

HOCKLEY COMMUNITY CENTER FEBRUARY EVENT CALENDAR



Monday – Thursday: 7:30 a.m. – 9 p.m.

Friday: 7:30 a.m. – 4 p.m.

28515 Old Washington Road, Hockley 77447

713-274-3220 • hcp4.net/HOCKLEY



Ongoing Programs

MONDAY

7:30 a.m. – 8 a.m. – Walking
 8:15 a.m. – 9:15 a.m. – Yoga
 9 a.m. – 12:30 p.m. – Canasta
 9:30 a.m. – 10:15 a.m. – Stretch and Tone
 10 a.m. – noon – Knitting
 1 p.m. – 3:30 p.m. – Basic American Mah Jongg
 5:30 p.m. – 8:30 p.m. – 42 Dominoes (Second Monday of Every Month)

WEDNESDAY

7:30 a.m. – 8 a.m. – Walking
 8:15 a.m. – 9:15 a.m. – Yoga
 9 a.m. – noon – Bridge
 9:30 a.m. – 10:15 a.m. – Stretch and Tone
 9:30 a.m. – 2 p.m. – Handwork Needle and Fiber Art
 12:30 p.m. – 3 p.m. – Genealogy
 6 p.m. – 7 p.m. – Karate (Beginners Ages 5 – 12)
 7 p.m. – 8 p.m. – Karate (Advanced Ages 5 – 12)
 8 p.m. – 9 p.m. – Karate (Teens and Adults)

TUESDAY

7:30 a.m. – 8 a.m. – Walking
 9 a.m. – noon – Open Sewing/Needlework Time
 9:30 a.m. – 10:15 a.m. – Stretch and Tone
 1 p.m. – 2 p.m. – Book Club (First Tuesday of Every Month)
 1 p.m. – 3 p.m. – Quilting
 1 p.m. – 4 p.m. – 88 Dominoes
 5 p.m. – 6 p.m. – P.M. Yoga
 7:30 p.m. – 8:30 p.m. – AA

THURSDAY

7:30 a.m. – 8 a.m. – Walking
 9 a.m. – noon – Pick/Bring a Game
 9 a.m. – noon – Painting: All Mediums
 9:30 a.m. – 10:15 a.m. – Stretch and Tone
 1 p.m. – 3 p.m. – Crochet Circle
 1 p.m. – 3 p.m. – Basic Crochet
 5 p.m. – 5:45 p.m. – Stretch and Tone

FRIDAY

7:30 a.m. – 8 a.m. – Walking
 8 a.m. – 8:45 a.m. – Stretch and Tone
 10 a.m. – 3 p.m. – Senior Games and Covered Dish Luncheon



Harris County Precinct 4
Hockley Community Center

WALKING

Monday through Friday, 7:30 – 8 a.m.

Start your day with a 30-minute indoor walk. Outdoor paths are also available.

YOGA

Monday and Wednesday, 8:15 – 9:15 a.m.

We have several easy-to-follow gentle yoga DVDs. The group decides which DVD is shown. We set up chairs to help you get up from the floor during and after your workout. Bring your own mat, straps, and blocks.

STRETCH AND TONE

Monday through Thursday, 9:30 – 10:15 a.m.

Thursday, 5 – 5:45 p.m.

Friday, 8 – 8:45 a.m.

Come join us for chair exercise. Our classes are designed to build balance, strength, flexibility, and endurance.

CANASTA

Monday, 9 a.m. – 12:30 p.m.

Pennies from Heaven is the version of canasta currently played at our center. Newcomers are always welcome.

KNITTING

Monday, 10 a.m. – noon

Intermediate and experienced knitters get together to work on their own projects, as well as exchange tips, tricks, new patterns, and good conversation.

BASIC AMERICAN MAH JONGG

Monday, 1 – 3:30 p.m.

Mary Anne McBride teaches the American version of this intriguing tile-based game.

SENIOR CHAIR VOLLEYBALL

Monday, 4 p.m. – 5:30 p.m.

Join us for a friendly game of indoor chair volleyball. All players will be seated in chairs and split into two teams of six. Whether you are joining the team or rooting them on, we would love to see you!



Harris County Precinct 4
Hockley Community Center

Ongoing Programs

2ND MONDAY '42' DOMINOES

Second Monday of every month, 5:30 – 8:30 p.m.

Join other seasoned '42' players for three hours of fast-paced dominoes. Bring food of your choice to share for dinner.

