



Neighbor

City of West University Place
Senior Services

Winter/Spring 2017

West U Rotary Treats You to a Valentine Pancake Breakfast



Meet the West U Rotary, as they whip up a fantastic pancake breakfast with all the trimmings! Register in the senior services office. Meet

your neighbors and the wonderful people in the Rotary over a delicious breakfast of pancakes, sausage, bacon and fruit. Yum. Tuesday, February 14, 7:30–9 AM **Free!**

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-eye coordination, endurance, and particularly your sense of humor. Volleyball is played every Tuesday at 11 AM. Call to register, as we like to have teams of six or eight. Train for the Grand Tournament scheduled for March 21, 11 AM **Free!**

Line Dance Socials

Make new friends, dance the routines, and mingle at the Sunday Social Line Dance Parties held at the Community Building. First Sunday of every month. 2 PM \$10



Weekly Curbside Bulk Trash Recap

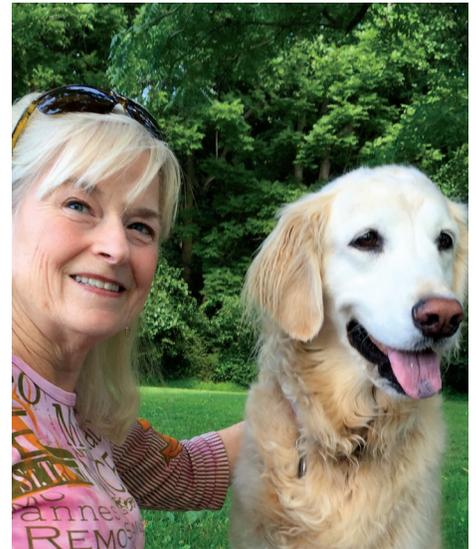
Regular Curbside Bulk replaced the City's Heavy Trash Day. Here are some highlights for your consideration: Bulk Trash occurs during your regularly scheduled trash day of Thursday or Friday. Bulk trash was created so you can get rid of larger items such as broken chairs, small DIY projects, or things that will fit in a 5x5 space, weekly. If you have items such as mattresses and e-waste, they will not be accepted curbside, but will be collected during the City's shredding events held on the first Saturdays in May and November. If you require assistance with your bulk trash please contact Senior Services or call your local charity to collect them.

Holiday Closures: New Year's Day, January 1; Good Friday, April 14

Featured Resident: Candyce Beneke and Dixie

Candyce Beneke has been a proud West University resident for 20 years and a Texan for over 30! She loves West U because of its beautiful streets, charming homes, excellent services, but most of all, its wonderful people! Candy has a heart for serving others—especially seniors, people with special needs, and all animals. In West U, Candy serves as a board member on the Senior Board and a volunteer on the Good Neighbor Team.

Candy was born and raised in Roxboro, NC, and attended the University of Notre Dame. After graduating with a business degree, she worked briefly in Orlando, FL and then moved to Dallas, TX where she worked for Alcon Labs and AT&T. She moved to Houston with her job in 1984 and soon thereafter met her charming husband, Bruce, at Second Baptist Church! They have been married 29 years. After ten years with AT&T and obtaining her MBA from the U. of Houston, Candy left the business world to attend South Texas College of Law, practiced appellate law for about six years, and was a law professor for seven years. In 2007, Candy and Bruce became proud grandparents and enjoy spending time with their nine year old grandson, Blake.



Candy is involved with many volunteer organizations. She has served on the Board of SIRE, a therapeutic horseback riding organization where she worked with horses and riders. She is also very active with Faithful Paws, a therapy dog organization. She and her beloved golden retriever, Dixie Belle, make monthly visits to various retirement and memory care facilities as well as nearby universities, bringing joy to residents and stressed out students.

Sadly, in January of 2016, Dixie Belle was diagnosed with osteosarcoma (bone cancer) in her right front paw. She had a full limb amputation and many rounds of chemo. As an example of her dedication to those in need, Candy and Bruce recently “moved” to Philadelphia, Pa, for nine weeks where Dixie participated in a clinical cancer vaccine trial at U. Penn. If all continues to go well with the trial, the same vaccine will hopefully be released for pediatric cancer patients in 2017! If you are interested in knowing more about any of these organizations or activities, you can contact Candy through the WU Senior Services office!

