

October 15, 2009

FOR RELEASE IN NOVEMBER EDITIONS

FOR ADDITIONAL INFORMATION,
CONTACT: Mangum-Howell Center staff
(281) 591-7830

Mangum-Howell Center Ongoing November Calendar

Mangum-Howell Center's free intergenerational programs are part of Harris County Precinct 4 Commissioner Jerry Eversole's educational and recreational commitment to Harris County residents. **Mangum-Howell Center is located in Doss Park at 2500 Frick Road, Houston 77038.** Center hours are Monday through Thursday from 8 a.m. to 9 p.m., and Friday from 8 a.m. to 5 p.m. **In observance of the Thanksgiving holiday, the Center closes Wednesday, November 25 at 5 p.m. and reopens Monday, November 30 at 8 a.m.**

For more information regarding classes or other Center programs, please call (281) 591-7830. Information on these and other programs can also be found by visiting 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 Mangum-Howell Center. **An adult must accompany children under the age of 18.**

Class sizes are limited and offered on a first-come, first-served basis.

Rhythm Walking

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

Start or end your day with a 2½-mile walk to music in the comfort of the Center.

Aerobic Exercise

Weekdays at 9 a.m., **except Wednesdays** (Doss Activity Building)

A volunteer instructor leads this aerobic workout. Please note that child care is not provided. For the safety of your children, please make child care arrangements.

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Intermediate and Advanced Quilting

Mondays and Fridays at 9 a.m.

Take this opportunity to quilt, share ideas, and enjoy the fellowship of other quilters.

Beginning and Advanced T'ai Chi

Beginning Class: Mondays at 9:30 a.m. and Thursdays at 10 a.m.

Advance Class: Tuesdays at 10 a.m. and Thursdays at 11 a.m.

T'ai Chi Sword: Tuesdays at noon

A volunteer instructs these t'ai chi classes where slow, circular, and fluid movements build strength, balance, and a sense of well-being.

Mah-Jongg

Mondays, Wednesdays, and Fridays at 10 a.m.

A volunteer instructor teaches this fun, popular Chinese game similar to rummy.

Dart Baseball

Mondays and Fridays at 10 a.m.

No skills are needed to join the dart baseball team—just a willingness to try. A **\$1 per week suggested donation** helps defray the cost of supplies.

Hatha Yoga

Mondays at 11 a.m. and Thursdays at 10 a.m. (Doss Activity Building)

Tuesdays and Thursdays at 6 p.m. (Mangum-Howell Center)

A certified yoga instructor leads hatha yoga, a form of exercise based on the belief that the body and breath are intimately connected with the mind by controlling breathing and holding the body in steady poses, or asanas.

Beginning and Intermediate Line Dancing

Mondays: Beginning I Class at noon; Beginning II Class at 1 p.m.; Intermediate Class at 2 p.m.

Talented volunteers teach popular line dances. A partner is not needed and participants should wear light colored, rubber-soled shoes.

Beaded Jewelry

Mondays at 1 p.m.

A volunteer instructor leads this fun and creative class that makes custom beaded jewelry.

Fun 'N' Fit Arcade (Nintendo® Wii™)

Mondays from 1 p.m. to 4 p.m.

Join the Mangum-Howell Fun 'N' Fit Arcade group for a variety of virtual games. Using a television and remote control, learn to play baseball, boxing, golf, and tennis.

Tae Kwon Do Martial Art

Mondays and Thursdays at 6 p.m. (Doss Activity Building)

A volunteer Texas state karate champion with a third-degree black belt leads these free tae kwon do karate classes. A white, karate-style uniform is required and may be purchased for **\$30 at the first class. Cash only please.** For more information, call Albert Rangel at (281) 415-6008.

Urban Line Dancing

Mondays at 7 p.m.

A volunteer instructor leads this new dance craze. This class exercises both the body and mind in a fun and exciting way with choreographed steps to jazz, pop, hip-hop, or rhythm-and-blues music. A partner is not needed.

Sit and Be Fit Exercise

Tuesdays and Thursdays at 9 a.m.

This great exercise experience is designed to help people who suffer with arthritis, joint aches, and stiffness.

Ceramics

Tuesdays from 10 a.m. to 3 p.m. with a break for lunch

Learn how to prepare, paint, glaze, and fire a variety of green ware pieces. **A \$2 per class suggested donation** helps defray the cost of supplies. Only pieces painted by students during class may be fired.

Meditation

Tuesdays at 10 a.m.

Led by a volunteer instructor, this class follows the simplified Zen techniques of meditation that help achieve calmness, relaxation, concentration, compassion, a sense of well-being and insight.

Mangum-Howell Coupon Clippers

Tuesdays from 10:30 a.m. to 2 p.m. (Doss Activity Building)

Join these “chipper” clippers as they prepare coupons for shipment to 36 military bases around the world. Scissors and coupons are provided.

Watercolor

Tuesdays at 1 p.m.

A professional artist and instructor teaches the fundamentals of watercolor using a variety of subject matter.

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Beginning Sewing and Serging

Tuesdays, Sewing at 1:30 p.m. and Serging at 2:30 p.m.

A volunteer instructor covers basic machine stitches, measuring, combining and interchanging patterns, as well as the techniques for serger sewing. Participants may bring a sewing machine or serger, or use one of the Center's.

Doss Pickers and Singers Band

Tuesdays at 2 p.m.

Join this upbeat, fun-loving, musical band that meets Tuesday afternoons. This group entertains at churches, hospitals, and multicare facilities.

Youth Sewing

Tuesdays at 6 p.m.

A volunteer instructor teaches beginning sewing and serging classes, which cover basic machine stitches, measuring, combining and interchanging patterns, and seam finishing. While the Center has several machines for students' use, please bring your own serger or sewing machine to become familiar with how it operates.

Beginning Oil Painting

Tuesdays at 6 p.m.

Join a professional artist as she teaches composition, design, color, and contrast using a variety of subject matter.

Beginning Line Dancing

Tuesdays at 7 p.m.

A volunteer instructor teaches popular line dances.

Woodworking Group

Wednesdays at 8:30 a.m. (Doss Activity Building)

These "how to" sessions include designing patterns and the use of different tools. A **\$1 per class suggested donation** helps defray the cost of additional supplies.

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Advanced Stamping and Embossing

Wednesdays at 1 p.m.

Share your knowledge and techniques with others as they create professional looking greeting cards, stationery, and other paper treasures. A basic supply kit is needed to participate, however, observers are welcome. **Note: This class meets the second and fourth Wednesdays of the month.**

Guitar Lessons with Travis Hunt

Wednesdays at 1 p.m.

These free lessons are open to everyone and no prior guitar experience is necessary to participate.

Party Bridge, Cards, and Dominoes

Party Bridge: Wednesdays at noon

Cards and Dominoes: Wednesdays at 1 p.m.

Bring a partner or attend alone and try your hand at a variety of card games or dominoes.

Intermediate Knitting and Crocheting

Wednesdays at 1 p.m.

Share your knitting and crocheting techniques with other seasoned veterans.

Fun 'N' Fit Bowling (Nintendo® Wii™)

Wednesdays from 1 p.m. to 4 p.m.

Join the Mangum-Howell Fun 'N' Fit Bowling Team for a game of virtual bowling. Using a television and remote control, this virtual video game is sure to strike a chord.

Ten-Form Integral T'ai Chi

Wednesdays and Thursdays at 7 p.m.

Volunteers instruct a combination of exercise, breathing, relaxation, visualization, and meditation techniques.

Take Off Pounds Sensibly (TOPS)

Thursdays at 9 a.m.

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

Intermediate Bridge

Thursdays at 10 a.m.

A volunteer instructor teaches intermediate bridge lessons. Classes are limited to players with basic experience.

Duplicate Bridge

Thursdays at 1 p.m.

Enjoy an afternoon of American Standard Bridge in a friendly, relaxed atmosphere.

German

Thursdays at 2 p.m.

A volunteer teaches the basics of German grammar, speech, and vocabulary.

Elite Express Cloggers

Thursdays: Beginning Class from 7:15 p.m. to 8 p.m.

Intermediate Class from 8 p.m. to 8:45 p.m.

A volunteer instructor teaches the techniques of clog dancing that is done in time with rousing fiddle and bluegrass music. A partner is not needed.

Monthly Computer Club Meeting

Thursday, November 19 at 7 p.m.

Are you experiencing computer-related problems? If so, bring your computer or laptop to the Center to discuss the problems with a volunteer computer professional.

Beading

Fridays at 1 p.m.

A volunteer instructor leads this lively group of beaders that create a variety of beaded items such as decorative jewelry, holiday ornaments, and home decor.

Preserving Family Stories and History

Fridays at 2 p.m.

Preserve your family's history so future generations will know how things were when you were growing up. No experience is necessary; a volunteer provides help and encouragement.