



# Neighbor

Winter/Spring 2015

## Words on Wheels

With colder weather underway, what a great thing to do but curl up with a good book and blanket! Don't drive, no worries, let West University Library and Senior Services help you! Together they have facilitated a great program for West U Seniors called "Words on Wheels". This program has been in existence for more than 12 years.

Since the library does not want to see anyone go without library services, and senior services tries to improve quality of life, the "Words on Wheels" program was created. West University residents who are not able to get to the library, can contact the library to check out items packaged in a special "Words on Wheels" plastic bag and then sent to Senior Services. A Senior Services driver will then deliver those books to your home within a few days. When you are

ready to return the books, just put a phone call into the Senior Services office to schedule a pick up for those books at (713) 662-5895. A scheduled time will be set and you can contact the library for a second round of books to be delivered to your home.

The library has materials such as books, CDs, audiotapes (also known as "talking books"), videotapes or DVDs. All you need to do is call the library at (713) 668-8273. The librarian can find specific titles for you or select a variety of books in a given category. Large print books are also available.

If you don't yet have a Harris County Public Library card, the library will gladly send an application to your home. We hope you will consider joining the library if you haven't done so already!

## Spring Tea

Legend has it that afternoon teas were started in the mid-1800s by the Duchess of Bedford. During this era, it was typical to only serve two meals a day, one being your breakfast and another was your dinner time meal, typically later in the day. However, the Duchess found she needed a little something more in between meals, thus creating the afternoon tea. She started by inviting some of her friends for assorted snacks and teas. This trend then spread across high society and became a favorite pastime for ladies. Please join the girls and moms from the National Charity League Post Oak Chapter for the first annual spring tea. Dress in your "Sunday Best" and bring out your hats and gloves! This will be an event to remember. Sunday, April 12 at 3:30 PM. Reservations required.

## Featured Resident: Lynn Smith

It is funny how things work out, I met my husband in 1996 on a Southwest Airlines flight to Las Vegas. I used to avoid speaking to other people on planes as I was a nervous flyer, but his sweet smile and charming southern accent drew me right in! I was living in Reno, Nevada at the time and I loved it there– the dry high mountain air, the lack of bugs and mosquitoes, the big blue western sky surrounded by purple mountains majesty. Little did I know that two years later I would be re-married and moving to Houston. It was a very hot August day when the movers delivered the furniture to my new West U house and my first Doctor appointment after the move was to a dermatologist to get treated for the 60 mosquito bites all over my poor body. My damp yard was a huge breeding ground. The previous owner had the sprinklers set to go off 3 times a day! Yikes!



For the first time in my life since I was 15, I found myself without a paying job. I did not know a soul in town except my husband and his daughter, Pam. She worked at MD Anderson so I got a volunteer job there one day a week in the outpatient surgery waiting room. I also contacted the MFAH and volunteered to work in the Beck Shop. I figured if I could sell real estate for 21 years, I could help out in the store. Here I am 14 yrs later still volunteering every Tuesday and I am now the Guild Retail Chair, so I interview, train, and schedule the retail volunteers. I also sell my jewelry at the museum and my company is Smith Garcia Designs. That was another funny deal; I did jewelry for a hobby and was wearing my creations and the buyer asked me if I would bring some pieces to sell. I sell exclusively at MFAH and do trunk shows there for Mother's Day and Christmas.

Even though I never had children, one of the blessings in my life is my stepdaughter and son-in-law and my three grandsons, Dylan, Nathan, and Ryan, triplets born in June, 2002. Jim and I love living in West U and I use the facilities as much as possible. My yoga classes are one of the reasons I feel so healthy and my back doesn't hurt anymore! It's a great class; I have been attending for seven years. Vangie is a great teacher and keeps it interesting with weights and stretching, also. And I highly recommend the senior trips and activities, the topics are interesting and the fellow travelers are very friendly.

