



# Neighbor

Winter/Spring 2020

## Senior Survey

West University Place residents will be receiving a survey letter containing a web link and access code in the mail during late February. Mail copies will also be available by request via code. Please take a few minutes to assist the City of West University Place in gathering input that will aid in the development of a Seniors Needs Assessment which will serve as a guide in future planning. Your responses will be aggregated with those of other respondents, so they will remain confidential. Data collection and analysis will be conducted by Texas AgriLife Extension, an unbiased facilitator of this process. If you do not receive the survey letter in the mail by the end of February, please contact the Parks and Recreation Department at [myparks@westutx.gov](mailto:myparks@westutx.gov) or 713-662-5367.

## AARP Tax Help

The Community Building will host AARP Tax Help, Fridays Only, beginning February 7. Space is limited and you must schedule an appointment by calling (713) 662-5895. Please bring your ID, Social Security Card, last year's tax documents and all pertinent information for your scheduled appointment. **Free!**

**Holiday Closures:** Jan. 1 and April 10.  
Voting dates may impact some classes:  
Mar. 3

## NEW! Chair Tai Chi

Tai Chi is a graceful form of exercise that involves a series of movements known as forms, which are performed in a slow, focused manner combined with controlled breathing. Chair Tai Chi improves balance, leg strength, and flexibility. Join us for these free classes hosted by Harris County Public Health, Classes begin: January 6-February 17, 12 PM **Free!** (NO CLASS on Jan. 20th)

## NEW! West U Small Cities Civics Club

A new group of concerned citizens whose goal is to meet and discuss current issues, including occasional guest lectures. The Civics Club meets on the third Tuesday of each month. Dates of meetings are as follows: January 21, February 18, March 17, and April 21, 6:30 PM **Free!**

**BONUS!** The Community Building hosts Thursday Evening Classes. Sessions are eight weeks. Come and join the fantastic after hour's groups, such as Tai Chi, Yoga, Line Dance, and Mahjong lessons. See the list in this brochure under *Thursday Evening Programs.*

# January



- **Thurs. Jan. 2: Artful Aging** Sarah McMurray, a fantastic speaker and Geriatric Specialist, will provide tips and tricks to enhance our life experiences. 11 AM **Free!**



- **Thurs. Jan. 2: Intergenerational Programs** Bored? Come to the Community Building where volunteers from surrounding schools will entertain you with something fun. 1 PM **Free!**
- **Fri. Jan 3: Pickle Ball** NCL Heart of Texas girls will be on hand to play this exhilarating, tennis like, indoor game. 1 PM **Free!**
- **Sat. Jan. 4 & 18: Contra Dance** Dances are held here at the West U Community Building for all ages with live music. A partner is not required and beginners are welcome. Come for the introductory lesson at 7:15 PM. 7:30 PM-10:30 PM, \$10 at the door.
- **Mon. Jan. 6: Chair Volleyball Tournament** NCL Heart of Texas will be here to challenge you to a duel. Be sure to wear your jerseys and represent! 10 AM **Free!**
- **Mon. Jan. 6-February 17: Chair Tai Chi** Known for its healing movements, Chair Tai Chi is a graceful form of exercise that can improve mobility and flexibility. Improve your breathing and leg strength while staying seated. Join us for this FREE six week class hosted by Harris County Public Health. No class on Jan. 20. Noon **Free!**



- **Mon. Jan. 6: Bingo Monday** Free Prizes at this game sponsored by Right At Home Care. 2 PM **Free**
- **Tues. Jan. 7: Stay Strong Exercise** Focus on cardiovascular endurance, strength training, and stretching. Cynthia specializes in working with those ages 50 and beyond. 8:30 AM Tuesdays/Thursdays \$60 per month (No class on theme meal days).
- **Wed. Jan. 8: Garden Club Speaker** The West U Garden Club kicks off its 2020 inaugural meeting with a guest speaker. Residents may join the Garden Club at no cost and receive a free card that offers discounts at area plant nurseries. 11 AM **Free!**

