

October 15, 2009

**FOR RELEASE IN NOVEMBER EDITIONS**

**FOR ADDITIONAL INFORMATION,**  
**CONTACT:** Crosby Community Center staff  
(281) 462-0543

## **Crosby Community Center's Ongoing November Calendar**

Crosby Community Center's free intergenerational programs are part of Harris County Precinct 4 Commissioner Jerry Eversole's educational and recreational commitment to Harris County residents. **Crosby Community Center** is a Precinct 4 Community Center located at **409 Hare Road, Crosby 77532**. Center hours are Monday through Thursday from 8 a.m. to 9:30 p.m., and Friday from 8 a.m. to 5 p.m.

For more information regarding classes or other Center programs, please call (281) 462-0543. Information on these and other programs can also be found by visiting [www.hcp4.net/ccenters](http://www.hcp4.net/ccenters).

Harris County Precinct 4 programs serve people of all ages, regardless of socioeconomic level, race, color, sex, religion, national origin, or physical ability. Anyone requiring special assistance to participate in any program should contact Crosby Community Center. **An adult must accompany children under the age of 18.**

### **Rhythm Walking**

Weekday mornings from 8 a.m. to 8:45 a.m.

Mondays, Wednesdays, and Fridays from 4 p.m. to 4:45 p.m.

Tuesdays and Thursdays from 5 p.m. to 5:45 p.m.

Come rain or shine for a 2½-mile walk to music in the comfort of the Center.

### **Aerobics With Melissa**

Mondays, Wednesdays, and Fridays from 9 a.m. to 9:55 a.m.

Boost your energy, stamina, and flexibility with certified aerobics instructor Melissa Turner.

### **Advanced Line Dancing**

Mondays at 9:30 a.m.

A volunteer teaches the latest country-and-western line dances in this **advanced** class.

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**Oil Painting Class**

Mondays from 9:30 a.m. to 11:30 p.m.

Art instructor Anne Vandagriff teaches daytime oil painting classes. Sign up at the Center and pick up a supply list.

**Dart Baseball**

Mondays at 10 a.m. and Wednesdays at 1:30 p.m.

No skills are needed to join the dart baseball team—just a willingness to try. All the necessary equipment is provided.

**Watercolor Class**

Mondays from noon to 2 p.m.

Professional artist and instructor Anne Vandagriff teaches composition, design, color, and contrast using a variety of subject matter. Sign up at the Center and pick up a supply list.

**Aerobics With Angelique**

Mondays, Tuesdays, and Thursdays at 6 p.m.

Exercise with experienced aerobics instructor Angelique Pool to achieve a toned body.

**Beginning Evening Line Dancing**

Mondays at 7 p.m.

These volunteer-led beginner/intermediate classes teach the latest country-and-western line dances. Prior knowledge of basic line dancing steps is preferred but not required.

**Grief Support Group**

Monday, November 23 at 7 p.m.

The Compassionate Friends, a grief support group for people who have lost a child, meets the fourth Monday of every month.

**Body Toning Chair Exercises**

Tuesdays and Thursdays at 9 a.m.

Fitness instructor Melissa Turner offers body toning chair exercises for individuals with limited stamina, mobility, and flexibility.

**Krosby All-American Kazoo Band**

Tuesdays at 9 a.m.

A volunteer leads this fun-loving group of entertainers. No musical experience is necessary and all instruments are provided. The band is open to people ages 18 and older.

**Intermediate Spanish**

Tuesdays at 10 a.m.

A volunteer instructor offers free **intermediate** Spanish classes.

### **Dominoes**

Tuesdays at 1 p.m.

Enjoy a game of dominoes and meet players with similar interests.

### **Dancercise**

Tuesdays at 2:30 p.m.

A volunteer instructor leads this class, which includes the same elements as line dancing and offers a good old-fashioned workout.

### **Yoga**

Tuesdays and Thursdays at 4 p.m.

Experienced instructor Cindy Roberts teaches yoga at the Center.

### **Blood Pressure, Blood Sugar Check, and Diabetic Support Group**

Tuesday, November 3 at 10 a.m.

Maintaining a healthy lifestyle includes keeping your blood pressure and blood sugar in check. Linda Howard, an LVN with Signature Health Services, is here the **first Tuesday of every month** to check you out. Afterwards, stay and discover the latest innovations and medical updates in the treatment and management of diabetes.

### **Meeting: Red Hat Society**

Tuesday, November 3 at 11:30 a.m.

