

# THOMAS A. GLAZIER SENIOR EDUCATION CENTER



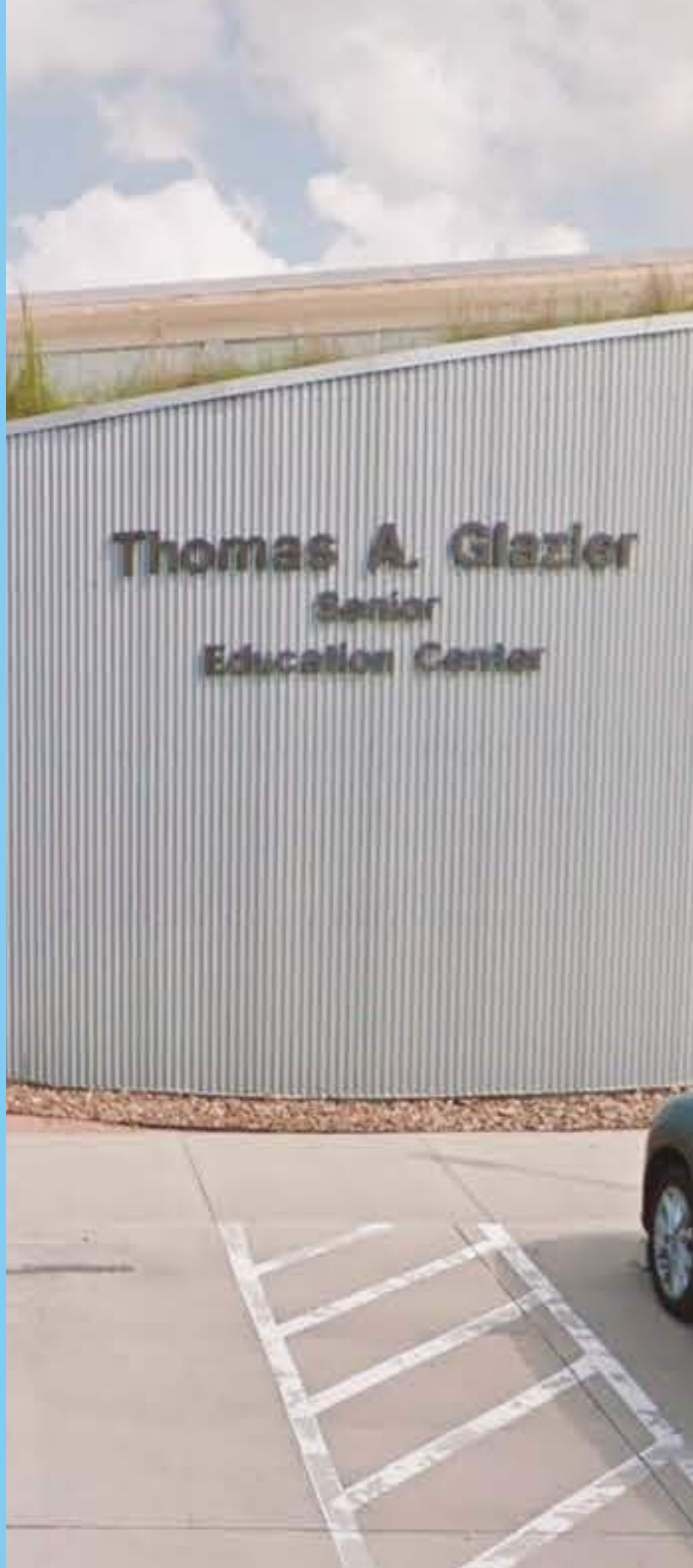
## JUNE EVENT CALENDAR

**Monday – Friday**  
7:30 a.m. – 4 p.m.

713-274-3250

16600 Pine Forest Lane  
Houston, 77084

[hcp4.net/glazier-sec](http://hcp4.net/glazier-sec)



## MONDAY

7:30 a.m. – 8 a.m. – Walkercise: Walk Away the Pounds Video

8 a.m. – 9 a.m. – Latin Dancing with Hillary

9 a.m. – 10 a.m. – Community Garden

9 a.m. – 10 a.m. – Senior Boot Camp:

"Fitness is Ageless"

