

*Explore
the
possibilities*

at the

B. F. Clark Community Building

**at Southwell Park
27419 Nelson Road, Spring**

November 2009

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Monday	Tuesday	Wednesday	Thursday	Friday
² 9 a.m. Body Toning and Chair Exercise 1 p.m. Painting and Crafts	³	⁴ 9 a.m. Body Toning and Chair Exercise 1 p.m. Jewelry and Beading Classes	⁵	⁶
⁹ 9 a.m. Body Toning and Chair Exercise 1 p.m. Painting and Crafts	¹⁰	¹¹ 9 a.m. Body Toning and Chair Exercise 1 p.m. Jewelry and Beading Classes	¹² 10 a.m. Thanksgiving Holiday Luncheon	¹³
¹⁶ 9 a.m. Body Toning and Chair Exercise 1 p.m. Painting and Crafts	¹⁷	¹⁸ 9 a.m. Body Toning and Chair Exercise <div style="background-color: #cccccc; padding: 2px;">9:45 a.m. to 4 p.m. Party Bridge Tournament</div> 1 p.m. Jewelry and Beading Classes	¹⁹	²⁰
²³ 9 a.m. Body Toning and Chair Exercise 1 p.m. Painting and Crafts	²⁴	²⁵ 9 a.m. Body Toning and Chair Exercise 1 p.m. Jewelry and Beading Classes	²⁶	²⁷
³⁰ 9 a.m. Body Toning and Chair Exercise 1 p.m. Painting and Crafts				

Note: Shaded events are not held at the B. F. Clark Community Building.

Precinct 4's Senior Adult Program is pleased to announce programs for adults ages 50 and better at the B. F. Clark Community Building. Advance registration is required for these special programs. Sign up today by calling (281) 893-3726, ext. 26.

Ongoing Programs

Enhance Fitness

Mondays and Wednesdays from 9 a.m. to 10 a.m.

Certified exercise instructor Patricia Thibodeaux guides participants in the award-winning, community-based program called **Enhance Fitness**, which is based on research and testing in more than 100 sites nationwide. The classes provide a wide range of health-related benefits for senior adults that will improve strength, balance, endurance, circulation, raise energy levels, and reduce fatigue. This proven approach to exercise promotes independence and healthy lifestyles and has delivered consistent results.

Participants need to bring a towel and bottled water, and dress in loose, lightweight clothing. If you have concerns or have a serious medical condition, please check with your physician before attending the class.

Continued on next page.

Ongoing Programs

(continued)

Painting and Crafts

Mondays from 1 p.m. to 3 p.m.

Professional artist and instructor Audrey Clark teaches a variety of painting and craft techniques and styles with fundamental instructions regardless of your experience level. You will sparkle with delight as you develop a new talent for painting and crafts or sharpen your skills as a beginner, intermediate, or experienced artist! The following supplies are needed to participate:

- Sketch pad
- Sketch pencil
- Straight edge
- Paint brushes (1 small, 2 medium, 1 large)
- 1 canvas (any size)
- Acrylic paint (primary colors, black, white, plus any other colors of choice)
- Container for brushes and water

Jewelry and Beading Classes

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

Join volunteer Verna Davis to discover how easy and fun it is to customize beaded jewelry pieces that make perfect accessories or gifts. Creating beaded jewelry is so easy even the most novice crafter will be making professional looking jewelry in no time!

Bring your beading supplies for an afternoon of sharing ideas and techniques.

Classes are free, however, they are limited to the first 20 individuals to register. Please call Precinct 4's Senior Adult Program at (281) 893-3726 to register, or to receive more information. **Please note: Childcare is not provided at these classes.**



Upcoming Events

Holiday Craft and Luncheon

Friday, December 11
beginning at 10 a.m.

B. F. Clark Community Building is located in Southwell Park at 27419 Nelson Road, Spring.

B. F. Clark Community Building programs and classes are provided at no cost to participants; however, participants must furnish their own supplies for some programs or may be able to purchase supplies at the instructor's cost. Donations are welcome, but never required. **Children under the age of 18 must be accompanied by an adult.**

For more information, please contact one of the Community Centers and Senior Adult Program staff members below at **(281) 893-3726**.

Jan Allison, Director
Sherri Hannemann
Marty Pipes



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 this program should call (281) 893-3726.

For additional information about Precinct 4's Senior Adult Program or other events, visit www.hcp4.net/senioradult.

Commissioner Jerry Eversole
Harris County Precinct 4
1731 Hugh Road
Houston, Texas 77067

To Our Friend: