MANGUM-HOWELL CENTER
A Harris County Precinct 4 Community Center
Doss Park, 2500 Frick Road, Houston, 77038

August 2019
Experience the Fun4All!

Free Wi-Fi Available! To connect, select the Wi-Fi network Harris County Guest and accept the terms; no password required. Keep up with all Precinct 4 has to offer by following us on Facebook and Twitter! HCPrecinct4
Day/Evening ONGOING Programs

MONDAYS
8:10 a.m. Rhythm Walking
9:00 a.m. Quilting
Zumba®
10:00 a.m. Chair Volleyball
Dart Baseball
11:00 a.m. Hatha Yoga (DAB)
Jewelry Beading
2:00 p.m. Doss Advisory Council Meeting
(On Break)
4:00 p.m. Rhythm Walking
6:00 p.m. Tae Kwon Do (DAB)
Zumba® Step
7:00 p.m. Urban Line Dancing

TUESDAYS
8:10 a.m. Rhythm Walking
9:00 a.m. Sit and Be Fit Exercise (DAB)
Zumba® Step
10:00 a.m. Ceramics
11:00 a.m. Hatha Yoga (DAB)
1:30 p.m. Beginning Sewing
Ladies in Red (August 13)
4:00 p.m. Rhythm Walking
6:00 p.m. Zumba®

WEDNESDAYS
8:10 a.m. Rhythm Walking
8:30 a.m. Woodworking Group (DAB)
9:00 a.m. Zumba®
10:00 a.m. Chair Volleyball
Zentangle Art and Coloring Class
Yuanji-Dance Class

WEDNESDAYS, continued
11:00 a.m. Urban Line Dancing - Beginners
1:00 p.m. Beginning Knitting and Crocheting
Cards and Dominos
4:00 p.m. Rhythm Walking
6:00 p.m. Tae Kwon Do (DAB)
Zumba® Step
7:00 p.m. Ten-Form Integral T’ai Chi

THURSDAYS
8:10 a.m. Rhythm Walking
9:00 a.m. Sit and Be Fit Exercise (DAB)
Take Off Pounds Sensibly (TOPS)
Zumba Sentao™
10:00 a.m. Beginning Bridge Lessons (On Break)
Intermediate Bridge Lessons (On Break)
11:00 a.m. Hatha Yoga (DAB)
12:30 p.m. Duplicate Bridge
1:00 p.m. Bingo (August 15)
4:00 p.m. Rhythm Walking
6:00 p.m. Zumba®
7:00 p.m. Ten-Form Integral T’ai Chi

FRIDAYS
8:10 a.m. Rhythm Walking
9:00 a.m. Sit and Be Fit Exercise (DAB)
Zumba®
10:00 a.m. Chair Volleyball
Dart Baseball
1:00 p.m. Tai Chi Forms, Fan, and Sword
4:00 p.m. Rhythm Walking

*(DAB)-Doss Activity Building

Please note: Child care is not provided at any Precinct 4 facility, and children are not allowed in classes in which they are not eligible to participate. Children under the age of 18 must be accompanied by an adult.
PROGRAMAS EN CURSO

LUNES
8:10 a.m. Caminando con Ritmo
9:00 a.m. Acolchando
  Zumba®
10:00 a.m. Voleibol en Silla
  Béisbol de Dardo
11:00 a.m. Yoga Hatha (DAB)
  Joyería de Abalorios
2:00 p.m. Junta del Consejo Asesor de Doss
  (Cancelado por el mes)
4:00 p.m. Caminando con Ritmo
6:00 p.m. Tae Kwon Do (DAB)
  Zumba® Sentao™
7:00 p.m. Baile en Línea Urbano

MIÉRCOLES, cont’a
11:00 a.m. Baile en Línea Urbano – Para
  principiantes
1:00 p.m. Labor de Punto y Tejer con Ganchillo
  para Principiantes
4:00 p.m. Caminando con Ritmo
6:00 p.m. Tae Kwon Do (DAB)
  Zumba® Step
7:00 p.m. Diez-Formas de T’ai Chi Integral