10 a.m. – 11 a.m. – The Breakfast Klub

10:15 a.m. – 11:15 a.m. – Ballet Bar Class

11:30 a.m. – 12:30 p.m. – Line Dancing with Mary Lou

1 p.m. – 2 p.m. – Yoga and Pilates Combo

1 p.m. – 2 p.m. – Russian Language Meet-Up

1 p.m. – 3 p.m. – Crochet Meet-Up

1 p.m. – 3:30 p.m. – Table Tennis Meet-Up

2:30 p.m. – 3:30 p.m. – Classical Stretch

Workout Video

2:30 p.m. – 3:30 p.m. – Chair Volleyball

## TUESDAY

7:30 a.m. – 8 a.m. – Walkercise: Walk Away the Pounds Video

8 a.m. – 9 a.m. – Dancing with Marissa

9 a.m. – 9:30 a.m. – Guided Meditation

9:30 a.m. – 10:30 a.m. – Inspiring

Movement/Gyrokinesis

10 a.m. – 11 a.m. – Spanish Conversation

10:45 a.m. – 11:45 a.m. – Yoga for Strength, Flexibility, and Balance

10 a.m. – noon – Intermediate Watercolor Meet-Up

Noon – 1 p.m. – Current Event Club with Jackie

1 p.m. – 2 p.m. – Glazier Choir

## WEDNESDAY

7:30 a.m. – 8 a.m. – Walkercise: Walk Away the Pounds Video

8 a.m. – 9 a.m. – Dancing with Marissa

9 a.m. – 10 a.m. – Modern Line Dancing with Bert

10:15 a.m. – 11:15 a.m. – Inspiring

Movement/Gyrokinesis

10:30 a.m. – 11:30 a.m. – Laughter Yoga

11:30 a.m. – 12:30 p.m. – Latin Dancing with Hillary

1 p.m. – 3:30 p.m. – Table Tennis Meet-Up

1 p.m. – 3 p.m. – Would-Be Writers Workshop

2:30 p.m. – 3:30 p.m. – Classical Stretch

Workout Video



**Voted Best  
Senior Center  
3 years in a row!**



**Harris County Precinct 4**

Commissioner R. Jack Cagle

Thomas A. Glazier Senior Education Center

## THURSDAY

- 7:30 a.m. – 8 a.m. – Walkercise: Walk Away the Pounds Video
- 8 a.m. – 9 a.m. – Dancing with Marissa
- 9 a.m. – 10 a.m. – Senior Boot Camp: “Fitness is Ageless”
- 10 a.m. – 11 a.m. – Spanish Conversation
- 1 p.m. – 3 p.m. – Women’s Writing Workshop



## FRIDAY

- 7:30 a.m. – 8 a.m. – Walkercise: Walk Away the Pounds Video
- 8 a.m. – 9 a.m. – Bollywood Dancing with Simi
- 9 a.m. – 9:30 a.m. – Meditation for Relaxation
- 9 a.m. – 10 a.m. – Senior Boot Camp: “Fitness is Ageless”
- 9:30 a.m. – 10:30 a.m. – Spanish Club with Edgar
- 9:30 a.m. – noon – Ukulele Super Jam with Rick
- 10:15 a.m. – 11:15 a.m. – Inspiring Movement/Gyrokinesis
- 11:30 a.m. – 12:30 p.m. – Latin Dancing with Hillary
- 1 p.m. – 2 p.m. – Yoga for Strength, Flexibility, and Balance
- 1 p.m. – 3:30 p.m. – Table Tennis Meet-Up
- 1 p.m. – 3 p.m. – Chess Club Meet-Up
- 2:15 p.m. – 3:15 p.m. – Chair Dance with Marissa
- 2:30 p.m. – 3:30 p.m. – Classical Stretch Workout Video



## **WALKERCISE: WALK AWAY THE POUNDS VIDEO**

**Monday – Friday, from 7:30 a.m. – 8 a.m.**

Get fit quickly with America's #1 walking system. Walk Away the Pounds gives you a powerful and energizing workout while building strength, endurance, and flexibility. Enjoy power-packed cardio, followed by a targeted, body-toning routine, and a series of yoga-like stretching moves that will leave you feeling both challenged and renewed.