# January

- Mon. Jan. 5: Birds of the Bayou City Show w/ the Houston Audubon** Mary Weber is back by popular demand to bring us a fabulous assortment of live hawks and exotic birds for your enjoyment. 1 PM *Free!*
- Tues. Jan. 6: BBB Scams and Fraud** Get the latest information from the Better Business Bureau regarding how to protect yourself from thieves and con artists. 3 PM *Free!*
-   **Wed. Jan. 7, 21, 28 & Feb. 4, 11, 25: Introduction to Sign Language** Learn this fascinating form of communication. You may even learn to perform a song using sign language. 10 AM \$22 for six weeks.
- Thur. Jan. 8: Leading Cause of Death... Strokes** Did you know that 80 percent of strokes are preventable? The staff of the Neuroscience Center at Baylor St. Luke's Medical Center will provide valuable tips. 3:15 PM *Free!*
-   **Sat. Jan 10: PBS Tour and Lunch** Get a backstage tour of this wonderful TV station to find out all they have to offer. Lunch/Brunch at The Hobbit Café is included. 8 AM \$25
-   **Mon. Jan. 12: RN Diabetes Lecture** Join Carol Pitts, Director of Nursing for Circle of Care Hospice as she presents pertinent information regarding diabetes. 10:15 AM *Free!*
- Tues. Jan. 13: Doc Porter Telephone Museum and Tour** We will tour this quirky museum filled with iconic history. 10 AM \$1
-   **Mon. Jan. 19: MLK Concert Chamber Music** Join us for a lovely concert provided by the talented musicians from the American Festival for the Arts. 12 PM *Free!*
- Tues. Jan. 20: AARP Defensive Driving** A comprehensive instruction class. 12:30 PM AARP Members \$15, Non-Members \$20
-   **Wed. Jan 21: Taste of the Town** We will head to Marks American Cuisine voted Houston's most romantic restaurant. 11 AM \$5 plus lunch on your own.
- Fri. Jan 23: Dignity Lunch and Learn** Dignity Memorial is coming to the Community Building and will present a lecture on "Smart and Safe Living". Reservations for lunch are required. 11:30 AM *Free!*
-   **Tues. Jan 27: Sweetheart Luncheon Theme Meal** Join us for a special day of fun with lunch, entertainment, chocolate and a movie. Frank Sinatra may make a special appearance! Dessert sponsored by Bright Star. 11:30 AM \$5
- Wed. Jan. 28: Walmart Shopping** Deals and McDonalds. 9:30 AM *Free!*

# February



- Mon. Feb. 2: Dr. Vik Rajan Patient Advocacy** Learn how to get your needs met from the sometimes confusing medical system. 11:30 AM *Free!*
- Tues. Feb. 3: Heart Health Report Card** West U Resident and Cardiologist Dr. Asif Ali will present an extremely informative lecture on Heart Health. Dr. Ali has appeared on the Dr. Oz Show. 10:30 AM *Free!*
- Wed. Feb. 4: Haak Winery and Froberg Farm Tour** We will travel to Froberg's for a tour. We will also have a chance to purchase locally homemade pies, jam, produce and candy. Lunch at Baytown Seafood, and then a tour of the Haak Winery along with some wine sampling. Lunch on your own. 9:30 AM \$18



- Mon. Feb. 9: Crystal Earring Jewelry Class** Lynn Smith, owner of Smith Garcia Designs will teach you to make three pairs of gorgeous crystal dangle earrings with sterling silver ear wires. 10:30 AM \$23
- Tues. Feb. 10: Hunters Creek Belmont Village Tour** We will travel to this brand new facility for an insider's tour and a delicious lunch. 10 AM *Free!*
- Thur. Feb. 12: Katy Prairie Conservancy Speaker** Find out more about this eco friendly wetlands area and how it's connected to West U through history, culture and flood control with Education Director, Jaime Gonzalez. 3:15 PM *Free!*



- Mon. Feb. 16: Italian Cooking Demonstration** John and Elena are back with a sizzling Italian sausage making demo. Learn how to make and freeze delicious sausages. Two family secret recipes will be provided along with samples. 2:30 PM \$3
- Tues. Feb. 17: Airline Farmers Market Trip** We will travel to this outdoor market to find out all the options offered. 10 AM *Free!*



- Wed. Feb. 18: Taste of the Town** In the mood for some German food? Join us as we travel down Westheimer to the award winning Rudi Lechner's. 11 AM \$5 plus lunch on your own.
- Thur. Feb. 19: Sarah Cohen, M.D. Speaks on Inner Ear/Balance** Dr. Cohen is a specialist, who works extensively regarding the correlation of the two. 3:30 PM *Free!*



- Mon. Feb.23: Performance and Book Review, Queen Esther** Join us for this riveting performance by Robbie Crump. 11 AM *Free!*
- Tues. Feb. 24: Rodeo Round Up** It is that time of the year again, so dust off those boots and step into the corral! Dessert sponsored by Gardens of Bellaire. 11:30 AM \$5