- **Thurs. Jan. 9: Continuing with Watercolor** Sheila Lipkin will provide instruction for those who already know the basics of watercolor during this series of eight, two hour classes. 12:30 PM \$99
- **Thurs. Jan. 9: Brain Health Lecture** Dr. Adriana Strutt with the Neurology Dept at Baylor College of Medicine will deliver a presentation on brain health followed by a FREE screening to measure your cognitive health. 2 PM **Free!**



- **Sat. Jan. 11: DAR Special Lecture** The Daughters of the American Revolution welcome you to attend this event featuring West U Residents, David Furlow and his wife, Lisa Pennington who will share their experiences renovating their historical Plymouth, Mass home. 10:15 AM **Free!**



- **Sat. Jan. 11: Second Saturday Concert** The Houston Folklore & Music Society, is dedicated to the preservation of acoustic music. Tickets sold at the door. 7:30 PM Second Saturday dates this quarter as follows: Jan 11, Feb. 8, Mar. 14, and April 11. Senior Prices (65) \$14



- **Tues. Jan. 14: Precinct Trip: Houston Murals** With its own graffiti museum, Houston has one of the most vibrant street art scenes in the world and the neighborhoods are dotted with dozens of colorful walls. A docent will be on board the bus to describe the murals in detail. Lunch will be at Bellaire's 401 Table and Tap on your own. 10 AM \$32

- **Wed. Jan. 15: Taste of the Town "Bollo"** Located in Upper Kirby, serving authentic Neapolitan pizza and shareable plates, entrees, salads and desserts. 11 AM \$5

- **Thurs. Jan. 16: Evening Basketball Game at Rice** We will travel to Rice University to cheer on the Women's Basketball team as they face off with Louisiana Tech. We will be back late. 6:15 PM \$1



- **Mon. Jan. 20: MLK Celebration Luncheon NCL** Join us for the fourth annual free luncheon hosted by The National Charity League girls from the Post Oak Chapter. Please RSVP for your spot in advance. 11:30 AM **Free!**

- **Tues. Jan. 21: Small Cities Civics Club** A new group of concerned citizens whose goal is to meet and discuss current issues, including occasional guest lectures. The Civics Club meets on the third Tuesday of each month. 6:30 PM **Free!**

- **Thurs. Jan. 23 & 30: Calligraphy** Student, Ella Rose won a grant for supplies for Calligraphy, and she wants to teach you the basics in this two part class. She will provide the supplies. 4 PM **Free!**



- **Sat. Jan. 25: ALZ Painting** Join us for this art program geared towards individuals with early-stage memory loss. Bring your creative side for this interactive, free art program. You must bring a care partner and a sack lunch. RSVP's required as space is limited. 10:30 AM -1 PM **Free!**

- **Tues. Jan. 28: Theme Meal "Sweetheart"** Join us for lunch, chocolate and a movie. Ronnie Ford will provide entertainment. Ed Heathcott will be preparing a delicious mild Mexican dish. Wendy with Silverado Hermann will provide dessert. 11:30 AM \$6

- **Wed. Jan. 29: Screaming Mimi's** Lone Star Hike Pack a lunch and your enthusiasm for the fabulous outdoors as we travel to the Sam Houston National Forest for a two mile hike led by Toby Brooks. Dress accordingly for this fun excursion. You will need bug spray, bottled water and closed toed shoes. 9:30 AM \$2

# February

- ❑ **Sat. Feb. 1 & 29: Contra Dance** A partner is not required and beginners are welcome. Come for the introductory lesson at 7:15 PM. Feb dates held on the 1st and 5th Saturday of February. 7:30 PM-10:30 PM \$10 at the door
- ❑ **Tues. Feb 4: In N Out Burger:** We will travel to Stafford to view the new complex "The Grid" that is newly completed with shops and have lunch at In N Out Burger. Lunch will be on your own and delicious. 10:30 AM \$2
- ❑ **Wed. Feb. 5-12: No Classes in the Meeting Room** All classes held in the meeting room, including Free Play Mahjong, Mexican train, game day, will be cancelled the week of Feb. 5-12. Please plan accordingly.
- ❑ **Wed. Feb. 5: Screaming Mimi's Adventure** Mike Vance will provide us with a two mile downtown walking tour featuring Houston Historic True Crime, followed by lunch on your own at the Church Treebeard's. Long distance walking required. 10 AM \$27
- ❑ **Thurs. Feb. 6, 13, 20, 27: Cultivating Resilience with Stan Merrill** Resilience is the capability to recover quickly from difficult challenges. Let Stan Merrill teach you techniques for coping in this valuable hour long, four part, interactive series. 9:30 AM \$33
- ❑ **Thurs. Feb 6: Artful Aging** Sarah McMurray, a Geriatric Specialist, will provide tips and tricks to enhance our life experiences with her expertise and entertaining presentations. 11 AM *Free!*
- ❑ **Thurs. Feb. 6: Secure Your Legacy Lunch:** Please join us for this complimentary lunch and informative educational lecture regarding cremation laws, cemetery property transfers and how to avoid high funeral costs. RSVP's required. 12:30- 3PM *Free!*
- ❑ **Thurs. Feb. 6: Secure Your Legacy Dinner** Geared towards those still working, this evening dinner lecture event will focus on funeral planning. RSVP's required. 6:30pm *Free!*
- ❑ **Thurs. Feb 6-27: Beginner West Coast Swing:** Learn how to do this very fun dance with syncopated footwork and improvisation. During these four weeks of instruction you will learn the basics and increase your heart rate. A partner is not needed. 8 PM \$55 for four classes.
- ❑ **Tues. Feb. 11: Rotary Breakfast** Meet the West U Rotary as they provide a delicious assortment of breakfast items during this delightful annual event. Meet your neighbors and start your day off right. RSVPs required. 7:30 AM to 9 AM Free to West U Residents. \$1 for Non Res
- ❑ **Mon. Feb. 17: Record Your Memories** Create your own personal legacy using audio, video and other media. These one of a kind group events are sponsored by Right At Home Care. Today's class will focus on Audio recording. 12 PM *Free!*
- ❑ **Tues. Feb. 18: Small Cities Civics Club** The guest speaker at tonight's meeting will be Judge Ken Wise regarding the Electoral College. 6:30 PM *Free!*



- **Wed. Feb. 19: Taste of the Town "Raven Grill"** A neighborhood restaurant serving fresh regional food cooked over a wood fire grill and served in a casual atmosphere. 11 AM \$5
- **Thurs. Feb. 20: Precinct Trip The Gardens at A & M College Station** We will travel to Texas A & M University to view the fabulous Gardens and receive a tour with a docent. Lunch will be held at Café Excell on your own. 8:30 AM \$7
- **Mon. Feb. 24: Record Your Memories Part 2** Using media you will learn how to best record your information on video for posterity. This series of classes are sponsored by Right At Home Care. Today's class will focus video 12 PM **Free!**
- **Mon. Feb. 24: Clear Caption Phones Pizza Party** Difficulty hearing while on the phone? Learn how you can qualify for a no cost caption phone with Representative Kevin, from Clear Captions who will provide Pizza. 1 PM **Free!**
- **Tues. Feb. 25: Theme Meal "Fat Tuesday"** Celebrate Mardi Gras with a great lunch prepared by Ed Heathcott. Poor Man's Steak is on the menu and dessert sponsored by Brookdale Galleria. Rodney Rasberry will entertain us. 11:30 AM \$6
- **Sat. Feb. 29: ALZ Painting** Join us for this art program geared towards individuals with early-stage memory loss. Bring your creative side for this interactive, free art program. You must bring a care partner and a sack lunch. RSVP's required as space is limited. 10:30 AM -1 PM **Free!**