## **LATIN DANCING WITH HILLARY**

**Mondays, from 8 a.m. – 9 a.m.**

**Wednesdays and Fridays, from 11:30 a.m. – 12:30 p.m.**

This class is a mixture of low- and high-intensity workout moves for a dance fitness party set to a variety of Latin music for a total-body workout.

## **GLAZIER COMMUNITY GARDEN**

**Mondays, from 9 a.m. – 10 a.m.**

The garden features raised beds and is wheelchair accessible so seniors of all levels of physical ability can participate. All produce grown is organic, and of course, pesticides are not used. If you participate in the planning, weeding, watering, and other weekly garden tasks, you may also reap the goodness of the local, fresh, and organic harvest.

## **SENIOR BOOT CAMP “FITNESS IS AGELESS”**

**Mondays, Thursdays, and Fridays, from 9 a.m. – 10 a.m.**

This class provides a fun and engaging total body workout sessions for all fitness levels, focusing on strength, muscle building, and improved stamina. For more details, call 713-274-3250.

## **THE BREAKFAST KLUB**

**Mondays, from 10 a.m. – 11 a.m.**

Begin your morning with great conversation, new friends, and a light breakfast. Please bring your own breakfast, such as breakfast bars, boiled eggs, fruit, etc.

## **BALLET BAR CLASS**

**Mondays, from 10:15 a.m. – 11:15 a.m.**

Join a dance professional for this strengthening exercise for your legs and core using chairs instead of ballet bars. Learn to balance, stretch, and strengthen your body and core. Ballet Bar Class uses a combination of physical therapy movements. This class is excellent for those participants who have had previous surgery or have limited mobility. Wear socks or ballet slippers.

## **LINE DANCING CLASS WITH MARY LOU**

**Mondays, from 11:30 a.m. – 12:30 p.m.**

Whether you are a beginner, intermediate, or experienced dancer — everyone is welcome. Line dancing has a variety of benefits from improved cardiovascular and muscular strength to improved coordination and weight control.



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## **RUSSIAN LANGUAGE MEET-UP**

**Mondays, from 1 p.m. – 2 p.m.**

Learn the Russian language with a dynamic, native-born Russian, who is also a professor of philosophy and applied sociology. Learning a new language is excellent exercise for your brain and keeps dementia at bay.

## **YOGA AND PILATES COMBO CLASS**

**Mondays, 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 Cathy is trained in yoga & mat Pilates.

## **CROCHET MEET-UP**

**Mondays, from 1 p.m. – 3 p.m.**

Enjoy crocheting with other seniors in a relaxing atmosphere. Learn new patterns and share crochet ideas with other members. Bring your own supplies.

## **TABLE TENNIS MEET-UP**

**Mondays, Wednesdays, and Fridays, from 1 p.m. – 3:30 p.m.**

Meet other active seniors interested in playing a game of table tennis. Make new friends, improve your reflexes and balance, and enjoy a game that is easy on the joints.

## **CHAIR VOLLEYBALL**

**Mondays, from 2:30 p.m. – 3:30 p.m.**

Chair volleyball is played inside, players sit in chairs, and the ball is a beach ball. The net is lower than traditional volleyball, usually five feet high, and each team seats players on each side of the net. Chair volleyball is great for upper body mobility and joint flexibility. It also enhances your muscle tone, reflexes, endurance, and hand-to-eye coordination.

## **CLASSICAL STRETCH WORKOUT VIDEO**

**Mondays, Wednesdays, and Fridays, from 2:30 p.m. – 3:30 p.m.**

Release tight muscles with dynamic stretching, which lengthens, strengthens, and unlocks every muscle in the body resulting in greater flexibility, joint mobility, and range of motion. Incorporating correct full-body movement is key to maintaining a flexible and injury-free body, devoid of aches and pains.

## **DANCING WITH MARISSA**

**Tuesdays, Wednesdays, and Thursdays, from 8 a.m. – 9 a.m.**

This class combines cardio, conditioning, balance, and flexibility set to a variety of music for a total-body workout.



