

October 15, 2009

**FOR IMMEDIATE RELEASE**

**FOR ADDITIONAL INFORMATION,**

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(281) 324-3373

## **May Community Center's Ongoing Calendar**

May 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. May Community Center is a Precinct 4 community center located at **2100 Wolf Road, Huffman 77336**. 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) 324-3373 or visit [www.hcp4.net/ccenters](http://www.hcp4.net/ccenters). **Please note: In observance of the Thanksgiving holiday, May Community Center closes Wednesday, November 25 at 5 p.m. and reopens Monday, November 30 at 8 a.m.**

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 May Community Center. **An adult must accompany children under the age of 18.**

### **Rhythm Walking**

Weekdays at 8:10 a.m. and 4:15 p.m.

Start or end your day with a 2 ½-mile walk to music in the comfort of the Center.

### **Body Toning Chair Exercise**

Mondays, Wednesdays, and Fridays at 9 a.m.

This exercise class is designed especially for individuals suffering with arthritis, joint aches, stiffness, or a lack of flexibility.

### **Decorative Painting**

Mondays at 9 a.m., **except November 23**

Painting instructor Ann Rose teaches the One Stroke™ method of painting. Everyone interested in painting is welcome, regardless of previous painting experience.

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**Party Bridge**

Mondays at 1 p.m.

Improve your bridge skills and meet other bridge enthusiasts at these weekly party bridge sessions.

**Pinochle**

Mondays at 1 p.m.

A volunteer instructor is available each week to teach the time-honored game of pinochle.

**Handmade Ceramics**

Mondays at 6 p.m., **except November 23**

Volunteer instructor Nani Heslep teaches students ages 10 and older the basics of working with clay. Instruction includes making vessels and sculptures using the pinch, coil, and slab methods.

**Beginning Spanish**

Mondays at 6:30 p.m., **except November 23**

These free classes focus on the basic language skills needed to function in a Spanish-speaking environment. Call or come by the Center to register.

**May Center Players, a Children's Theatrical Group**

Mondays at 7 p.m.

Children ages 7 to 14 do not need any acting experience to participate in this theatrical group, but they must be able to read. Call the Center to register.

**Tots and Tikes Playgroup**

Monday, November 2 at 10:30 a.m.

Enjoy a playgroup for mothers and children to develop long-lasting friendships and share experience, advice, and laughter. Meetings are held the first Monday of the month.

**East Harris County 4-H Club**

Monday, November 9 at 6:30 p.m.

The mission of 4-H Club is to prepare youth to meet the challenges of childhood, adolescence, and adulthood through educational experiences with an emphasis on learning through doing. For more information about this club, please contact David Francis, club president, at (281) 812-8400, or David Carden at (713) 828-5051.

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**Cloth Diapering Mamas Playgroup**

Monday, November 23 at 10 a.m.

This unique playgroup is made up of a group of mothers who have made the choice to cloth diaper. Mothers meet here the **fourth Monday of each month** to have diaper chats, show and tell, diaper trades, and let their little ones, ages three and under, play.

**Whittlin' and Carvin'**

Tuesdays at 9 a.m.

Join this wonderful group of men and women who show how to take an ordinary piece of wood and turn it into a work of art and great conversation piece. All that is needed to get started is the desire and a sharp pocketknife!

**Dart Baseball**

Tuesdays at 10 a.m.

No skills are needed to join May Center's dart baseball team.

**Karate**

Tuesdays at 6 p.m.

Volunteers from the American Society of Karate teach the techniques of American karate. Classes are **free!** **A new session will be offered in January, 2010.** For additional information call the Center at (281) 324-3373.

**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.

**Yoga**

Tuesdays and Thursdays at 6 p.m.

Certified hatha yoga instructor Cindy Roberts invites people of all fitness levels to participate and experience the benefits of yoga. **A non-skid yoga mat is recommended.**

**New Discussion Group: What's on Your Mind?**

Tuesday, November 10 at 7 p.m.

In this ever changing world, there is always something to talk about. Whether it is the state of the union, the economy, or neighborhood issues, join this group the **second Tuesday of every month** to discuss what's on your mind. For more information or to sign up, call the Center.

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**Blood Pressure and Blood Sugar Check**

Tuesday, November 17 at 9 a.m.

Maintaining a healthy lifestyle also means keeping your blood pressure and blood sugar in check. Get checked out the **third Tuesday of the month** to make sure that “all systems are go!”

**Intermediate Conversational Spanish**

Wednesdays at 9 a.m., **except November 25**

Continue a multilingual journey by expanding your knowledge of the Spanish language and culture.

**Beginning Line Dancing**

Wednesdays at 10:30 a.m.

Even if you think you have two left feet, beginners and non-dancers alike find that most of the steps are quite simple. All you need for the more complicated steps is the ability to count to four!

**TOPS (Take Off Pounds Sensibly)**

Wednesdays at 10 a.m. **or** Thursdays at 6:30 p.m.

This support group offers nutritional information and encouragement to help control weight.

**Dominoes and More Dominoes**

Wednesdays at 1 p.m.

Play “42,” “Train,” or “Spinner” with other community members.

**Canasta**

Wednesdays at 3 p.m.

If you enjoy card games like spades and hearts, you will love canasta!

**T'ai Chi Quan**

Wednesdays at 3:30 p.m. and 6 p.m.

T'ai Chi is an ancient Chinese exercise class that can slow the aging process, increase balance and flexibility, and enhance the body's natural healing powers. Participants should wear loose-fitting clothing and tennis shoes.

**Speak Mandarin Chinese in 500 Words**

Beginner Class is Wednesdays at 7 p.m.

Advanced Class is Wednesdays at 2 p.m.

Learn to speak and read Mandarin Chinese easily through this effective course. Instruction is free; however, a \$10 refundable deposit to cover the cost of the book is required upon registration.

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**Quilting Class: Christmas Gifts and Goodies**

Wednesdays, November 4, 11 and 18 at 12:30 p.m.

This month's featured project is the second and final part of Autumn Spice, and the step-by-step instructions that make this a great way to learn the art of quilting.

**Beginning Sign Language**

Thursdays at 10 a.m.

Learn the basics of sign language in this free ten-week course. **A new session will be offered in January, 2010.**

**Intermediate Line Dancing**

Thursdays at 1 p.m.

If you're looking for a challenge and have already mastered the beginning steps, then you are sure to enjoy this class. Come alone or bring a friend; shuffle over to the Center for loads of fun.

**May Belles and Beaus Chorus**

Rehearsals: Thursdays at 1 p.m.

This musical group entertains at community events, hospitals, and multi-care facilities.

**May's Way Off Broadway Productions**

Thursdays at 6:30 p.m.

Lights, Camera, Action: Introducing a community theater group for adults! No experience necessary to be a part of this adult theatre group. Please call Guy Hayes at (281) 360-8549 or Charles Mason at (281) 689-1674 for more information.

**Watercolor**

Fridays at 9:30 a.m.

Beginning and experienced students learn composition, design, color, and contrast from a professional artist.

**Oil Painting**

Fridays at Noon

A professional artist shares her knowledge of painting with students ages 11 and older.

**Line Dancercise**

Fridays at 2:30 p.m.

Dance your way to heart-health with this workout taught by a volunteer instructor.