## March

- **Mon. Mar. 2: Recording Your Memories 3** Your memories are important. You must learn how to record them for your family. People need answers only you can provide. Today's class focuses on revising your rough cut. 12 PM **Free!**
- **Tues. Mar. 3: Cooking Demo** We will travel by small bus to The Village of Meyerland for an entertaining cooking demo with samples. 1:30 PM **Free!**
- **Wed. Mar. 4: Chair Volleyball Tournament** Grab your West U jerseys and hop aboard the small bus where we will travel to see Bellaire's headquarters. 12:30 PM **Free!**
- **Thurs. Mar. 5: Artful Aging** Sarah McMurray, will provide tips and tricks to enhance our life experiences. 11 AM **Free!**
- **Thurs. Mar. 5-26: Beginner C&W Two Step** Learn the basics of the Country & Western Two-Step. Just in time for Rodeo Season! 8 PM \$55 for four classes
- **Sat. Mar. 7 & 28: Contra Dance** No partner, no problem, join the fun. Come for the introductory lesson at 7:15 PM. \$10 at the door. March dates held on the 1st and 5th Saturdays of the month, 7:30 PM-10:30 PM.
- **Sun. Mar. 8: Sunday Line Dance Social** Elsa holds these fun social events where you can make new friends, dance, and mingle. 2:00 PM \$10 at the door.





- Mon. Mar. 9: Frank Billingsley Lecture** Join us for this entertaining lecture with Meteorologist and Author, Frank Billingsley who will discuss his book, 'Swabbed and Found' and his DNA search for his biological family. 10 AM \$6
- Wed. Mar. 11: Screaming Mimi's** We will travel to the St. Francis Wolf Sanctuary for a guided tour and learn all about wolves and wolfdogs. 12 PM \$14



- Wed. Mar. 11-April 29: The Crown Season 3** The third season of the series featuring the lives of the Royal Family, will be shown on the big screen in the Auditorium and span the years 1964-76. 2:15 PM **Free!**

- Mon. Mar. 16: AARP Finance Lecture w/ Monty** At this seminar, geared towards 50+, you will learn how to create a budget, take charge of credit, manage debt, develop a plan to save more, protect assets. 10:30 AM **Free!**



- Wed. Mar. 18: Taste of the Town "Hugo's"** Mexican cuisine by award-winning chef Hugo Ortega, hand-shaken margaritas and a festive atmosphere. 11 AM \$5



- Thurs. Mar. 19: Direct Link Security System** Are you a West U Resident interested in the West U Alarm System and enhancements that have been added? Find out more at this interesting lecture with the WUPD. 1 PM **Free!**

- Wed. Mar 25: Precinct Trip Lady Bird Johnson Gardens** We will travel to Austin to view the wonderful gardens of the Lady Bird Johnson Wildflower Center where you can explore the Cathedral of Oaks and much more! Box lunches from the Wildflower Café on your own. 8 AM \$28

- Sat. Mar. 28: ALZ Painting** Join us for this art program geared towards individuals with early-stage memory loss. Bring your creative side for this interactive, free art program. You must bring a care partner and a sack lunch. RSVP's required as space is limited. 10:30 AM -1 PM **Free!**



- Mon. Mar. 30: Intergenerational Day** Bored? Volunteers from NCL, Scouts and surrounding schools will entertain you with something fun. Bring an open mind and your creativity. It could be games, trivia, crafts, puzzles, brain games or any event they can dream up for your enjoyment. 1 PM **Free!**

- Tues. Mar. 31: Theme Meal "Oscars"** Take a turn on the red carpet as Ed Heathcott prepares turkey meatloaf and all the fixings. The Auberge at Sugarland is our dessert sponsor. Cyndi St. Cyr will be our entertainment. 11:30 AM \$6

## April

- Wed. April 1: Easter Egg Eggstravaganza** We will travel to Bellaire LIFE for a fun morning of games and an Easter egg hunt, with prizes. 10:30 AM **Free!**



- Wed. April 1: Beginner Mahjong** Paula will teach you the basics during this eight week course that will have your brain going at max capacity, in a fun social setting. 2-4 PM, \$66 for eight weeks.

- Thurs. Apr. 2: Artful Aging** Sarah McMurray, a Geriatric Specialist, will provide tips and tricks to enhance our life experiences with her expertise and entertaining presentations. 11 AM **Free!**



- **Fri. Apr. 3: Spelling Bee** A battle of wits in a showcase showdown. Winner gets the sash/crown and will be known as the biggest word buff in West U. 12:30 PM **Free!**
- **Sat. Apr. 4: Composting Workshop** Steve Stelzer, will teach how to turn your kitchen scraps and leaves, into a valuable soil additive. Location: Scout House 9:00 AM – 11:00 AM **Free!** Non-Residents pay \$10



- **Sat. Apr. 4 & 18: Contra Dance** Dances are held here at the West U Community Building for all ages with live music. Come for the introductory lesson at 7:15 PM. \$10 at the door. Held on the 1st and 3rd Saturdays of the month, 7:30 PM-10:30 PM.
- **Wed. Apr. 8: Tour of Brookdale Galleria** We will travel by small bus to this lovely facility to check out the floor plans and have lunch. 10:30 AM **Free!**
- **Mon. Apr. 13: Intergenerational Day** Bored? The kids are back to entertain you with something fun! Join us to find out what it is. 1 PM **Free!**
- **Tues. Apr. 14: Screaming Mimi's** We will travel by small bus for a morning hike of the Colored Trails of Memorial Park. Dress accordingly and bring bottled water and a snack. You must be able to walk long distances in the beautiful weather. 9 AM **Free!**



- **Wed. Apr. 15: Taste of the Town: "Mezza Grille"** Experience fine dining at one of the best restaurants in Houston, with New American fusion cuisine. 11 AM \$5
- **Mon. Apr. 20: AARP Finances** Take charge of your credit, manage your debt and develop a plan to save more while protecting your assets. 10:30 AM **Free!**
- **Tues. Apr. 21: Lunch and Learn Prudential** Valarie Minetos will provide lunch during this educational presentation lecture that will focus on "It's Your Estate - Are you in Control?" RSVPs required. 12:30 PM **Free!**



- **Wed. Apr 22 or Thurs. Apr. 23: Precinct Trip Aunique Horse Ranch** We will travel to Huntsville to view the gorgeous Gypsy Cob horses and ride along in the Kubota to tour the Ranch. Bring your camera to take photos of these amazing horses in their natural setting. Lunch will be at the Farmhouse Café on your own. 8 AM \$27
- **Sat. Apr. 25: ALZ Painting** Join us for this art program geared towards individuals with early-stage memory loss. Bring your creative side for this interactive, free art program. You must bring a care partner and a sack lunch. RSVP's required as space is limited. 10:30 AM -1 PM **Free!**
- **Tues. Apr. 28: Theme Meal Kentucky Derby/Wacky Hat** Wear your fanciest, wackiest hat. Beef Stroganoff will be on the menu. John Pickul will be performing. The Medallion will be our dessert sponsor. 11:30 AM \$6
- **Wed. Apr. 30: Chinese Medicine** Dr. Hsu will provide a presentation on the benefits of acupuncture and it's effectiveness in relieving pain. 12 PM **Free!**



Additional parking for Community Building Rentals and Senior Services programs is available in the West U Baptist Church lot behind the Community Building on the north side of Milton.