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## **GUIDED MEDITATION WITH TRAINED INSTRUCTOR**

**Tuesdays, from 9 a.m. – 9:30 a.m.**

The mental health benefits of meditation include better focus and concentration, improved self-awareness and self-esteem, lower levels of stress and anxiety, and fostering kindness. Out of respect and courtesy for the instructor and participants, do not enter the class once the class has begun.

## **INSPIRING MOVEMENT / GYROKINESIS**

**Tuesdays, from 9:30 a.m. – 10:30 a.m.**

**Wednesdays and Fridays, 10:15 a.m. – 11:15 a.m.**

Gyrokinesis and Gyrotonics work the joints and muscles in the entire body, through rhythmic breathing and undulating movements. This new way of motion heals the body, decreases stress, and heals pain. This therapeutic, gentle, and healing exercise class is for all levels.

## **SPANISH CONVERSATION**

**Tuesdays and Thursdays, from 10 a.m. – 11 a.m.**

Practice conversational Spanish with your fellow classmates. This class is facilitated by a native Spanish speaker. Learn vocabulary, phrases, and idioms, to broaden your Spanish vocabulary for travel, friendship, and fun.

## **INTERMEDIATE WATERCOLOR MEET-UP**

**Tuesdays, from 10 a.m. – noon**

This class is for those with a basic knowledge of watercolor. Please bring your own paints, brushes, paper, and other supplies.

## **YOGA FOR STRENGTH, FLEXIBILITY, AND BALANCE**

**Tuesdays, from 10:45 a.m. – 11:45 a.m.**

**Fridays, from 1 p.m. – 2 p.m.**

Yoga helps to gain clarity of mind and serenity. Beginners will learn the basics, and variations will be offered for those with more experience. Bring a yoga mat. Cathy is trained in yoga & mat Pilates.

## **CURRENT EVENT CLUB, FACILITATED BY JACKIE**

**Tuesdays, from noon – 1 p.m.**

Join this group to share, listen, and exchange ideas about current events in our vibrant and ever-changing world. Each week is a new topic.

## **GLAZIER CHOIR**

**Tuesdays, from 1 p.m. – 2 p.m.**

Singing offers great benefits such as fewer incidences of depression, easier breathing, improved posture, improved brain function, and more. No prior singing experience is required. All singing abilities are encouraged and welcome.



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## **LAUGHTER YOGA**

**Wednesdays, from 10:30 a.m. – 11:30 a.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.

## **MODERN LINE DANCING WITH BERT**

**Wednesdays, from 9 a.m. – 10 a.m.**

Move to the beat of songs ranging from top 40 hits, oldies, hip hop, and Latin rhythm, to hits trending on the internet. The dance steps are designed to match the rhythm of the music and are easy to follow. Line dancing is a good aerobic exercise and can help reduce stress by releasing mood-enhancing endorphins.

## **WOULD-BE WRITERS WORKSHOP**

**Wednesdays, from 1 p.m. – 3 p.m.**

Are you a would-be writer, author, poet, blogger, or storyteller? The Would-Be Writers Workshop is a group for beginners, dreamers, and all would-be writers. Please bring a pen, legal pad, or laptop, and let's get started. Facilitated by Marie Plauche'-Gustin, former founder and artistic director of Bere'sheet Ballet, and would-be writer.

## **WOMEN'S WRITING WORKSHOP**

**Thursdays, from 1 p.m. – 3 p.m.**

Are you a would-be writer, author, poet, blogger, or storyteller? The Women's Writing Workshop is a support group for beginners, dreamers, and all would-be writers. Please bring a pen, legal pad, or a laptop, and let's get started. Facilitated by Marie Plauche'-Gustin, former founder and artistic director of Bere'sheet Ballet, and would-be writer.

## **BOLLYWOOD DANCING WITH SIMI**

**Fridays, from 8 a.m. – 9 a.m.**

Bhangra is the most widespread of Indian folk dances and has influenced popular music and dance, including Bollywood styles, moreso than any other folk dance. In turn, Bhangra has been influenced by the fusion of various genres such as hip-hop.

## **MEDITATION FOR RELAXATION**

**Fridays, from 9 a.m. – 9:30 a.m.**

Enjoy meditation with a trained instructor with 30 years of experience. Meditation facilitates beneficial habits such as a positive mood, self-discipline, and healthy sleep patterns. Meditation may also reduce stress and anxiety, and lower your blood pressure.

