

JIM AND JOANN FONTENO SENIOR EDUCATION CENTER



June Event Calendar

Monday – Friday
7:30 a.m. – 4 p.m.
713-274-3305

6600 Bissonnet Street
Houston, 77074
hcp4.net/fonteno-sec



MONDAY

10:30 a.m. – noon – Spanish for Beginners
Level 2
11 a.m. – noon – Senior Boot Camp
“Fitness is Ageless”

TUESDAY

Noon – 1 p.m. – Gyrokinesis Class
11 a.m. – noon – Sudoku Class: May 3 and
May 17
1 p.m. – 2:30 p.m. – Hyperdoodle Class:
First Tuesday of Every Month
1 p.m. – 2:30 p.m. – Calligraphy Class:
Second and Fourth Tuesday of Every
Month

WEDNESDAY

10 a.m. – 11 a.m. – Tai Chi for Arthritis
10:30 a.m. – noon – Spanish for Beginners
Level 2
1 p.m. – 2 p.m. – Laughter Yoga

THURSDAY

10 a.m. – noon – Chess Club
11 a.m. – noon – Senior Boot Camp
“Fitness is Ageless”
11:30 a.m. – 12:30 p.m. – Advanced Spanish
1 p.m. – 2 p.m. – Intermediate French Class
2 p.m. – 3 p.m. – French for Beginners

FRIDAY

9 a.m. – 10 a.m. – Tai Chi Club
11 a.m. – noon – Senior Boot Camp
“Fitness is Ageless”
Noon – 1 p.m. – Zumba with Audrey
1 p.m. – 2 p.m. Yoga and Pilates with
Audrey: Last Friday of Every Month

Ongoing Programs At A Glance



Harris County Precinct 4
Commissioner R. Jack Cagle
Jim & JoAnn Fonteno Senior Education Center

SENIOR BOOT CAMP — “FITNESS IS AGELESS”

Mondays, Thursdays, and Fridays, from 11 a.m. – noon

This class provides fun and engaging total body workout sessions for all fitness levels, focusing on strength, muscle building, and improved stamina. For more details call 713-274-3301.

GYROKINESIS CLASS

Tuesdays, from noon – 1 p.m.

Gyrokinesis and Gyrotonics work the joints, muscles, and entire body through rhythmic breathing and undulating movement exercises. This new way of motion decreases stress, relieves pain, and can improve circulation. The trainer is qualified to practice therapeutic applications for the hip and knees, pelvis, shoulder girdle, cervical spine, and pre/post-hip replacement therapy.

TAI CHI FOR ARTHRITIS

Wednesdays, from 10 a.m. – 11 a.m.

Tai chi is an enjoyable and safe set of exercises that delivers many health benefits. These exercises are meant to ease aches and promote healthy circulation. Classes are led in person by a certified Tai chi instructor.

LAUGHTER YOGA

Wednesdays, from 1 p.m. – 2 p.m.

Laughter is positive energy that improves health and mood and encourages the body to fight disease. It also increases blood circulation and relaxes the muscles. It is a powerful antidote for depression and stress.

TAI CHI CLUB

Fridays, from 9 a.m. – 10 a.m.

Tai chi is a type of Chinese martial art focusing on mental and spiritual aspects integrated into movement. Join a small group of Tai chi students to practice low-impact, relaxing exercises.

ZUMBA WITH AUDREY

Fridays, from noon – 1 p.m.

Shake it up with Zumba, a total body dance workout combining all elements of fitness. Work on cardio, muscle toning, balance, and flexibility. Boost your energy with the right rhythm for the day.

YOGA AND PILATES WITH AUDREY

Last Friday of the month, from 1 p.m. – 2 p.m.

Yoga is famous for promoting strength, flexibility, balance, and peace. Many Pilates exercises are adapted yoga poses with a focus on abs, back strength, and breathing. Enjoy the best of both yoga and Pilates with this combo class. Learn to modify the movements to suit your body. Bring a yoga mat. Instructor Audrey is trained in yoga and mat Pilates.



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Ongoing Programs

SPANISH FOR BEGINNERS LEVEL 2

**Mondays and Wednesdays
from 10:30 a.m. – noon**

This will be a continuation of Spanish for Beginners. The instructor welcomes new students after the first class as long as they feel capable of keeping up with what has already been taught, plus the new materials. The intermediate class will last for 12 weeks. No admittance after day two.

SUDOKU CLASS

Tuesdays, June 14 and 28, from 11 a.m. – noon

Sudoku is a game of logic, problem solving, and spotting patterns. It's a true "brain game" that helps stimulate cognitive abilities and gives the satisfaction of accomplishing a difficult puzzle. Sudoku has become wildly popular all over the world with people of all ages. Call for availability.

CHESS CLUB

Thursdays, from 10 a.m. – noon

Join the Chess Challenge and sharpen your skills. Find a worthy opponent and have fun.

ADVANCED SPANISH

Thursdays, from 11:30 a.m. – 12:30 p.m.

Learn new conjugations, adjectives, and many other components of a sentence. Dialogues will be included in the class, as well as plenty of pronunciation practice. This will be a 10-week course with a class taking place once a week. One absence is allowed for this session, and the instructor asks that you try to catch up by the following class. No admittance after day two.

INTERMEDIATE FRENCH CLASS

Thursdays, from 1 p.m. – 2 p.m.

Ready to further your knowledge of the French language? In this 10-week course, join the same instructor who teaches French for Beginners. Seating is limited. Registration required.

BEGINNERS FRENCH CLASS

Thursdays, 2 p.m. – 3 p.m.

The French language is one of the most internationally significant Romance languages in the world. Hear from an instructor who will provide an introduction to French grammar and vocabulary in this eight-week course. Seating is limited. Registration required.



