 5: Dolphin Tour and Bolivar Ferry Precinct Trip See the dolphins up close and personal as we travel the Galveston harbor by boat. Enjoy the view as we dine seaside at the Mosquito Café. Lunch is on your own. We will enjoy a ferry ride to the Bolivar Peninsula and take the scenic route home. 8 AM \$15
- 
 Sun. Apr. 10: National Post Oak Charity League Variety Show Join the girls as they perform a hilarious and entertaining variety show on the stage of the auditorium. The National Charity League, (NCL) is a non-profit national organization of mothers and daughters who join together in community involvement through philanthropic and volunteer service. Refreshments will be served. 3:30 PM **Free!**

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 waitlist 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.

In-Home Care Services

Keeping the Comforts of Home™

- Companion Care •Meal Preparation •Grocery Shopping
- Light Housekeeping •Personal Care •More
- Screened •Bonded •Insured

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

Contact Us Today

713-974-6920

Comfort Keepers

a sodexo brand

6117 Richmond Avenue, Suite150 • Houston, TX 77057

© 2014 CK Franchising, Inc. • Most offices independently owned and operated.

ComfortKeepers.com



FAMILY TREE
— IN - HOME CARE —

PERSONAL CARE • HOME HELPER CARE
COMPANION CARE • SITTING SERVICES
RESPIRE CARE • AND MORE

713.333.9991 • www.FamilyTreeInHomeCare.com



- **Mon. Apr. 11: Lunch and Learn** LivHome is a care agency dedicated to assisting seniors with geriatric care. Find out more at this catered luncheon. 11 AM **Free!**

- **Tues. Apr. 12: Rise and Shine Breakfast** Meet the West U Rotary at this freshly prepared breakfast. The West U Rotary has offered to serve delicious juice, coffee and a yummy morning sampling of breakfast delights. Please register for this scrumptious event. 7:30 AM \$1



- **Wed. Apr. 13: Lake Houston Wilderness Park** A beautiful and lushly forested expanse of nearly 5,000 acres offers a variety of outdoor activities. A tour guide will lead us through the forest on an adventure hike into nature. Bring your cameras to capture the beautiful view. A delicious box lunch is included. Closed toed shoes are recommended. 10 AM \$16

- **Sat. Apr. 16: Migration Celebration** We will travel to San Bernard Wildlife Refuge for a spectacular day of bird watching, fun events and bird banding. 7 AM \$3



- **Mon. Apr. 18: U.T. Orthopedics Hips & Knees** A Specialist from UT will provide an informative lecture focusing on hips and knees. 11 AM **Free!**



- **Tues. Apr. 19: Central Market Shopping Adventure** Join us as we check out this fancy grocery store with unusual and organic items. 9:30 AM **Free!**

- **Wed. Apr. 20: Taste of the Town, The French House** A hidden gem in the Galleria area, with delicious chicken salad, and flaky croissants. A hole in the wall, with five stars. 11 AM \$5 plus lunch on your own.



- **Thurs. Apr. 21: Gemstone Necklace Making** Lynn Smith, owner of Smith-Garcia Designs, will teach you to make a gorgeous, colorful, one or two strand gemstone necklace. You may choose the color of your gemstones. Makes a one of a kind gift! All who sign up must have vision adequate to thread a needle. 2:30 PM \$25



- **Sat. Apr. 23: Delphian's Distinguished Speaker Series** Robin Davidson, Ph.D., award-winning author and poet from Houston, was selected in May 2015 as the next Poet Laureate of Houston. An Associate Professor of English at the University of Houston will represent the City of Houston by creating excitement about poetry through outreach, programs, teaching and written work. 5 PM **Free!**



- **Tues. Apr. 26: Mexican Fiesta Theme Meal** Ole! We will celebrate Mexico with a delicious luncheon. JJB returns with their fabulous Mexican folk music! Dianne Cooper, from Belmont Village will provide dessert. 11:30 AM \$5



- **Thurs. Apr. 28: Houston Zoo Trip** We will travel to the Houston Zoo to see the baby animals, get some fresh air and exercise. 9:30 AM \$12

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



- **Mon. 10:30 AM Parkinson Yoga:** Houston Area Parkinson Society sponsors this wonderful program designed for all levels! Take charge of your life, get out and exercise!! **Free!**

- **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

- **Tues. 10:30 AM Rise and Shine Yoga:** Enjoy the healing benefits of this Easy Flow Yoga class. Do you struggle with movement in the morning? This class is designed for those physically challenged, but can still get up and down from the floor. Tuesdays, \$55 for an 8 week session.



- **Wed. 10:30 AM Beginner Parkinson Tango:** Houston Area Parkinson Society sponsors this class. No partner needed! Come ready to move! **Free!**

- **Wed. 1 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. \$30 per six weeks

Are you an expat or returned expat? You might find like-minded friends at International Connections of Houston (ICH). We meet the third Thursday of every month (excluding July and December.) Please see <http://internationalconnectionshouston.org/> for full details

Thursday Evening Programs

(For Those Baby Boomers Still Working)

-  **4 PM Spanish Speakers Unite:** This experimental class is for both, native English speakers who seek proficiency in Spanish, and also native Spanish speakers who seek to advance in English. Emphasis will be in hearing and mastering subtle differences in pronunciation.
-  **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 NEW Evening Yoga:** This gentle Yoga class will increase strength and range of motion. \$26 per month.
-  **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 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. 1 PM Bridge:** Get your group of four ready for play. Cards and coffee supplied. \$1
- 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 & 3 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!*
-  **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.
- Last Thur. of the Month 1 PM Great Decisions:** 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



City of
**West University
Place**

Senior Services
6104 Auden St.
West University Place, TX 77005

PRSR STD
U.S. POSTAGE PAID
HOUSTON TX
PERMIT NO. 134

SENIOR SERVICES

www.westutx.gov/seniorservices

Hours: M–F 7:30–5:30 PM

Like us on Facebook!

City of West University Place TX

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 or Patricia Noren at 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.**

DISCLAIMER OF ENDORSEMENT: *The inclusion of the names of sponsors, advertisers or products herein is for informational purposes only and neither the City of West University Place, Texas, its Senior Services Board, Good Neighbor Team, nor any employee of the City, endorse or make any recommendation concerning any such sponsors, advertisers or products.*