## **SPANISH CLUB WITH EDGAR**

**Fridays, from 9:30 a.m. – 10:30 a.m.**

Learn various Spanish phrases and vocabulary in this relaxed and fun Spanish class designed for any level.



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## **UKULELE SUPER JAM WITH RICK**

**Fridays, from 9:30 a.m. – noon**

Enjoy jamming with the original recordings of popular songs you grew up with. Have fun and build stamina, speed, sense of tempo, and confidence, while learning various tricks and tips. Grab your ukulele and join us. All levels are encouraged and welcome.

## **CHESS CLUB MEET-UP**

**Fridays, from 1 p.m. – 3 p.m.**

This is one of the world's most popular games, for many reasons. It enhances analytical and critical thinking skills, improves cognition, improves memory, and it is a great way to stay social and engaged.

## **CHAIR DANCE WITH MARISSA**

**Fridays, from 2:15 p.m. – 3:15 p.m.**

When health club workouts become too strenuous, modified exercise is sometimes required. Chair dancing workouts encourage health and fitness for active people who want a low-impact workout, those who want to lose weight and tone up, or those recuperating from injury or surgery.

**Ongoing Programs**



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## **FREE COVID-19 VACCINES WITH UTHEALTH**

**Wednesday, June 1, from 9 a.m. – noon**

COVID-19 vaccines will be available at Glazier. Participants can choose the Pfizer or Moderna vaccine. Please bring your vaccination card, driver's license, and insurance information. The number of vaccines available is very limited. Please call 713-274-3250 to reserve your shot and time slot.

## **SECRETS OF CRUISING: HOW TO SAVE MONEY AND OTHER LITTLE KNOWN SECRETS**

**Wednesday, June 1, from 1 p.m. – 3 p.m.**

Mike has completed over 50 cruises, has Diamond Plus Status on Royal Caribbean Cruise Line, and has Platinum Plus Status on Norwegian Cruise Line. He will share many of his secrets about how to save you a lot of money, keep yourself safe, and enjoy your cruise. Tips range from secrets of the dining room to choosing the right rooms on the ships, as well as how to upgrade to balcony rooms for a small fraction of the price. Also, learn what you should be doing after final payment. Learn when and how to book a cruise with no risk. Learn the pros and cons of excursions, how to avoid missing the ship while visiting ports, and more.

## **GUIDE TO HARRIS COUNTY GOVERNMENT AND YOUR COUNTY COMMISSIONER**

**Thursday, June 2, from 10:30 a.m. – 11:30 a.m.**

Learn about Harris County government, Precinct 4 Commissioner R. Jack Cagle, and his staff. Included in the presentation will be a description of the different departments in Precinct 4 and what they do for our constituents. Precinct 4 facilities will be highlighted and discussed. Meet a member from the Community Assistance Department. An opportunity for questions and answers will be provided at the end of the presentation.

## **“THE AGING BRAIN: CAN WE PREVENT MEMORY DECLINE AND ALZHEIMER'S DISEASE?”**

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

Dr. Stephanie Leal, Ph.D., will be discussing how memory changes as we age, Alzheimer's disease, what is being done to try to prevent Alzheimer's disease, and some lifestyle changes that may help improve memory. Dr. Leal is the director of the Neuroscience of Memory, Mood, and Aging Lab.

## **CONTEMPORARY BOOK CLUB**

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

The book club meets on the first Thursday of each month. The June book selection will be announced at the May meeting. Please call 713-274-3250 for more information.



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**June Special Events**

## **HOW CANCERS DEVELOP, ARE TREATED, AND THE FUTURE OF CANCER CURES**

**Thursday, June 2, from 2:30 p.m. – 3:30 p.m.**

This discussion will cover the many aspects that lead to healthy cells becoming cancerous, including environmental toxins, genetic changes, the effect of aging on cancer development, and immune system protections. Manage cancers using medicines, integrated therapies, immune system functions, and dietary and lifestyle impacts. The speaker's academic training is in biology, parasitology, and cancer immunology.