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Ongoing Programs

E-MAIL CLASS

Wednesday, June 1, from 10 a.m. — 12 p.m.

Learn how to set up a Gmail/Yahoo email account, send and receive an email, enter contacts, create folders to organize emails, send and receive attachments, and more! Lecture style! Registration required.

CLASSIC CINEMA

Friday, June 3, from 11:30 a.m. — 1:30 p.m.

Enjoy the 1989 dark comedy "Weekend at Bernie's" starring Terry Kiser, Andrew McCarthy, and Jonathan Silverman. Feel free to bring a light snack or lunch to enjoy. Registration required.

HOUSTON BAR ASSOCIATION – HOW TO HIRE A REPUTABLE ATTORNEY

Friday, June 3, from 1:30 p.m. – 2:30 p.m.

An attorney's profile will tell you about their experience, education, fees, and perhaps most importantly, their general philosophy of practicing law. However, it may not tell much about their actual character and demeanor in the court. Join a speaker from the Houston Bar Association to learn a few tips on how to find out if you are looking into a trustworthy and fair lawyer, depending on the type of case. Registration required.

GARDENING – PLANT PROPAGATION

Monday, June 6, from 1 p.m. – 2 p.m.

Propagating plants is an inexpensive and easy way to get new plants from plants you already have. There are a variety of plant propagation tools and methods; from taking cuttings to layering to dividing and more. Join master gardener to learn more about the propagation process. Registration required.

HYPERDOODLE CLASS

Tuesday, June 7, from 1 p.m. – 2:30 p.m.

A great way to de-stress, relax, and have fun while creating art using colored pencils. Supplies will be provided. Registration required.

MEMORIAL HERMANN HOSPITAL – CHRONIC DISEASE AND EMOTIONAL WELLBEING!

Thursday, June 9, from 1 p.m. – 2 p.m.

Research has shown that individuals with chronic conditions have higher rates of depression and anxiety. Certain medical conditions such as heart disease, heart attack, stroke and diabetes can cause feelings of worry, sadness and stress. A presenter will discuss the connection between physical and mental health and review signs and symptoms of anxiety and depression. The presenter will also educate participants on developing healthy coping skills will also be included as well as resources for additional support. Registration required.



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June Special Events

MD ANDERSON – HOW TO SPOT SKIN CANCER

Friday, June 10, from 1:30 p.m. – 2:30 p.m.

Skin cancer is the most common cancer in the United States. Being aware of how your skin looks and knowing how to spot changes is a great defense against skin cancer and melanoma. A MD Anderson expert will provide the information you need to spot skin cancer and take action. Registration required.

METHODIST HOSPITAL – HEALTHY AGING

Tuesday, June 14, from 1 p.m. – 2 p.m.

As Baby Boomers reach their senior years and our population ages, health concerns have shifted from curing acute diseases to preventing or managing chronic illnesses. This program takes a broad look at recommendations for enhancing the physical, mental, and emotional wellness of our senior population. Join a speaker from Methodist Hospital to learn more about how to stay healthy as we age. Registration required.

CALLIGRAPHY FOR BEGINNERS

Tuesday, June 14 & 28. from 1 p.m. – 2:30 p.m.

Calligraphy is the design and execution of lettering with a broad tip instrument, brush, and/or other writing implements. Modern calligraphy ranges from functional inscriptions and designs to fine-art pieces. The instructor asks that all participants bring monoline pens, chisel point – 2.0MM, not real ink, to make it easier to manage, especially for those with little or no experience. Registration required.

MUSEUM OF FINE ARTS – LATIN AMERICAN ART: POLITICS & MODERNITY

Thursday, June 16, from 1 p.m. – 2 p.m.

Latin American artists have unique points of view that they express in their art. The artists' works often reflect their ideas on politics which are sometimes counter to the government's views in the countries in which they live. The presenter will talk about the artwork of artists from the 20th and 21st Centuries. Attendees can expect paintings that tell stories, filled with vibrant colors, and with very unique modern designs. Registration required.

CLASSIC CINEMA

Friday, June 17, 11:30 a.m.

Enjoy the 1961 family comedy "The Parent Trap" with Hayley Mills, Maureen O'Hara, and Brian Keith. Feel free to bring a light snack or lunch to enjoy. Registration required.



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JIM & JOANN FONTENO SEC WILL BE CLOSED ON MONDAY, JUNE 20, IN OBSERVANCE OF JUNETEENTH.



MEDICARE TALK WITH HARRIS COUNTY AREA AGENCY ON AGING

Tuesday, June 21, from 10 a.m. – 11 a.m.

Medicare is your health insurance after the age of 65 in the U.S. Unless you are still covered by your employer's health plan, you must enroll in Medicare before you can get additional private Medicare supplement coverage. Join a knowledgeable speaker to learn the basic components of Medicare (Advantage plans vs. Supplements), different options available in 2022. Registration required.

ESTATE PLANNING WITH ATTORNEY WILLIAM ARCHER

Wednesday, June 22, from 2 p.m. – 3 p.m.

Join attorney William Archer to learn how a TOD Deed works and how it would impact your estate. Besides learning about a TOD Deed, you will also learn about the probate system, requirements to probate a will and how to avoid probate. Attend this interesting seminar so you can be ready when the unexpected happens. Registration required.

LA SPERANZA "END OF SPRING CONCERT"

Thursday, June 23, 2 p.m. – 3 p.m.

La Speranza is a group of string and wind instrument players that bring chamber music performances on period instruments whose repertoire spans from the Baroque to early Romantic eras. Named after the Italian word for "hope", La Speranza seeks to promote physical and emotional healing through their historically informed performances in Houston communities. Join this talented musicians as we say bye to Spring 2022 and welcome summer. Registration required



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