

MANGUM-HOWELL CENTER

January 2022 Special Events

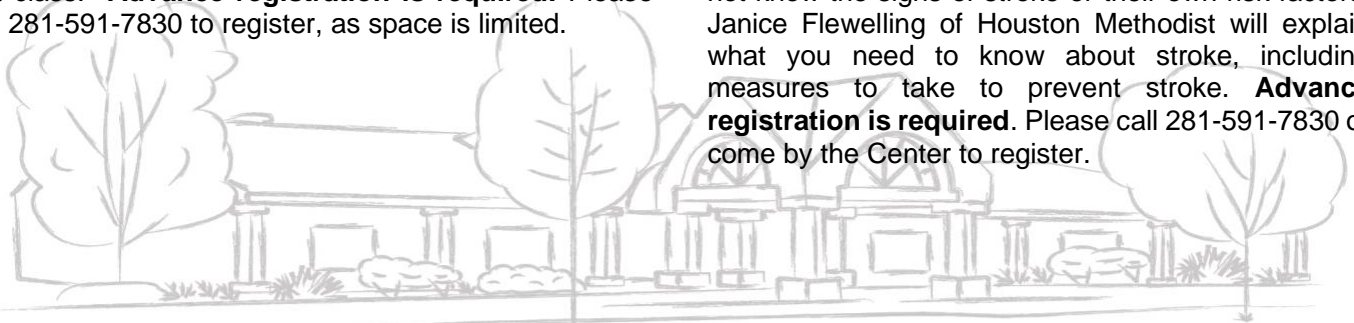
Registration is required for all events by calling 281-591-7830.

Ceramics Four-Part Series
Tuesdays, Jan. 4, 11, 18, and 25
from 10 a.m. to 2 p.m.

A volunteer instructor teaches how to prepare, paint, glaze, and fire greenware pieces. **Students must bring their own supplies and only pieces painted during class can be fired.** Project must be completed by the last class. **Advance registration is required.** Please call 281-591-7830 to register, as space is limited.

Seminar: What Do I Need to Know About Strokes?
Wednesday, Jan. 26, at 10 a.m.

According to the American Heart Association, stroke is the fourth leading cause of death in the U.S. and the number one cause of permanent disability. Despite how common stroke is, most Americans do not know the signs of stroke or their own risk factors. Janice Flewelling of Houston Methodist will explain what you need to know about stroke, including measures to take to prevent stroke. **Advance registration is required.** Please call 281-591-7830 or come by the Center to register.



Seminar: Revamp Your Resolution
Wednesday, Jan. 19, at 10 a.m.

Often, we set personal New Year's resolutions and after a short time, we realize we have not been successful. Join Sonja Stueart-Davis from Texas A&M Agrilife as she discusses setting S.M.A.R.T. (Specific, Measurable, Achievable, Realistic, and Timely) goals to help you achieve your personal health and lifestyle goals. **Advance registration is required.** Please call 281-591-7830 or come by the Center to register.

AARP Safe Driving
Thursday, Jan. 28, from 10 a.m. to 2 p.m.

Reduce your car insurance by as much as 10% by completing AARP's Safe Driving Course. Certificates are awarded after completing the course. The required course fee for AARP members is \$20 and \$25 for non-members. Checks are payable to AARP. This class cannot be used for ticket dismissal. **Advance registration is required.** Please call 281-591-7830 or come by the Center to register.



Harris County Precinct 4
Commissioner R. Jack Cagle
Mangum-Howell Community Center

   @hcprecinct4 • www.hcp4.net/mhc • 281-591-7830

Hours: Monday – Thursday, 8 a.m. – 9 p.m., Friday, 8 a.m. – 5 p.m.

Mangum-Howell Center, 2500 Frick Road, Houston 77038

MANGUM-HOWELL CENTER

January 2022 Special Events

Registration is required for all events by calling 281-591-7830.