NOTICE! Any group that meets in the Meeting Room will NOT meet on February 16, 17, 20 and 21: Mah Jongg, Support Group, Mexican Train Dominoes, Bridge and Thursday EVE programs.

January

- Wed. Jan. 4: Lunch and Learn AFC Urgent Care** Join Dr. Singhal for this presentation on all that urgent care has to offer vs the emergency room. Lunch registration required. 11 AM *Free!*
- Mon. Jan. 9–Feb 13: R.A.D. Self Defense Classes** Gain awareness and defense strategies targeted for older adults. This six week course is taught in a relaxed environment with proven tactics. 1–3 PM *Free!*
-  **Tues. Jan. 10: Silverado Tour and Lunch** View all that this cutting edge memory care facility has to offer with a tour and lunch. 10:30 AM *Free!*
-  **Wed. Jan. 11: Tiny Texas Houses Trip** Join us for this two hour, guided walking tour of tiny living spaces at Tiny Texas Houses Village located in Luling TX. Closed toed comfortable shoes are required. Followed by lunch on your own at Blacks BBQ in Lockhart, TX (Voted best BBQ in Texas) 9 AM \$24
-  **Wed. Jan. 11: Diabetes Prevention** The Lighthouse of Houston is a comprehensive non-profit agency for the low-visioned and the blind. Their program will focus on prevention as well as management of diabetes. 10:30 AM *Free!*
-  **Sat. Jan. 14: Second Saturday Concert Series** If you enjoy blue grass and folk music, don't miss this great performance from Gage and Gage. 7 PM Pay at the door.
- Mon. Jan. 16–Feb. 27: Sign Language 101 with Ann Hornbeak** Stimulate your brain and test your skills during this 7 week class, while learning a valuable form of communication. Lessons will include: the alphabet, gestures, and simple phrases. 10 AM \$2
-  **Mon. Jan. 16: NCL Luncheon** Join the girls from the National Charity League Class of 2020, as they host this wonderful Mexican Fiesta luncheon for you. 11:30 AM *Free!*
-  **Tues. Jan. 17: Musical Bingo** Enjoy this super fun game of guessing the songs and winning prizes sponsored by Elderly Home Health Care. 12 PM *Free!*
- Tues. Jan. 17: Quilt Dedication Party** Celebrate the West U Quilters as we honor their new creation that will be dedicated to the Community Building. Light refreshments will be served. 1:00 PM *Free!*
- Wed. Jan. 18: Coping with Stress** Reduce stress, relax, sleep better, and remain calm, while using guided meditations. Learn how mindfulness can be helpful in coping with stress. 2 PM *Free!*
-  **Wed. Jan. 18: Taste of the Town, "Hugo's"** Authentic Mexican cuisine by award winning chef Hugo Ortega, hand shaken margaritas and a festive atmosphere. 11 AM \$5



- Thurs. Jan. 19: Kroger Click List** Learn how to use this innovative service from a representative of our local Kroger. It involves getting your groceries without ever leaving your vehicle. 3:30 PM *Free!*



- Fri. Jan. 20: Mood Disorders w/ Dr. Milton Altschuler** What is a mood disorder? Do you have one? Come and find out at this interesting lecture discussing biological and psychological causes in hopes of gaining a better understanding. 11 AM *Free!*



- Mon. Jan. 23: Orthopedic Lecture Series** Dr. Fullick from UT Orthopedics will be providing an excellent lecture on shoulders. 3:30 PM *Free!*

- Tues. Jan. 24: Lunch and Learn LivHome Care** Find out about all that this agency has to offer with a presentation and lunch. 10:30 AM *Free!*

- Wed. Jan. 25: South by South Vets Presentation** Learn all about this mobile veterinarian service that brings premium care for your beloved animals right to your door. 3:30 PM *Free!*