## **IPAD CLASS WITH HARRIS COUNTY'S TECHNOLOGY GURUS**

**Tuesday, June 7, from 10 a.m. – noon**

Learn the basic functions of your iPad and the different apps available. Learn how to edit your settings, use your camera, review your photos, search using the Safari web browser, download apps from the App Store, and more. Please bring your fully charged iPad to class.

## **FUNDAMENTALS OF WINDOWS 11**

**Tuesday, June 7, from 1 p.m. – 3 p.m.**

Learn if you are eligible to upgrade to Windows 11, and what can be done if you are not. Please note that most of the basic commands have been changed. Learn where they are listed in Windows 11. How do you navigate your way around Windows 11? Should you upgrade now if you are eligible or is it advantageous to wait? How do you back out of Windows 11 and go back to 10? Join the conversation and get your questions answered with the Computer Wiz.

## **WHO AM I? DISCOVERING OURSELVES THROUGH PHILOSOPHICAL PSYCHOLOGY**

**Tuesday, June 7, from 1 p.m. – 3 p.m.**

This lecture will survey the origins of modern psychology in early philosophical reflection. What are the fundamental questions that philosophy has been concerned with and how do these overlap with and give rise to psychology? How might the study of philosophy and psychology lead to a stronger sense of ourselves and greater peace? These questions and more will be considered. Your instructor is a published author and holds a Master of Arts in Philosophy.

## **MUSEUM OF FINE ARTS LECTURE LATIN AMERICAN ART: POLITICS AND MODERNITY**

**Wednesday, June 8, from 10:30 a.m. – 11:30 a.m.**

Latin American artists have unique points of view expressed 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. Artists from the 20th and 21st Centuries will be discussed alongside examples of their artwork. Join a docent from the Museum of Fine Arts for this informative lecture.



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## BIBLE HISTORY SERIES

Wednesday, June 8 and June 22, from 1 p.m. – 2:30 p.m.

How do ancient customs influence us today? What characteristics are hidden in the name of God? Using original Hebrew and Greek roots, we investigate patterns in biblical text that reveal the Bible to be a treasure trove just waiting to be explored. Join us in this exciting adventure. Attend one or both classes.

## AMERICA'S GREATEST PERSONALITIES LECTURE SERIES PRESENTS ERNEST HEMINGWAY

Thursday, June 9, from 11 a.m. – noon

Join award-winning motivational speaker and entertainer, Robert Landau, as he highlights the amazing life stories of famous personalities. Prepare to laugh and enjoy an uplifting and positive show. Landau is also a published author of six books.

## DIABETES PREVENTION PROGRAM

Thursday, June 9, from 1 p.m. – 2:30 p.m.

A proven program to delay or prevent type 2 diabetes, presented by trained lifestyle coaches. Learn about reversing pre-diabetes, weight loss, increasing your energy, recipes and food preparation, physical activity, heart health, and stress management. This year-long program will distribute free incentives throughout the session. This class will meet once a week for the first four months, bi-weekly for two months, and monthly for the last six months. Space is limited. Please call 713-274-3250 to reserve your seat.

## PROPER SHOES AND HEEL PAIN

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

Your feet are important and are often the most ignored part of your body. Many people complain of heel pain, but they don't realize it can be caused by a variety of problems. To stop the unnecessary aches and pains, you need to get the support your body deserves. Wearing comfortable shoes can motivate us to move around more. Being physically active can give us confidence and has a positive impact on our state of mind.

## “FEMALE UROLOGY” PRESENTED BY DUAL BOARD- CERTIFIED PHYSICIAN

Thursday, June 9, from 2:30 p.m. – 3:30 p.m.

This physician is board certified in both Female Pelvic Medicine and Reconstructive Surgery, and Obstetrics and Gynecology. Her interests are pelvic floor disorders, urinary incontinence, pelvic organ prolapse, bladder pain, and other bladder issues that affect women over 50. Bring your questions.

## CLASSIC CINEMA PRESENTS “THE WIZARD OF OZ”

Friday, June 10, at 11:30 a.m.

Classic Cinema presents 1939's “The Wizard of Oz” starring Judy Garland and Frank Morgan. The movie is 1 hour and 39 minutes long. Please bring snacks or lunch for intermission. Please note: an “I Love Lucy” episode will be screened at 11 a.m.