MARTES
8:10 a.m. Caminando con Ritmo
9:00 a.m. Ejercicios de “Sentado y Ser Sano” (DAB)
  Zumba® Step
10:00 a.m. Cerámicas
11:00 a.m. Yoga Hatha (DAB)
1:30 p.m. Costura para Principiantes
  Damas de Rojo
  (13 de agosto)
4:00 p.m. Caminando con Ritmo
6:00 p.m. Zumba®

MIÉRCOLES
8:10 a.m. Caminando con Ritmo
8:30 a.m. Grupo de Carpintería (DAB)
9:00 a.m. Zumba®
10:00 a.m. Voleibol en Silla
  Arte de Zentangle y Colorear
  Clase de Baile-Yuanji

JUEVES
8:10 a.m. Caminando con Ritmo
9:00 a.m. Ejercicios de “Sentado y Ser Sano”
  (DAB)
  Perdiendo el Peso Sensatamente (TOPS)
  Zumba Sentao™
10:00 a.m. Práctica de Bridge para Principiantes
  (Cancelado por el mes)
11:00 a.m. Yoga Hatha (DAB)
12:30 p.m. Juego de Bridge Duplicado
1:00 p.m. Bingo (15 de agosto)
4:00 p.m. Caminando con Ritmo
6:00 p.m. Zumba®
7:00 p.m. Diez-Formas de T’ai Chi Integral

VIERNES
8:10 a.m. Caminando con Ritmo
9:00 a.m. Ejercicios de “Sentado y Ser Sano”
  (DAB)
10:00 a.m. Voleibol en Silla
  Béisbol de Dardo
1:00 p.m. T’ai Chi Formas, Abanico, y Espada
4:00 p.m. Caminando con Ritmo

*(DAB)-Doss Activity Building

Por Favor tomé nota: Servicios de guardería no son proveídos en ninguna de las facilidades del Distrito 4 y niños no son permitidos en las clases que no son elegibles para participar. Niños menos de 18 años tienen que ser acompañados por un adulto.
<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>10:00 AM All Trumped Up Party Bridge Tournament</strong>&lt;br&gt;<strong>School Supply Drive Begins</strong></td>
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Please note: Child care is not provided at any Precinct 4 facility, and children are not allowed in classes in which they are not able to participate.

For details on the programs offered, call 281-591-7830 or visit www.hcp4.net/communitycenters.
## Centro Mangum-Howell

### Eventos especiales en agosto del 2019

<table>
<thead>
<tr>
<th>lunes</th>
<th>martes</th>
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<th>jueves</th>
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<tr>
<td>Por favor tome nota: Servicios de guardería no son permitidos en las clases en que no son elegibles para participar.</td>
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<td><strong>El Comienzo de la Campaña de los Utiles Escolar</strong></td>
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<tr>
<td>Para detalles de los programas ofrecidos, llame al Centro Mangum-Howell al 281-591-7830 o visite el sitio en línea al <a href="http://www.hcp4.net/communitycenters">www.hcp4.net/communitycenters</a>.</td>
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<td>1:00 PM Serie de Salud y Bienestar: Entendiendo los dolores de cabeza</td>
<td>12:00 PM Almuerzo de Combatir el Calor Presentando al Vocalista Dennis Evans</td>
<td>1:00 PM Bend it Like Beckham</td>
<td>8:30 AM Inscrípciones para los viajes en septiembre</td>
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<td>1:00 PM Gratis Película y Palomitas: Bend it Like Beckham</td>
<td>9:30 AM Viaje: Centro Biblioteca Clayton de Investigación Genealógica y Villa de Rice, Houston</td>
<td>1:00 PM Bingo (Un premio nominal que NO excede $5 se necesita para jugar)</td>
<td>5:00 PM Convertise en Padres Adoptivos o de Crianza</td>
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<tr>
<td>10:00 AM Viaje: Museo Butler Longhorn, Founder's Square Shops y Kemah Boardwalk, League City</td>
<td>10:00 AM Serie de Salud y Bienestar: Tomando el control de su presión arterial</td>
<td>10:00 AM Salud de la Mano: Movimiento, flexibilidad, fuerza, y destreza</td>
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<td></td>
<td></td>
<td>8:30 AM Viaje: Museo Butler Longhorn, Founder's Square Shops y Kemah Boardwalk, League City</td>
<td>10:00 AM Como utilizar su Smartphone</td>
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Movie and Popcorn: *Bend It Like Beckham*

Friday, August 2, at 1 p.m.

In this heartwarming and inspirational romantic comedy, Jess Bhamra (Parminder Nagra), the daughter of a strict Indian couple (Anupam Kher, Shaheen Khan) in London, is not permitted to play organized soccer. One day, Jules Paxton (Keira Knightley) sees Jess’ impressive skills and convinces Jess to play for her semi-pro team. Jess uses elaborate excuses to hide her matches from her family while also dealing with her romantic feelings for her coach, Joe.

Unlimited popcorn and drinks, padded seating, big screen TV, and surround sound make this a true theater experience! Call or come by Mangum-Howell Center to reserve your theater ticket and seat! Rated PG; 1 hr. 52 min.

Becoming Foster and Adoptive Parents

Thursday, August 15, from 5 p.m. to 8 p.m.

Children never outgrow the need for parents. This need is particularly great during adolescent and teen years. A representative with the Texas Department of Family and Protective Services, will present information and updates as well as address concerns and frequently asked questions to those wanting to learn about becoming a foster and/or adoptive parent.

Children need parents, so please call 281-591-7830 or come by Mangum-Howell Center to sign up for this informative program.
Did you know that simple daily activities such as typing on the computer or washing the dishes can cause damage to our hands and fingers?

Join Louise Hayes, from the Brain Growth and Repair Center, as she provides exercise techniques to effectively strengthen your hands and to aid movement, flexibility, and strength in the joints. Louise Hayes has over thirty years’ experience helping groups and individuals improve their physical and mental health.

Call 281-591-7830 or come by the Center to register.

A smartphone is a mobile device with advanced functionality beyond making phone calls and sending text messages. Smartphones have the capability to take and display photos, play videos, check and send e-mail, and surf the web.

If you own an iPhone, Galaxy, LG, HTC, or any other smartphone, and want to learn more about its features and capabilities, sign up for this informative three-hour workshop from Harris County Information Technology Specialist Michelle Richardson.

Participants should bring a notebook and their smartphone. Call 281-591-7830 or come by Mangum-Howell Center to register.
Health and Wellness Series

Join Janice Flewelling, stroke outreach coordinator with Houston Methodist Hospital, for a special series on preventative health and education. Janice Flewelling has over 41 years of experience in nursing and a master’s degree in Education from the University of Houston, with emphasis in Health Science Teaching.

Understanding Headaches
Tuesday, August 6, from 10 a.m. to 11 a.m.

This session discusses the different types of headaches, approaches to treatment, and management techniques for a more functional lifestyle.

Taking Control of Your Blood Pressure
Tuesday, August 20, from 10 a.m. to 11 a.m.

This session explains what you need to know about your blood pressure and how you can manage it and maintain your health.

Don’t miss this opportunity to discover steps you can take toward a healthier lifestyle. Sign up at Mangum-Howell Center or call 281-591-7830 to register for any of these educational seminars.
Beat the Heat Luncheon

Featuring Vocalist Dennis Evans

Tuesday, August 13, at noon

$8 per person

Don’t let the Texas heat get you down! Come in out of the heat and enjoy a tasty menu of grilled chicken breast, veggie and wild rice pilaf, green beans, rolls, German Chocolate cake for dessert, along with unlimited iced tea and coffee.

While you feast on this scrumptious meal, vocalist Dennis Evans will entertain with big band era songs and a variety of genres such as blues, country, gospel, jazz, and more! Join us for a great time of fun, food, and fellowship.