- Fri. Jan. 27: Elder Law Lecture** Interim Home Health Care hosts this informative lecture on Elder Law. 11 AM *Free!*



- Mon. Jan. 30: Brain Games: Right At Home Care** Train your brain to improve your memory, problem solving, and attention skills. Fun prizes awarded! 10:30 AM *Free!*

- Tues. Jan. 31: Theme Meal Chili When It's Chilly** Celebrate the cool weather with Ed Heathcott's delicious chili and all the fixings. Dessert sponsored by Silverado Memory Care. Entertainment provided by Cyndi St. Cyr. You must register and pay one week prior to attend. 11:30 AM \$5

February

- Wed. Feb. 1: Brazos Tower Tour** We will travel to this beautiful facility for a tour and a fabulous lunch. Trip intended for those who have not toured yet. 10:30 AM *Free!*



- Thurs. Feb. 2: Trip to TGR Exotic Animals & Mercer Arboretum** Get up close and personal with some of Earth's most exotic and endangered animals. Lunch will be on your own at The Humble City Cafe, followed by a fun stop at the magnificent arboretum. 9 AM \$24



- Fri. Feb. 3: AARP TAX HELP BEGINS** Schedule your tax appointment with the Senior Services office. AARP provides free tax assistance on Fridays until April 14. You must have an appointment.

- Tues. Feb. 7: West U Small Bus Trip** We will travel to Bonnie Blue's AMAZING Gallery to view her fantastic items as seen on The Ellen Show. 10 AM \$5

- **Tues. Feb. 7: Premier World Discovery Travel** How does a fabulous 5 day trip to Sedona and the Grand Canyon sound? Join us at this informational meeting regarding this adventure and learn how you can sign up! 5 PM *Free!*

- **Thurs. Feb. 9: Age Discrimination** Stephen Demiani, an expert on age discrimination, will provide an in depth Power Point on this timely subject. 3:30 PM *Free!*



- **Mon. Feb. 13: AARP Drivers Safety Class** A comprehensive five 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.



- **Mon. Feb. 13, 20, 27: Sudoku 101** Sudoku can help your memory and improve your cognitive abilities. This course with Mr. Hesson, will greatly improve your Sudoku-solving skills. 3:30 PM *Free!*



- **Tues. Feb. 14: Valentine Pancake Breakfast** Join the West U Rotary Club as they sponsor this wonderful pancake breakfast. Meet your fellow West U neighbors, and enjoy a delicious breakfast with all the trimmings. RSVP required. 7:30–9 AM \$1

- **Wed. Feb. 15: Taste of the Town “Blue Nile”** Nominated one of the best ethnic restaurants in Houston, featuring Ethiopian cuisine. 11 AM \$5

- **Thurs. Feb. 16: The Guild Shop Presentation** Learn all about the consignment process, help with estate sales, and how the profits assist the elderly. 2:30 PM *Free!*

- **Tues. Feb. 21: Grandmother’s Day Tea** Join Troop 146008 as they host this lovely tea with light snacks in your honor. 3:30 PM *Free!*

- **Wed. Feb. 22: Remaining Independent** Doug Wood, owner of Time4Seniors will provide a lecture on all the services they offer. 10:30 AM *Free!*



- **Sat. Feb. 25: Delphian Lecture Series** Director of Houston Public Library (HPL), Dr. Rhea Lawson, is a strong and passionate advocate for public libraries. She will be discussing how the Houston Library is evolving to meet the needs of the community. 5:00 PM *Free!*

- **Mon. Feb. 27: UT Orthopedic Lecture Series** Dr. Michael Greaser will provide a wonderful lecture on “Feet and Ankles.” 12 PM *Free!*



- **Tues. Feb. 28: Theme Meal “St. Patty’s Day”** Ed Heathcott is back with his famous corned beef and cabbage recipe to blow your green socks off. The Drake School of Irish Dance will provide entertainment. Interim Home Health Care sponsors dessert. You must register and pay one week prior to attend. 11:30 AM \$5

March



- **Thurs. Mar. 2: Workshop; Happy Feet, Happy Bones** This 1.5 hour workshop will focus on gentle, precise movement to help you improve bone health for the long term. 10 AM \$15
- **Mon. Mar. 6: Caregivers Coping with Stress** Caring for a loved one who is ill can be difficult. Find the best ways to cope at this lecture hosted by Silverado. Delicious snacks will be served. 10:30 AM **Free!**



- **Thurs. Mar. 9: Trip to George Ranch** Tour historical homes, meet costumed presenters, and hear a remarkable story of determination of four generations. We will enjoy a cowboy trick-show and eat an authentic, premium chuck wagon lunch. 8 AM \$39



- **Mon. Mar. 13: Master Gardener; Linda Gay** Former Director of the Mercer Arboretum, Linda Gay, is back to discuss "Native Plants." Don't miss this incredible speaker who currently works for McGovern Gardens. 1:30 PM \$5
- **Tues. Mar. 14: Loteria Bingo Fiesta** Loteria originated in Italy and was brought to New Spain (Mexico) in 1769. Join us for this fun game of luck and chance. Prizes awarded. 1 PM **Free!**

- **Wed. Mar. 15: Taste of the Town, "Toulouse Café and Bar"** Let's be transported to Paris, if only for the moment. 11 AM \$5



- **Tues. Mar. 21: Chair Volleyball Tournament Party** Participate in this extravaganza of fun and folly while West U, Bellaire L.I.F.E and the Weekley Y, are back to compete for glory and prizes and a chance to be crowned grand champions for the Chair Volleyball title. Lunch is sponsored by Park Plaza Hospital 10:30 AM

- **Wed. Mar. 22: African Safari Presentation** Selby Clark will share his stunning safari photos on the big screen, featuring his wild encounters with amazing animals. Join us for this breathtaking presentation. 10 AM **Free!**



- **Fri. Mar. 24: UT Orthopedic Lecture Series** Focusing on Bone health, safety evaluations, density screenings, and samples. 2 PM **Free!**
- **Sat. Mar. 25: Delphian Lecture Series** Author, Betty Trapp Chapman is listed in Who's Who of American Women. She has served on the boards of the Heritage Society, The Greater Houston Preservation Alliance and the Junior Forum. 5 PM **Free!**



- **Mon. Mar. 27: West U Men's Club Adventure Trip** Join the Men's Club as they adventure to a fun location. Lunch is on your own. Inquiries, call; (713) 662-5896



- **Tues. Mar. 28: Theme Meal "New York, New York"** Celebrate the Big Apple at this monthly luncheon featuring entertainment by Joseph Fusiler. Dessert sponsored by Belmont Village. You must register and pay one week prior to attend. 11:30 AM \$5
- **Fri. Mar. 31: Houston Cistern Tour** Tour this magical underground place that has historical and architectural significance. 2 PM \$5

April



- **Tues. April 4: Caregiver Learn and Lunch** Join us for this informative lecture and lunch with guest speaker Mechelle Minter, owner of Home Instead Caregivers. 11:30 AM **Free!**
- **Wed. April 5, 12, 19, 26: Self Defense Tactical Training** This four week course uses Tai Chi principles and techniques. It is intended to be more effective than brute force against powerful attackers, and will feature joint locking and pressure points. 10 AM \$48



- **Mon. April 10: Easter Egg Decorating** Bring your creativity and your aprons as we decorate 14 dozen eggs with colorful dyes. 2 PM **Free!**



- **Tues. April 11: Ikea Shopping Adventure and Lunch** Halla! Let's travel to Ikea for a tour of all they have to offer. Lunch on your own at the Ikea café. 10 AM \$3

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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- Wed. April 12 or Thur. April 6: Trip to Antique Rose Emporium**
Join us as we travel to beautiful Brenham for a stop at the Rose Emporium followed by lunch on your own at Heaven on Earth. 9 AM \$12