OPEN SEWING/NEEDLEWORK TIME

Tuesday, 9 a.m. – noon

Bring your own project and materials to work in the company of others who enjoy needlecraft.

QUILTING

Tuesday, 1 – 3 p.m.

Take this opportunity to quilt, share ideas, and enjoy the fellowship of other quilters. All skill levels are welcome.

'88' DOMINOES

Tuesday, 1 – 4 p.m.

Join other experienced dominoes players, at tables of six, for several hours of fast playing.

P.M. YOGA

Tuesday, 5 – 6 p.m.

Our Tuesday evening yoga class is a combination of various types of yoga incorporating strengthening, stretching, balancing, and relaxation. Ages 12 and older, as well as all levels: beginner, intermediate, and advanced, are welcome to attend.

BRIDGE

Wednesday, 9 a.m. – noon

Join our Party Bridge players for a few hours of enjoyment of the grand dame of card games. You will interact with others, using your memory, visualization, and sequencing. Bridge is a trick-taking, four-player game.

HANDWORK NEEDLE AND FIBER ART

Wednesday, 9:30 a.m. – 2 p.m.

Get together with others who are passionate about working with needles, fabrics, thread, etc., when you come on Wednesdays to sew, knit, crochet, stitch, tat, embroider, or do bead work. Everyone works on their own project.



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Hockley Community Center

Ongoing Programs

BASIC CROCHET

Wednesday, 12:30 p.m. – 2:30 p.m.

Volunteer instructor Mary Anne McBride teaches basic crochet stitches. Bring yarn and crochet hooks.

GENEALOGY

Wednesday, 12:30 – 3 p.m.

Join volunteer instructors Cindy Schild and Pamela Shepard to learn how and where to trace your family history.

PICK/BRING A GAME

Thursday, 9 a.m. – noon

Select one of the games we have at the center or bring your own when you come in on Thursday mornings to play with friends, old and new, and have a good time.

PAINTING – ALL MEDIUMS

Thursday, 9 a.m. – noon

If you like to paint, our group of painters would like to meet you when they get together on Thursdays. Everyone works on their own project, and there is a lively exchange of techniques, color mixing, and current events.

CROCHET CIRCLE

Thursday, 1 – 3 p.m.

Intermediate and experienced crocheters get together to work on their own projects, and exchange tips, tricks, patterns, and good conversation.

SENIOR GAMES AND COVERED DISH LUNCHEON

Fridays, 10 a.m. – 3 p.m.

Play bridge on Fridays at our center. You can also choose from '42' Dominoes, Mexican Train Dominoes, canasta, or board games. Lunch is typically from 11:30 a.m. to 12:15 p.m. Bring food to share.



Harris County Precinct 4
Hockley Community Center

Ongoing Programs

SIGN-UP FOR THE MARCH SENIOR BUS TRIP

Wednesday, Feb. 1, at 8 a.m.

Sign-up is on a first-come, first-served basis. Transportation is provided for individuals 50 and older through Harris County Precinct 4. Buses will pick up and drop off participants at the center.

Trip Destination: Houston Livestock Show. Free admission.

When: Wednesday, March 8

What Time: Bus departs at 9:30 a.m.

Lunch is on your own at NRG Park.

A TASTE OF AFRICAN HERITAGE

Wednesdays, Feb. 1 – March 8, 1 – 2:30 p.m.

Join Prairie View A&M University Nutrition Education Associate Janelle Elvy-Verry for a six-session class for people of all ages and interests, including anyone who wants to learn to cook African heritage foods, anyone who wants to add more flavor and good nutrition to meals, anyone interested in learning more about African heritage and culinary history, friends wanting to start a cooking club, teens just learning how to cook, and seniors craving a trip down memory lane and a taste of the old ways. Food demonstrations and tastings will be part of each week's class. Registration is required.

HEARING LOSS RESOURCES

Friday, Feb. 3, 12:30 – 1:30 p.m.

Do you or your loved ones have trouble hearing while on the phone? Austin Zindler from ClearCaptions, LLC will be here to help you learn how you can receive a no-cost caption phone through a federally funded program. On your phone or internet bill, you may have noticed a "Federal Service Charge."

That portion of billable funds is used for captioning services.

Carolyn McMahon from the Texas Chapter of the Hearing Loss Association will bring additional assistive devices, to demonstrate their function. Registration is required.