## Ongoing Senior Programs

# Get up and Move

*Chair Yoga and Chair Volleyball classes do not meet on Theme Meal days.*

- M-F 8:00 AM Open Tai Chi:** This instructor-less class is designed for those interested in warming up for the Tai Chi class or practicing their skills in an open space. \$10 per month
-   **M/W 8:30 AM Tai Chi:** Exercise that tones, strengthens and improves balance and posture. \$49 per 6-week session
- M/F 9:00 AM Yoga Flow with Audrey:** Yoga Flow works all body parts, builds strength, improves flexibility and balance, and helps to reduce stress. Gain stability and balance while also building endurance. \$50 per month
-   **Mon. 9:45 AM Intermediate Pilates:** New Class Begins: Jan. 6. Become body aware, which will allow you to perform your everyday activities with more ease and safety, through strength, flexibility, and focal attention training. Not appropriate for people with osteoporosis. Bring your own thick Pilates mat. \$71 per eight weeks.
- M/W/F 10:15 AM Body Pump:** This standing and sitting combo will increase your heart rate and get you feeling energized and accomplished. \$47 per month. Due to high demand this class is closed to Non Residents.
- M/W/F 11:15 AM Water Aerobics:** Classes take place at the West U Rec Center. You may pay for this class online or at the Senior Services office. \$65 per month
-   **Mon. 2 PM Beginner Line Dance 101:** Learn the beginning steps in this fun class with Elsa Campbell that will put a smile on your face and a kick in your step. \$38 for eight weeks
- M/W 3:00 PM Ping Pong:** Bring a friend and play a couple of games on our new ping pong table. **Free!**
- M/W 4:00 PM Afternoon Aerobics:** Get your heart rate going while building muscle in a fun setting. \$26 per month
- T/TH 8:30 AM Stay Strong Exercise:** Focus on cardiovascular endurance, strength training, balance, and stretching. 8:30 AM \$60 per month. No Class on Theme Meal Days.
-   **T/TH 9:00 AM The Early Risers Exercise:** This hour long class is especially designed for an older age group. Will combine stretching, toning, and flexibility training. Due to high demand, this class is closed to non-residents. Incoming clients must be West U residents only. \$10 per month.
- Tues. 10:00 AM Chair Yoga:** Studies have shown that Chair Yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Class does not meet on Theme Meal days. **Free!**

**ONGOING SENIOR PROGRAMS: Please pay for all classes at least ONE WEEK IN ADVANCE!**



- T/TH 11:00 AM Zumba:** A low impact dance fitness class that is fun for all ages and fitness levels. \$55 per month
- Tues. 11:00 AM Chair Volleyball:** More fun than you can possibly stand—while seated! Come enjoy this fun-filled game played with a beach ball. Class does not meet on Theme Meal days. **Free!**
- T/TH 3:30 PM Hatha Yoga:** Come and stretch with poses from foundational Hatha Yoga which will promote flexibility, balance, and inner calm by coordinating breath and movement. Bring yoga blocks for added benefits. \$50 per month
- Wed. 9:00 AM Morning Hatha Yoga:** Try the A.M. version of this foundational Hatha Yoga which promotes flexibility, balance and inner calm by coordinating breath and movement. Bring yoga blocks for added benefits. \$14 per month.
- Wed. 9:45 AM Beginner Pilates:** New Session Begins: Jan. 8. Become body aware, which will allow you to perform your everyday activities with more ease and safety, through strength, flexibility, and focal attention training. Not appropriate for people with osteoporosis. Bring your own thick Pilates mat. \$71 per eight weeks.



- Wed. 1:00 PM Advanced Line Dancing:** Come learn some new moves in a social setting. This class will help with your coordination and keep you fit! \$19 per month
- Thurs. 10:15 AM Body Pump 2.0** See Body Pump Description. Open to both Res and Non Res. \$20 per month
- Fri. 1:00 PM Pickle Ball** A paddle sport, played indoors and created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced and competitive game. **Free!**

## Thursday Evening Programs

*ALL Sessions are 8 weeks in length. Please register within one week of start date if you want your class to meet the minimum number to offer it.*



- 5:00 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. \$40 per eight sessions.
- 5:30 PM Evening Yoga:** This gentle yoga class will increase strength and range of motion. \$50 per eight sessions.
- 5:30 PM Evening Mahjong Lessons:** Join Michelle, as she guides you through this skillful game. \$116 per eight, two-hour lessons.
- 5:30 PM Grief Support:** Every fourth Thursday of the month. Grief looks different for every individual. Let us provide you with the tools to deal with it. Sponsored by Vitas. **Free!**
- 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 cardiovascular exercise. \$38 per eight sessions.