An $8 per person donation is requested and payable in advance when you register in the office. Deadline to purchase tickets is Friday, August 9. Get your tickets now and beat the heat!
All Trumped Up
Party Bridge Tournament

Thursday, August 1, at 10 a.m.
Sign-in and light breakfast begin at 9 a.m.

Choose a partner and play together throughout this All Trumped Up tournament. **Players must call or come in person to register. Registration began on Thursday, May 2.** This party bridge tournament is open to recreational bridge players, and is not recommended for rank beginners or serious duplicate bridge players.

Meet local bridge enthusiasts and spend an enjoyable day playing this fascinating game. A continental breakfast and lunch is provided to all registered participants.

**Each pair is required to sign up together as a team.** Pairs do not change partners during the tournament. A staff member times each round and totals the scores for a final tabulation and prizes.

A **$24 per team suggested donation** is requested and payable at the time of registration. Donations help defray the cost of breakfast, lunch, and prizes. Unfortunately, no refunds can be given for cancellations.

**Players must call Mangum-Howell Center at 281-591-7830 or come by the Center to register. Make checks payable to Doss Advisory Council and mail to address below.**

Mangum-Howell Center
2500 Frick Road
Houston, Texas 77038
281-591-7830
Mangum-Howell Center
School Supplies Drive
Thursday, August 1 through Monday, September 30

Area school children need your help!

Donating school supplies is the perfect opportunity to help Aldine ISD students in need achieve success by providing them with necessary school supplies.

During the months of August and September, Mangum-Howell Center is collecting school supplies to be delivered to local elementary schools. Below is a list of suggested items that can be purchased at most local stores. Or, you may choose to make a monetary donation and allow the Center staff to purchase the supplies.

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<thead>
<tr>
<th>#2 pencils</th>
<th>Pencil cap erasers</th>
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<tr>
<td>100 ct. facial tissue</td>
<td>5” blunt and/or sharp scissors</td>
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<tr>
<td>12” x 18” assorted construction paper</td>
<td>24 ct. crayons</td>
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<tr>
<td>12” x 18” manila paper</td>
<td>200 or 300 ct. filler paper, wide rule</td>
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<tr>
<td>Red medium stick pens</td>
<td>Pink bevel erasers (large)</td>
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<td>100 ct. spiral composition book, wide rule</td>
<td>Waterless hand sanitizer bottle with pump</td>
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<td>4 oz. or 7 5/8 oz. school glue</td>
<td>Reclosable sandwich bags (2 ml.)</td>
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<td>Small (6 gram) glue sticks</td>
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Donations need to be brought to the Center by Monday, September 30 at 5 p.m. For more information and details about this community outreach program, please call the center at 281-591-7830.

Thank you for your generosity and support for the children in our community!
Recaudación de Útiles Escolares en el Centro Mangum-Howell

El jueves, 1 de agosto hasta el lunes, 30 de septiembre

¡Estudiantes del área necesitan su ayuda!

Donando útiles escolares es la oportunidad perfecta para ayudar a los estudiantes de Aldine ISD en necesidad para lograr el éxito proporcionándoles con los materiales necesarios.

Durante los meses de agosto y septiembre, el Centro Mangum-Howell estará recogiendo útiles escolares que serán entregados a escuelas primarias locales. A continuación hay una lista de artículos sugeridos que pueden comprar en las mayoridades de las tiendas locales. O, usted puede elegir hacer una donación monetaria y permitir que el personal del Centro compre los útiles.

Lápices de punta #2  
100 ct. papel facial  
12” x 18” papel de construcción variado  
12” x 18” papel de manila  
Plumas rojas medianos  
100 ct. cuaderno espiral, amplio dictamino  
4 oz. o 7 5/8 oz. pegamento de la escuela

Barras de pegamento pequeños (6 gr.)  
Borradores de lapice  
Tijeras de 5” contundentes y/o cortantes  
24 ct. Crayones  
200 o 300 ct. papel de argolla  
Gomas rosas cónicos de borrar  
Botella de desinfectante de manos con bomba  
Bolsas de sándwich pueden volver a cerrarse

Donaciones necesitan estar en el Centro antes del lunes, 30 de septiembre a las 5 p.m.