Harris County Precinct 4
Hockley Community Center

February Special Events

BOOK CLUB

Tuesday, Feb. 7, 1 – 2 p.m.

Do you love reading? Do you wish to read more, and need something to help motivate you? Join like-minded friends at our monthly book club! Once a month, we discuss our chosen fiction or nonfiction book and vote on a new one to read for the following meeting. Free copies of all books are provided from the Harris County Public Library collection, both physically and as e-books, and e-audiobooks!

Please stop by the center, call, or visit hcp4.net/events/ to register.

WILLS AND ADVANCED LEGAL PLANNING: WHY YOU NEED IT

Thursday, Feb. 9, 12:30 – 2 p.m.

The Houston Bar Association's Elder Law Committee is visiting community centers around the Houston area to educate citizens on the importance of wills and other end-of-life documents. An attorney volunteer will discuss the basic procedure for these documents and will provide helpful information on where citizens may go to obtain them. While these presentations are designed for senior citizens, community members of all ages are welcome to attend and learn. There will be time for questions and answers after the presentation.

Please stop by the center, call, or visit hcp4.net/events/ to register.

SENIOR GAMES AND VALENTINE'S DAY COVERED DISH LUNCHEON

Friday, Feb. 10, 10 a.m. – 3 p.m.

Come join us for '42' dominoes, canasta, bridge, Mexican Train dominoes, or pick a board game. Today, you can enter your name to become King or Queen of the Day and be seated at a special table during lunch. Sweet surprises will be part of our day also.

HEALTHY CARBOHYDRATES

Monday, Feb. 13 – March 6, 12:15 – 1:15 p.m.

This is a four-week class that is teaching participants to choose healthy types and portions of carbohydrates, to help decrease chronic disease risk. A free gift will be available at every session! This series will be presented by the Texas A&M Agrilife Extension Service. Registration is required.



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February Special Events

VAX AND IMMUNIZE WITH CONFIDENCE

Wednesday, Feb. 15, 11:30 a.m. – 1 p.m.

Learn about COVID-19 vaccines and routine immunizations. Topics covered will include vaccine effectiveness and safety, and how vaccines work. This is a great opportunity to learn about the importance of vaccines and how you can stay safe from serious disease. An information table will be set up in our lobby. A nurse educator from the Texas Department of State Health Services will be here to answer your questions.

SENIOR GAMES AND MARDI GRAS COVERED DISH LUNCHEON

Friday, Feb. 17, 10 a.m. – 3 p.m.

Come join us for '42' dominoes, canasta, bridge, Mexican Train dominoes, or pick a board game. Come wearing your best Mardi Gras costume, and let the good times roll!

SENIOR BUS TRIP TO HOUSTON NATIONAL MUSEUM OF FUNERAL HISTORY

Tuesday, Feb. 21, at 10:30 a.m.

Join us on a trip to the "Bayou City," better known as Houston. At our first stop, we will enjoy lunch at Treebeards in The Cloister. Then, we will visit the National Museum of Funeral History. Discover America's largest collection of authentic historical funeral service items, in 15 permanent exhibits. Learn about hearses throughout history, caskets and coffins, the funerals of presidents, popes, and celebrities, and the history of embalming and cremation, while you witness the cultural heritage of the funeral service industry and its time-honored tradition of compassion. Admission is \$9, payable by check to [Hockley Senior Citizens](#), at registration.



THE MUSEUM OF FINE ARTS, HOUSTON PRESENTS: BLACK ARTISTS SPEAK

Thursday, Feb. 23, 12:30 – 1:30 p.m.

This presentation will discuss some of the Civil Rights-related events that occurred in the 1960s, and show how black artists in the 1960s and 1970s reacted through their work. At that time, and for years afterward, Black artists were rarely recognized by major art institutions. In 2020, the Museum of Fine Arts hosted an exhibition called Soul of a Nation, and the artwork of many artists who were in that exhibition will be discussed during this presentation. These artists had unique perspectives that may help us relate to present-day social constructs and iniquities. Please stop by the center, call, or visit hcp4.net/events/ to register.

SENIOR GAMES AND GO TEXAN DAY COVERED DISH LUNCHEON

Friday, Feb. 24, 10 a.m. – 3 p.m.

Come dressed in your best Western wear as you join us for '42' dominoes, canasta, bridge, Mexican Train dominoes, and board games. Bring your homemade chili and pies to share for lunch, as we celebrate Go Texan Day!



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