# Cultural & Brain Stimulating Programs



- Mon. 9:00 AM Scrabble Free Play:** Do you have super vocab skills? Become the West U Scrabble Queen or King at this fun morning of game play. *Free!*
- Mon. 10:00 AM Beginning Canasta** Darlene will be hosting a Canasta play group. Learn from YouTube and improve your game. *Free!*
- Mon. 1:00 PM Mahjong 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:** The group invites anyone to join them and sing along. Class does not meet third Tuesday's of the month. *Free!*
- Last Tues. of Month 11:30 AM Monthly Theme Meal:** Join us for a delightful meal, door prizes and some wonderful entertainment. \$6 (The last Tues. of the month unless a Monday holiday is before Tues.)
- Tues. 1:00 PM Mexican Train Dominoes:** Join the fun. Don't know how to play? Don't worry, we will teach you. *Free!*
- Tues. 1:00 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!*
- First and Second Tues. 2:00 PM Adult Learning Sessions:** Topics to be determined. Call the library at 713-668-8273 to inquire about what the topic may be. *Free!*
- Third Tues. 6:30 PM Small Cities Civics Club:** A new group of concerned citizens whose goal is to meet and discuss current issues, including occasional guest lectures. *Free!*



- Wed. 10:00 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 11:00 AM West U Book Club:** A new book each month, sure to be enjoyed. See West U Library for Book List.
- Second Wed. of the Month 11:00 AM Gardening Club:** Meet with your neighbors to discuss conservation, education, and civic improvement.
- Third Wed. of the Month 11:30 AM: Library Adult Programs. *Free!***
- Fourth Wed. of the Month: 11:00 AM Poetry Lovers:** A new class for poetry enthusiasts who believe that poetry is written to be read aloud. Bring published poems to read and discuss your thoughts on them. *Free!*
- Second and Fourth Wed. of the Month 2:00 PM Meditation:** A class of individuals who strive to make their lives more balanced. *Free!*
- Wed. 1:00 PM Strategy Mahjong.** Classes begin April 1. \$35 for four weeks.

## 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. 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.

**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 no longer pro-rate for any classes.



- Wed. 2:00 PM Mahjong Lessons:** Paula will teach you the basics of this intricate game. Classes begin April 1. \$66 for eight weeks.
- Wed. 11:00 AM Weight Watchers:** Please see their website for more details. Come join your West U neighbors at this local meeting. Weigh in at 11 AM in the JNR Room.



- Third Wed. of the Month 2 PM: Coloring Club:** Coloring books are no longer just for kids. Socialize and let your creativity soar. **Free!**

- Thurs. 10:00 AM Games Galore:** Bring your skills to play a myriad of games from Sequence to Uno to Scrabble and beyond. **Free!**

- Thurs. 1:00 PM Mahjong:** Know how to play and need a group to play with? Come join the fun! **Free!**

- Last Thur. of the Month 1:00 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. Class meets Jan-Aug.



- Fri. 9:00 AM Mahjong Lessons:** Join our instructor as she guides you through this skillful game. \$116 for six 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/week

- Fri. 10:00 AM Cribbage:** All levels are welcome to come and play. Margaret McNeil will be on hand to guide your progress. **Free!**

- Fri. 11:00 AM Contract Bridge:** Come and free play with the group. \$2/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/week

- Fri. 2:00 PM Bingo:** Great prizes, good company, snacks, and loads of fun for all. \$4

- First Fri. of the Month 2:00 PM, Grief Group:** Let us provide you with the necessary tools and support to deal with it successfully. **Free!**



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](http://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**

## **WEST UNIVERSITY SENIOR SERVICES FOR RESIDENTS**

**Transportation:** Transportation is provided to senior activities, doctors, dentists, beauty shops, drug stores, banks and post office. By appointment only, schedule permitting. Participants must have the cognitive and physical ability to get to and from the vehicle and their appointment site on their own. If not, a caretaker must be present. Grocery shopping is provided on a designated day.

*Call the office for more information. 713 662 5895. When you call for transportation, please have the name, address, and phone number of your appointment available.*

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

**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) 662-5896 for any of these services!**

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

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