Para más información y detalles de este programa de alcance comunitario, por favor llame al Centro al 281-591-7830. ¡Gracias por su generosidad y apoyo para los niños en nuestra comunidad!
Weekend reservations are available on select Saturdays from 10 a.m. to 6 p.m. Please see the staff for fees, policies, and procedures.

Community and civic organizations can also reserve meeting rooms in Precinct 4’s Mangum-Howell Center and Doss Activity Building on a limited, space-available basis, at no cost, Monday through Thursday from 5 p.m. to 9 p.m., and Fridays from 1 p.m. to 4 p.m. To check availability please call or go to the center.

Appointments are required to tour Mangum-Howell Center and the Doss Activity Building for private event reservations. To schedule an appointment, please call 281-591-7830.

¡RESERVACIONES PRIVADAS!

Las reservaciones de fin de semana están disponibles en los sábados selectos de 10 a.m. a 6 p.m. Por favor, consulte al personal por precios, pólizas y procedimientos.

Las organizaciones comunitarias y cívicas también pueden reservar salas de reuniones en el Centro Mangum-Howell y el Edificio de Actividades de Doss del Precinto 4 en una disponibilidad limitada de espacio disponible, y sin costo, de lunes a jueves a partir de las 5 p.m. a 9 p.m., y los viernes a partir de la 1 p.m. a 4 p.m. Para verificar la disponibilidad, por favor llame o diríjase al centro.

Se requieren citas para visitar el Centro Mangum-Howell y el Edificio de Actividades de Doss para reservaciones de eventos privados. Para fijar una cita, por favor llame 281-591-7830.
The sign-up date for September trips is Thursday, August 8, at 8:30 a.m. Sign up is on a first-come, first-served basis. Transportation is provided for individuals 50 years and over through Harris County Precinct 4 Encore! Participants pay all event fees plus additional fees as determined by the Mangum-Howell Center Trip Committee and Doss Advisory Council. Please note: Due to high demand for seats on Center trips, participants may sign up for only one space per trip. Please contact the Center staff for more information.

**DAY TRIPS**

### AUGUST

**Clayton Library Center for Genealogical Research and Rice Village, Houston**
- Thursday, August 15, at 9:30 a.m.
- Free
- Lunch is on your own at Luby’s

**Butler Longhorn Museum, Founder’s Square Shops, Kemah Seafood Market, League City**
- Tuesday, August 27, at 8:30 a.m.
- Cost is $9 per person
- Lunch is on your own at Kelly’s Country Cookin

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### SEPTEMBER

**Lucky Land and H-Mart, Houston and Katy**
- Friday, September 6, at 9:30 a.m.
- Cost is $7 per person
- Lunch is on your own at Kim Son

**Washington-on-the-Brazos State Historic Site and Chuck Norris CForce Artesian Water Company**
- Wednesday, September 18, at 8:30 a.m.
- Cost is $4 per person
- Lunch is on your own at Las Fuentes Steak and Grill

### UPCOMING EVENTS

**Health and Wellness Series: Women and Cardiovascular Disease**
- Thursday, September 5, at 10 a.m.

**It’s Fall Y’all Luncheon Featuring Vocalist Jerry Wayne**
- Tuesday, September 10, at noon

**Save a Life, Learn CPR!**
- Wednesday, September 11, from 9 a.m. to 1 p.m.

**October Trips Sign-Up**
- Thursday, September 12, at 8:30 a.m.

**Free Movie and Popcorn: Murder on the Orient Express**
- Friday, September 13, at 1 p.m.

**Health and Wellness Series: Living with Arthritis**
- Tuesday, September 17, at 10 a.m.

**Bingo**
- Thursday, September 19, at 1 p.m.

**Forensic Science Workshop**
- Friday, September 20, from 10 a.m. to noon.

**AARP Safe Driving**
- Thursday, September 26, from 10 a.m. to 2 p.m.