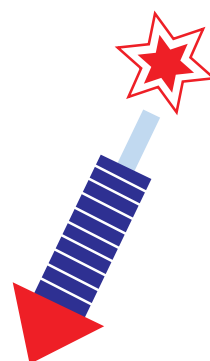


JULY 2019

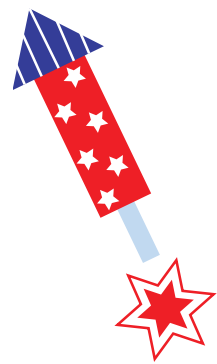


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30-11:30 a.m. • Beginning Line Dance Workshop 12-1 p.m. • Sit & Fit 1:30-3 p.m. • Foreversize	2 9-10 a.m. • Jamboree Line Dancing 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 1-4 p.m. • Hand & Foot Canasta 1:30-3:30 p.m. • Jam Session 7-9 p.m. • Game Night	3 10-10:45 a.m. • Laughter Yoga with Angelika 1-4 p.m. • Mah Jongg 1:30-3 p.m. • Foreversize 3:30-4:30 p.m. • Video-led Beginner Tai Chi	4 CLOSED	5 9-10 a.m. • Jamboree Line Dancing 9-11:30 a.m. • Bridge 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 2-3 p.m. • Martial Arts & Self Defense	6 1-4 p.m. • Saturday Senior Social
7	8 10:30-11:30 a.m. • Beginning Line Dance Workshop 12-1 p.m. • Sit & Fit 1:30-3 p.m. • Foreversize	9 9-10 a.m. • Jamboree Line Dancing 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 1-4 p.m. • Hand & Foot Canasta 1:30-3:30 p.m. • Jam Session 7-9 p.m. • Game Night	10 10-10:45 a.m. • Laughter Yoga with Angelika 1-4 p.m. • Mah Jongg 1:30-3 p.m. • Foreversize 3:30-4:30 p.m. • Video-led Beginner Tai Chi	11 8:30-11:30 a.m. • Mah Jongg 12-1 p.m. • Sit & Fit 2-4 p.m. • Design & Colored Pencil Drawing Class	12 9-10 a.m. • Jamboree Line Dancing 9-11:30 a.m. • Bridge 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 2-3 p.m. • Martial Arts & Self Defense RSVP DUE for Exploring History Luncheon	13 1-4 p.m. • Saturday Senior Social
14	15 10:30-11:30 a.m. • Beginning Line Dance Workshop 12-1 p.m. • Sit & Fit 1:30-3 p.m. • Foreversize	16 9-10 a.m. • Jamboree Line Dancing 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 1-4 p.m. • Hand & Foot Canasta 1:30-3:30 p.m. • Jam Session 7-9 p.m. • Game Night	17 10-10:45 a.m. • Laughter Yoga with Angelika 11:30 a.m.-1 p.m. • Exploring History Luncheon: "History of Calvert" by Jennifer Caudle. \$7 per person. Sponsored by Commerce National Bank 1-4 p.m. • Mah Jongg 1:30-3 p.m. • Foreversize 3:30-4:30 p.m. • Video-led Beginner Tai Chi	18 8:30-11:30 a.m. • Mah Jongg 12-1 p.m. • Sit & Fit 2-4 p.m. • Design & Colored Pencil Drawing Class	19 8:30 a.m.-3:30 p.m. • Senior Day Trip to Navasota. Space limited. 9-10 a.m. • Jamboree Line Dancing 9-11:30 a.m. • Bridge 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 2-3 p.m. • Martial Arts & Self Defense	20 1-4 p.m. • Saturday Senior Social
21	22 10:30-11:30 a.m. • Beginning Line Dance Workshop 12-1 p.m. • Sit & Fit 1:30-3 p.m. • Foreversize	23 9-10 a.m. • Jamboree Line Dancing 10:30-11:30 a.m. • Line Dancing 11:30 a.m.-12:30 p.m. • Lunch & Learn: "Travel Safety Tips" with Debbie Robertson 12-1 p.m. • Sit & Fit 1-4 p.m. • Hand & Foot Canasta 1:30-3:30 p.m. • Jam Session 7-9 p.m. • Game Night	24 10-10:45 a.m. • Laughter Yoga with Angelika 1-4 p.m. • Mah Jongg 1:30-3 p.m. • Foreversize 3:30-4:30 p.m. • Video-led Beginner Tai Chi	25 <hr/>	26 CLOSED Texas Amateur Athletic Federation Games of Texas	27
28 <hr/>	29 10:30-11:30 a.m. • Beginning Line Dance Workshop 12-1 p.m. • Sit & Fit 1:30-3 p.m. • Foreversize	30 9-10 a.m. • Jamboree Line Dancing 10:30-11:30 a.m. • Line Dancing 12-1 p.m. • Sit & Fit 12-3:30 p.m. • Potluck & Pizza Social with music from Jam Session Players 1-4 p.m. • Hand & Foot Canasta 7-9 p.m. • Game Night	31 10-10:45 a.m. • Laughter Yoga with Angelika 1-4 p.m. • Mah Jongg 1:30-3 p.m. • Foreversize 3:30-4:30 p.m. • Video-led Beginner Tai Chi	<div style="text-align: center;"> <h2>Southwood Community Center Senior Services Calendar</h2> <p> Facility Hours • Monday-Friday, 8 a.m.-5 p.m.; Saturday, 1-4 p.m. 1520 Rock Prairie Rd., College Station, TX 77845 979.764.6351 • cstx.gov/seniors </p> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: green; margin-right: 5px;"></div> Class Fee </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: blue; margin-right: 5px;"></div> RSVP Required: 979.764.6351 </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: red; margin-right: 5px;"></div> Closure/Holiday </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: purple; margin-right: 5px;"></div> Special Program </div> </div>		

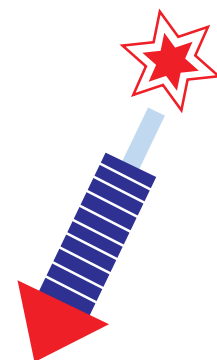


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch	2 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 9:30-10 a.m. • Blood Pressure Motoring presented by Health Quest 10-10:30 a.m. • Foreversize 10:30-11:30 a.m. • Bingo presented by Health Quest 11:30 a.m.-12:45 p.m. • Hot Lunch	3 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 10:30-11:30 a.m. • Exercise by Video 11:30 a.m.-12:45 p.m. • Hot Lunch	4 <hr style="border: 1px solid red;"/> CLOSED	5	6
7	8 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch	9 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 10-10:30 a.m. • Foreversize 11:30 a.m.-12:45 p.m. • Hot Lunch	10 Day Trip to San Antonio River Walk (Members Only) 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch	11 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 9:15-10 a.m. • Bible Study Class 10-10:30 a.m. • Foreversize 10:30-11:30 a.m. • Bingo & Dessert presented by Signature Select Services 11:30 a.m.-12:45 p.m. • Hot Lunch	12 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch RSVP DUE for Exploring History Luncheon	13
14	15 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch	16 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 10-10:30 a.m. • Foreversize 10:30-11:30 a.m. • Nutrition Education presented by Texas A&M Agrilife Extension 11:30 a.m.-12:45 p.m. • Hot Lunch	17 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch 11:30 a.m.-1 p.m. • Exploring History Luncheon: "History of Calvert" by Jennifer Caudle. \$7 per person. Sponsored by Commerce National Bank—Southwood Community Center	18 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 9:15-10 a.m. • Bible Study Class 10-10:30 a.m. • Foreversize 11:30 a.m.-12:45 p.m. • Hot Lunch	19 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Lunch Out	20
21	22 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch <i>Happy Birthday: Fatimah Ishaq</i>	23 9-9:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 10-10:30 a.m. • Foreversize 11:30 a.m.-12:45 p.m. • Hot Lunch	24 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch	25 <hr style="border: 1px solid red;"/> <i>Happy Birthday: Nadine Eaton</i>	26 CLOSED Texas Amateur Athletic Federation Games of Texas	27
28 <hr style="border: 1px solid red;"/>	29 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 11:30 a.m.-12:45 p.m. • Hot Lunch	30 9-9:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 10-10:30 a.m. • Foreversize 10:30 a.m.-12:30 p.m. • Arts & Crafts Class with Mary Broussard 11:30 a.m.-12:45 p.m. • Hot Lunch	31 9-10:30 a.m. • Fitness Center Open 9 a.m.-12:30 p.m. • Table Games 10:30-11:30 a.m. • Exercise by Video 11:30 a.m.-12:45 p.m. • Hot Lunch	Lincoln Recreation Center Senior Services Calendar Facility Hours • Monday-Friday, 9 a.m.-1 p.m. 1000 Eleanor Street, College Station, TX 77840 979.764.3779 • cstx.gov/seniors		