Monthly Luncheon: New Beginnings

Tuesday, Jan. 11, at noon

\$10 per person

A new year brings new beginnings. With a new year comes 365 new and exciting days. This is also the perfect time for the Center to pursue a new beginning with the celebration of the Lunar New Year. Lunar New Year 2022 is the Year of the Tiger. People born in the Year of the Tiger (1926, 1938, 1950, 1962, 1974, 1986, 1998, and 2010) are brave, competitive, spontaneous, and confident. They are charming and well-liked by others. To celebrate this special occasion, the Center plans to host an Asian entertainment celebration along with sampling popular Asian cuisine. **Payments must be mailed in advance to Mangum-Howell Center, 2500 Frick Road, Houston, Texas 77038; please make checks payable to Doss Advisory Council. Mail payments no later than Tuesday, January 4 to meet the deadline to purchase tickets on Friday, Jan. 7. Payments cannot be accepted the day of the luncheon.**



February Trips Sign Up

Thursday, Jan. 13, at 8:30 a.m.

Buffalo Soldier Museum and St. Arnold's Brewery

Friday, Feb. 11, 2022, at 9:45 a.m.

Cost is \$5 per person

No cash; check or money order only.

Lunch is on your own at
Cleburne Cafeteria.

Columbia Historical Museum & Columbia Rosenwald School

Wednesday, Feb. 23, 2022, at 9 a.m.

Cost is \$4 per person

No cash; check or money order only.

Lunch is on your own at
Margarita Jones Tex-Mex

Sign up is on a first-come, first-served basis. Transportation is provided for individuals 50 years and older through Harris County Precinct 4's Senior Adult Program.

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.



Harris County Precinct 4
Commissioner R. Jack Cagle
Mangum-Howell Community Center



@hcp4 • www.hcp4.net/mhc • 281-591-7830

Hours: Monday – Thursday, 8 a.m. – 9 p.m., Friday, 8 a.m. – 5 p.m.

Mangum-Howell Center, 2500 Frick Road, Houston 77038

MANGUM-HOWELL CENTER

January 2022 Ongoing Programs

MONDAYS

- 8:10 a.m. Rhythm Walking
- 9 a.m. Zumba ®
- 10 a.m. Chair Volleyball
Dart Baseball
Jewelry Beading (Begins Jan.10)
- 11 a.m. Hatha Yoga*
- Noon Urban Line Dancing
- 4 p.m. Rhythm Walking
- 6 p.m. Zumba ®
- 7 p.m. Urban Line Dancing

TUESDAYS

- 8:10 a.m. Rhythm Walking
- 9 a.m. Zumba ®
- 11 a.m. Hatha Yoga
- 1 p.m. Beginning Sewing
- 4 p.m. Rhythm Walking
- 6 p.m. Zumba ®
- 7 p.m. Ten Form Tai Chi

*(DAB) DOSS ACTIVITY BUILDING

Please note: Childcare 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. Space is limited.**



Harris County Precinct 4
Commissioner R. Jack Cagle
Mangum-Howell Community Center

   @hcprecinct4 • www.hcp4.net/mhc • 281-591-7830

Hours: Monday – Thursday, 8 a.m. – 9 p.m., Friday, 8 a.m. – 5 p.m.

WEDNESDAYS

- 8:10 a.m. Rhythm Walking
- 8:30 a.m. Woodworking Group*
- 9 a.m. Zentangle Art and Coloring
Zumba ®
- 10 a.m. Chair Volleyball
- 11 a.m. Beginning Urban Line Dancing
- 1 p.m. Pickleball
- 4 p.m. Rhythm Walking
- 6 p.m. Zumba ®

THURSDAYS

- 8:10 a.m. Rhythm Walking
- 9 a.m. Take Off Pounds Sensibly
Zumba ®
- 10:30 a.m. Beginner & Intermediate Bridge
- 11 a.m. Hatha Yoga
Bid Whist Cards
Duplicate Bridge
- Noon
- 1 p.m. Bingo (Jan. 20 – Call to Sign Up)
- 4 p.m. Rhythm Walking
- 4:15 p.m. Beginning Urban Line Dancing
- 6 p.m. Zumba ®
- 7 p.m. Ten Form Tai Chi

FRIDAYS

- 8:10 a.m. Rhythm Walking
- 9 a.m. Zumba ®
- 10 a.m. Chair Volleyball
Dart Baseball
- 1 p.m. Tai Chi Forms, Fan, and Sword
- 4 p.m. Rhythm Walking