- **Wed. Feb. 25: Meyerland Shopping** Forget about finding a parking space, as we hit Palais Royal, Chico's and Bed Bath & Beyond, etc. 9:30 AM *Free!*

## March



- **Mon. Mar. 2: Essential Oils as a First Aid Kit** Essential Oils are the new hip thing. Learn the holistic value of the essential oils and their potential healing uses. 12 PM *Free!*



- **Thur. Mar. 5: 'Lighthouses of Texas' Author, Steph McDougal** With images from the US Coast Guard Historian's Office and other archives, Steph has crafted a fascinating look at Lone Star History. Copies of her book will be available. 10:30 AM *Free!*

- **Sat. Mar. 7: Nature Fest Humble, TX** All day outdoor events featuring guided tours, lectures, pontoon boat rides, crafts and a variety of exhibitors. Concession stands available so bring a little cash, or a sack lunch. 8:30 AM \$5



- **Tues. Mar. 10: Kidney Health and Benefits** Join R.N. Van, from Bright Star, as he speaks on the best ways to promote kidney health. 10:30 AM *Free!*

- **Wed. Mar. 11: Neches River Adventure & Art Museum of the Southwest** Enjoy a leisurely boat trip down the eco-diverse Neches River. Buffet lunch at Two Magnolia's Restaurant (on your own). We will end the trip with a visit to the Southwest Art Museum. 9 AM \$28



- **Mon. Mar. 16: Katy Prairie Conservancy Trip** All aboard as we travel to this beautiful wetlands to view the ecologically vital prairie featuring birds and 100 different species of animals. Bring a sack lunch. 10 AM \$5

- **Tues. Mar. 17: Village of Meyerland** Presentation on how to stay in charge when your kids think they are the boss. 10:15 AM *Free!*



- **Wed. Mar. 18: Taste of the Town** Join us for some creative burger concoctions as we head to the Hub Cap Grill and enjoy the wonderful weather. Cash only! 11 AM \$5 plus lunch on your own.



- **Thur. Mar. 19: WAS-H Watercolor Gallery Tour & Lunch at Ruggles Green** We will travel to the Watercolor Society to view the latest exhibit, followed by lunch on your own at Ruggle's Green. 9:30 AM *Free!*

- **Mon. Mar. 23: Silverado Learn and Lunch** Learn more about meaningful activities you can do to stay positive and healthy. Lunch reservations required. 12:30 PM *Free!*



- Wed. Mar. 25: Walmart Shopping** Deals and McDonalds. 9:30 AM **Free!**
- Tues. Mar. 31: Day of Spain Theme Meal** Experience Spain with Tracy from our featured Adult Spanish Class. She will share her knowledge of food, wine and culture while your taste buds sample some Spanish fare! Dessert sponsored by Family Tree In Home Care. 11:30 AM \$5

## April

- Wed. Apr. 1 or Thur. Apr. 23: Liendo Plantation & Blue Heron Goat Farm** Come along as we take in the rich historical significance of the Liendo Plantation. We will have a lovely lunch at the Garden Café, and visit the Blue Heron Farm to see the baby goats. 9 AM \$36
- Thur. Apr. 2: 12 Healing Essential Oils in Ancient Scripture and Their Uses** Experience essential oils mentioned in the Bible and learn the medicinal uses. Included is a Healing Oils of the Bible booklet and class notes. 9 AM \$25

**Fri. Apr. 3 : Senior Center Closed for Good Friday** All city offices will be closed on this date. If your trash day is scheduled for Thursday it will be picked up on Wednesday. If your trash day is Friday your trash will be picked up on Thursday. Please plan accordingly.



- Tues. Apr. 7: Murder Mystery Luncheon** Dress up and play a part in this luncheon party game. We will enjoy a lunch as we try to figure out who the murderer is. 2 PM \$10
- Wed. Apr. 8: Silverado Tour and Lunch** We will take a tour of this cutting edge facility and have a gourmet lunch. 10:30 AM **Free!**



- Mon. Apr. 13: Houston Heights Tour with Houston Historian, Andrew Grocock** We will get a fabulous history filled bus tour with Andrew as our guide. Lunch on your own in the Heights. 9 AM \$25
- Tues. Apr. 14: Bright Star Presents COPD** Learn all about COPD causes, effects and remedies. 10:30 AM **Free!**



- Wed. Apr. 15: Taste of the Town** We will head to the Bird and the Bear for a delightful dining experience. 11 AM \$5 plus lunch on your own.
- Mon. Apr. 20: Houston Bar Association Presents "Wills"** The Houston Bar Association will provide an informative lecture, answer your questions and provide extremely valuable tips and options. 10 AM **Free!**



- Tues. Apr. 21: Arbor Gate Nursery Trip** We will travel to the Arbor Gate to get fantastic gardening tips and tricks from the professionals. 9:30 AM **Free!**

- **Wed. Apr. 22: Laughter with Joyce Greenfield** Smiling and laughing is good for your mind, soul and body. Come to this hilarious demonstration! 10:30 AM **Free!**

**Mon. Apr. 27: Law of Attraction w/ Jiji** Discover how you can develop daily, simple practices and techniques to become more grounded. Jiji is an abundance QSCA life coach, healing touch practitioner, and an ITEC certified reflexologist. 1 PM **Free!**



- **Tues. Apr. 28: Hooray for Hollywood** A special theme meal featuring Hollywood memorabilia from Belmont Village, Dianne Cooper's collection. Join us for a lovely themed lunch with fabulous entertainment. Dessert sponsored by The Gardens of Bellaire. 11:30 AM \$5



- **Wed. Apr. 29: Meyerland Shopping** West University Place provides shopping transportation to Meyerland Plaza. Join your neighbors on this shopping adventure. 10 AM **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 imperative to come in 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. However, if fees have already been paid to the vendor, you did not cancel in a timely fashion or we have nobody on our 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 to you from our finance department, we will implement a \$10 surcharge.

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## 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.

**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.

## New Programs



- Beginner Bones for Life ®:** This is a slow paced body movement class that will help build healthy bones and improve your alignment. You will need to bring a beach towel and yoga mat. Thursdays 10 AM, \$30 per six weeks.
- 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. Thursdays 11:30 AM, \$30 per six weeks



- Portrait Drawing & Painting:** Explore and expand your ability to create portraits using a variety of media and techniques. Mondays 2-4 PM, 8 week session, \$60
- Bonjour French:** Class designed to learn through conversations themes, travel and more. Viva la France, with French born instructor: Isabelle Edyoux. Knowledge of some French is required. Mondays, 10:30 AM-Noon, \$52.50



- 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, 10:30-11:45 AM, \$55 for an 8-week session
- 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. Tuesdays, 1-4 PM, **Free!**
- Calligraphy 101:** You will learn basic calligraphy stroke of italic and other unique lettering. Great for holiday and special occasion cards, invitation and certificates. Wednesdays, 10-11:30 AM \$44 for a 6-week session. Call for more information: 713 662-5895



- Beginning Water Color:** Interested in learning to paint but scared you won't have the skills? Join others and get creative. Thursdays, 10 AM-Noon. Please call the office for details on price, supplies and class dates.

- **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. Fridays, Noon-1:30 PM, *Free!*



- **Spanish; Through Wine, Music, Art, Food and Travel:** Spanish is living and conversation. It is music and dancing, food and wine, futbol and festivals. Spanish is romantic and passionate. It is social and sexy. This language will come alive for you as you venture into something new. Through interactive classes and travel you will experience practical language that you can use every day, at the farmers market, in your business, and to meet new friends. Thursdays, 1-2 PM, \$150 (January 8-February 26)

## Get Up & Move Classes

- **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 at Recreation Center however, please register at the Community Building.)

- **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. 10:30 AM 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

- **M/W 4 PM Afternoon Aerobics:** Get your heart rate going while building muscle in a fun setting. \$24 per month

# Evening Programs

*(For Those Baby Boomers Still Working)*



- **How Gringo is Your Spanish:** This class will address the main difficulty of learning another language by listening not with our ears but with our linguistic expectations. Join Spanish Instructor George Baker in this fascinating step by step breakdown of the language. Thursdays, Beginning January 8, 4 PM. Six week session. **Free!**



- **Thurs. 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



- **Thurs. 6:15 PM Beginner Line Dance:** 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. 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. 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.
- 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 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!*



- 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. \$68 for a nine week session
- Last Thur. of the Month 1-2:30 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. You can visit for additional information: [http://www.fpa.org/great\\_decisions/index.cfm?act=gd\\_group&group\\_id=1618496](http://www.fpa.org/great_decisions/index.cfm?act=gd_group&group_id=1618496)



- Thurs. 1:30 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 tile 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. 2 PM Bingo:** Great prizes, good company, snacks, and loads of fun for all. \$3



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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**

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## **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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