- Mon. April 17: Fall Prevention** The Area Agency on Aging will provide a Power Point presentation that will identify hazards that increase the risk of falling. Homeowners over 65 will be able to enroll to receive safety equipment free of charge. 1 PM *Free!*



- Tues. April 18: Hurricane Preparedness** Fire Marshall, James Novak will provide this informative lecture on all you need to know to stay alive. 10:30 AM *Free!*



- Wed. April 19: Taste of the Town, "Salt Air Restaurant"** A modernistic approach to seafood, bringing the freshest products from around the globe. 11 AM \$5



- Thurs. April 20: Bingo with the Girl Scouts** Join troop 25013, as they put on this fun Bingo extravaganza with prizes and light refreshments. 3:30 PM *Free!*

- Tues. April 25: Theme Meal "Spring Fling"** Fried chicken will be on the menu at this fun luncheon that will celebrate all things Spring! Entertainment and dessert will also be provided. You must register and pay one week prior to attend. 11:30 AM \$5

- Wed. April 26: 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



- Fri. April 28: Medicaid/SSI/SSDI Lecture** Dr. Milton Altschuler, will provide excellent information regarding the medical portion of dealing with what goes into the findings for disability. 10 AM *Free!*

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

- NEW! M/W/F 11:15 AM & 12:15 PM Water Aerobics T/TH:** We are excited to announce that we will be offering a new T/TH Water Aerobics Class. Help build endurance, improve strength and help with arthritis. The class will take place at the West U Recreation Center; however, please register at the Community Building. This is your new option for a two-day per week class. We currently also offer a three-day per week option, M/W/F as well. Please find your best option below:

A. M/W/F \$58.50 11:15 AM–12 PM

B. T/TH \$43 (NEW) 12:15–1 PM

C. M–F Bundle \$91.50 (NEW)

- NEW! M/W 4 PM Qigong:** This Chinese exercise features a careful flowing balanced style, rhythmic breathing, fluid movement and awareness in a calm focused meditative state. Let your worries and stress melt away. \$48 per month. 3 PM
- 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 AM Chair Yoga:** Studies have shown that Chair Yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses can increase core strength and balance, which reduces the risk of fall-related injuries. Join us for this class that will help you feel younger. **Free!**
- Tues. 11 AM Chair Volleyball:** More fun than you can possibly stand—while seated! Come enjoy this fun-filled game played with a beach ball. **Free!**
- 
 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. \$30 per four week session.

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.
- 
 5:30 PM Evening Mah Jongg Lessons: Join instructor Michelle Shapiro as she guides you through this skillful game. \$35 for four two-hour lessons.
- 6 PM Grief Support Group:** Licensed Professional Counselor Patricia Stewart will lead this support group to find help and healing for the grief of losing a loved one.
- 
 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 provides a great opportunity 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 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!**



- Tues. 11:00 AM 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!**



- 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. Jan. 4: *Hag-Deed* by Margaret Atwood; Feb. 1: *Americanah* by Chimamanda Ngozi Adichie; March 1: *New Ways to Kill Your Mother* by Colm Toibin; April 5: *Small Great Things* by Jodi Picoult.



- 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!**



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



- **Fourth Wed. of the Month 11 AM Gardening Club:** Meet with your neighbors to discuss your knowledge and love of gardening. Share plant cuttings, discuss conservation, education, and civic improvement. **Free!**

- **First or 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. 8:30 AM Beginner Watercolor Painting:** Never painted before, but want to learn the basics? Let Mohamad Bahatti from the W.A.S.H gallery introduce you to the world of watercolor. \$70 Four Week Session

- **Thurs. 12 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: Mohamad Bahatti. \$70 Four Week Session

- **Watercolor Workshops with Chris Bridge:** January–April dates to be determined. Call the office for more details. (713) 662-5895



- **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 Michelle Shapiro 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. 12 PM 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. We will no longer pro rate for any classes.



City of
West University
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Senior Services
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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, Ann Crowley, Susan Davis, Carlos De Le Torre, Rebecca Dozier, Judy Faulkner, Virginia Lootens, Stan McCandless, 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.**

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