The “Scarlett O’Hats” meet monthly for covered dish get-togethers, white elephant parties, special outings, shopping excursions, craft days, and other fun activities.

### **December Trips Sign-Up**

Tuesday, November 10 at 8:30 a.m.

Trip sign-up is on a first-come, first-served basis at Crosby Community Center. Sign up in person for these November and December trips:

- **Heritage Home Tour and Trunk Show**, Brenham  
Monday, November 23 at 8:30 a.m.  
Cost is \$16 per person with lunch on your own at Purcell’s Country Style Buffet
- **Texas Gospel Christmas Jamboree**, Magnolia  
Friday, December 18 at 12:30 p.m.  
Cost is \$11 per person with lunch on your own at Rancho Grande Bar & Grill

### **Duplicate Bridge**

Tuesdays, November 10 and 24 at 1 p.m.

A volunteer facilitates duplicate bridge games the second and fourth Tuesday. For additional information, call (281) 462-0543. **This game is not suitable for beginners.**

### **Monthly Economic Update**

Tuesday, November 10 at 6 p.m.

Aaron Cole with Edward Jones Investments leads this program designed to provide information on the current financial market. Whether you are an active investor or just curious about the market, plan to attend these meetings held the **second Tuesday of every month** by calling Edward Jones Investments at (281) 328-7863.

### **Decorative Painting With Cindy**

Wednesdays at 10 a.m.

Master decorative artist Cindy Forsythe teaches the art of decorative painting.

### **TOPS (Take Off Pounds Sensibly) Meetings**

Wednesdays at 10 a.m.

TOPS provides weekly educational and nutritional facts necessary to control weight.

### **Crosby Ladies and Lords Chorus**

Wednesdays at 11 a.m.

Enjoy singing your heart out at the Center and performing at area community events.

### **Ceramics**

Wednesdays at 6 p.m.

Two volunteer instructors teach how to pour slip into molds, painting techniques, and glazing procedures. Ceramic pouring is offered the first Wednesday of each month at 6 p.m.

### **It's A Stretch**

Wednesdays at 6 p.m.

It's A Stretch combines t'ai chi breathing and yoga stretching techniques for a core-strengthening work-out.

### **Karate**

Wednesdays at 6 p.m.

Volunteers from the American Society of Karate teach the techniques of American karate. Classes are **free!** For additional information or to register, call the Center at (281) 462-0543.

**Children must be accompanied by an adult.**

Beginner juniors (white belt), ages 6 to 12: 6 p.m. to 7 p.m.

Advanced juniors (yellow through red belt), ages 6 to 12: 7 p.m. to 8 p.m.

Advanced seniors (white through black belt) ages 13 and older: 8 p.m. to 9 p.m.

### **Book Club**

Thursday, November 12 at 2 p.m.

Meet with area book enthusiasts the **second** Thursday of each month to discuss selected books.

**Beginning Spanish Class**

Thursdays at 10 a.m.

A volunteer instructor teaches this free course in a fun and relaxed atmosphere.

**Crazy for Canasta!**

Thursdays at 10 a.m.

Bring a sack lunch and stay for an enjoyable afternoon of cards.

**Quilting Classes**

Thursdays at 1 p.m. and 6 p.m.

Take this opportunity to quilt, share ideas, and enjoy the fellowship of other quilters. Quilters with all levels of experience are invited to attend these sessions.

**Party Bridge**

Thursdays at 1:30 p.m.

Play party bridge every Thursday and meet other intermediate level bridge players from the Lake Houston area. This class is not suitable for beginners.

**Guitar Lessons**

Thursdays from 5:30 p.m. to 6:30 p.m.

Bring a guitar (acoustic preferred) to **free** guitar lessons taught by a volunteer. Lessons are open to individuals 15 and older and no prior experience is necessary.

**Beginning and Mainstream Square Dancing Class**

Thursdays from 6 p.m. to 9:15 p.m.

The Crosby Swinging Squares lead these square dancing classes. A partner is preferred, but not necessary.

**Beginning Piano Lessons for Adults**

Fridays from 9 a.m. to noon

A volunteer instructor teaches basic chords in this six-week course. Space is limited, so preregistration is required.

**Beginning Line Dancing**

Fridays at 10 a.m.

These volunteer-led classes teach the basic steps of country-and-western line dancing.

**Scrapbook Fun**

Fridays at noon

A volunteer leads these informal sessions to begin or complete scrapbooking projects.