Class Fee
 RSVP Required: 979.764.3779
 Closure/Holiday
 Special Program



JULY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 10:30-11:30 a.m. • Aging in Place Advanced Care Planning 12-5 p.m. • Adult Coloring Class 3-4 p.m. • Foreversize	3 8-11:30 a.m. • Learn to Play 42 9 a.m.-1 p.m. • Bridge 3:30-4:30 p.m. • Beginner Tai Chi with Suzanne Droleskey	4 CLOSED	5 9 a.m.-12 p.m. • Adult Coloring Class Bring your own books, crayons and pens	6 1-4 p.m. • Saturday Senior Social
7	8 10 a.m.-12 p.m. • Scrapbooking 2-5 p.m. • Watercolor I Class 6-9 p.m. • Watercolor II Class	9 12-5 p.m. • Adult Coloring Class 3-4 p.m. • Foreversize	10 8-11:30 a.m. • Learn to Play 42 9 a.m.-1 p.m. • Bridge 9:30-11 a.m. • Family History Writers Group - "Broken Down Brick Walls" 3:30-4:30 p.m. • Beginner Tai Chi with Suzanne Droleskey	11 8-11:30 a.m. • 42 Dominoes 10 a.m.-12 p.m. • Basic Jewelry Making Class with Linda, Joe & Betty 3-4 p.m. • Foreversize 7-9 p.m. • Game Night	12 9 a.m.-12 p.m. • Adult Coloring Class Bring your own books, crayons and pens RSVP Due for Exploring History Luncheon	13 1-4 p.m. • Saturday Senior Social
14	15 10 a.m.-12 p.m. • Scrapbooking 2-5 p.m. • Watercolor I Class 6-9 p.m. • Watercolor II Class	16 10:30-11:30 a.m. • Aging in Place Technology in the Home 12-5 p.m. • Adult Coloring Class 3-4 p.m. • Foreversize	17 8-11:30 a.m. • Learn to Play 42 9-11a.m. • Family History Computer Group with Jerry Markowich 9 a.m.-1 p.m. • Bridge 11:30 a.m.-1 p.m. • Exploring History Luncheon: "History of Calvert" by Jennifer Caudle. \$7 per person. Sponsored by Commerce National Bank— Southwood Community Center 3:30-4:30 p.m. • Beginner Tai Chi with Suzanne Droleskey	18 8-11:30 a.m. • 42 Dominoes 1-3 p.m. • Movie & Popcorn 3-4 p.m. • Foreversize 7-9 p.m. • Game Night	19 9 a.m.-12 p.m. • Adult Coloring Class Bring your own books, crayons and pens	20 1-4 p.m. • Saturday Senior Social
21	22 10 a.m.-12 p.m. • Scrapbooking 2-5 p.m. • Watercolor I Class 6-9 p.m. • Watercolor II Class	23 11:30 a.m.-12:30 p.m. • Lunch & Learn: "Tacos & Technology" with Sherri Echols 12-5 p.m. • Adult Coloring Class 3-4 p.m. • Foreversize	24 8-11:30 a.m. • Learn to Play 42 9 a.m.-1 p.m. • Bridge 3:30-4:30 p.m. • Beginner Tai Chi with Suzanne Droleskey	25	26 CLOSED Texas Amateur Athletic Federation Games of Texas	27
28	29 9:30-10:30 a.m. • Senior Advisory Board Committee Meeting 10 a.m.-12 p.m. • Scrapbooking 2-5 p.m. • Watercolor I Class 6-9 p.m. • Watercolor II Class	30 10:30-11:30 a.m. • Aging in Place Senior Living Options 12-5 p.m. • Adult Coloring Class 3-4 p.m. • Foreversize	31 8-11:30 a.m. • Learn to Play 42 9 a.m.-1 p.m. • Bridge 3:30-4:30 p.m. • Beginner Tai Chi with Suzanne Droleskey	<h2 style="text-align: center;">Meyer Senior & Community Center Senior Services Calendar</h2> <p style="text-align: center;">Facility Hours • Monday-Friday, 8 a.m.-5 p.m.; Saturday, 1-4 p.m. 2275 Dartmouth Street, College Station, TX 77840 979.764.2670 • cstx.gov/seniors</p>		
				<div style="display: flex; justify-content: space-between;"> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: green; margin-right: 5px;"></div> Class Fee </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: blue; margin-right: 5px;"></div> RSVP Required: 979.764.6351 </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: red; margin-right: 5px;"></div> Closure/Holiday </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: purple; margin-right: 5px;"></div> Special Program </div> </div>		