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June Special Events

## **EAT THIS, NOT THAT, AND FUN FOOD FACTS**

**Monday, June 13, from 2:30 p.m. – 3:30 p.m.**

Join Cindy Devlin, RN, and Marilou Schopper from Encore Caregivers as they enlighten and entertain. Want to be healthy? You need to learn your food. The instructors will designate which foods are better to eat than others. Also, learn fun facts about food.

## **“GET SMART ABOUT NUTRITION” PRESENTED BY METHODIST HOSPITAL NEUROLOGICAL INSTITUTE**

**Tuesday, June 14, from 10 a.m. – 11 a.m.**

This is a continuation of the Methodist Hospital Stroke Series. Join health experts as they provide the most up-to-date nutritional information available. As more Americans seek to make smarter choices for improved health, new questions about good nutrition are being raised. This program reviews the American Heart Association dietary recommendations and offers advice on reading labels, managing portions, and healthily navigating shopping and eating out.

## **MODERN MOVIES PRESENTS “THE LOST WORLD: JURASSIC PARK”**

**Tuesday, June 14, from 1 p.m. – 3 p.m.**

Modern Movies presents 1997’s “The Lost World: Jurassic Park” starring Jeff Goldblum and Julianne Moore. The movie is 2 hours and 9 minutes long. We look forward to seeing you at the movies.

## **“ORGANIC FOODS TO BUY OR NOT BUY”**

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

The term “organic” refers to the way food is grown, handled, and processed. “Buying organic” not only means that your food is free of pesticides and other chemicals, but it’s also better for the environment and supports small, sustainable farmers. Learn which organic foods are better to buy, and which foods not to buy. The instructor will also discuss facts about fruits, vegetables, food labels, GMOs, and Non-GMOs. With a Humana representative, enjoy a few fun games that relate to organic foods as well.

## **TEXAS HISTORY LECTURE ANTEBELLUM TEXAS**

**Tuesday, June 14, from 2:15 p.m. – 3:15 p.m.**

Join Monte Parks for an enlightening Texas history lecture. In the drama of Texas history, the period of early statehood from 1846 to 1861 appears largely as an interlude between two great adventures – the Republic of Texas, and the Civil War. Events and developments during the period, however, were critical in shaping the Lone Star State as part of the antebellum South. By 1861, Texas was so like the other Southern states economically, socially, and politically that it joined them in secession and war. Antebellum Texans cast their lot with the Old South and in the process gave their state an indelibly Southern heritage.



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**June Special Events**

## **GMAIL OVERVIEW WITH HARRIS COUNTY'S TECHNOLOGY GURUS**

**Wednesday, June 15, from 10 a.m. – noon**

Learn how to set up a Gmail account, send and receive an email, compose a new email, create folders to organize emails, create a new contact, create a signature, access the calendar, and more.

## **SOLAR ENERGY**

**Wednesday, June 15, from 1 p.m. – 3 p.m.**

Are you curious about solar energy, and are wondering about installing it? Join an engineer to learn the process of harvesting sunlight, and enjoy a demonstration. Learn about the costs, procedures, permits, and other relevant information in this detailed workshop.

## **TREASURE CHEST BOOK CLUB**

**Wednesday, June 15, from 2 p.m. – 3 p.m.**

Please read "Black Cake" by Charmaine Wilkerson prior to the meeting. A sample of cake will be distributed at the first meeting. The Treasure Chest book club meets on the third Wednesday of each month. The club will discuss a different book each month, from a mixture of genres such as History, Biography, Fiction, Romance, and Mystery.

## **SOCIAL ISOLATION AND ELDER ABUSE WITH UTHEALTH**

**Thursday, June 16, from 10 a.m. – 11 a.m.**

Social isolation and loneliness rival the adverse health effects of smoking, obesity, and physical inactivity, in terms of dangers posed to older adults. Approximately 15 million older Americans are socially isolated, while 22 million older adults report periodic loneliness, and 18 million report chronic loneliness. This talk will review what social isolation and loneliness are, why they are so harmful, how they increase vulnerability to elder mistreatment and self-neglect, and how older adults can stay meaningfully socially engaged even during a pandemic. Giveaways and snacks will be provided.

## **"KNOW THE TEN WARNING SIGNS OF ALZHEIMER'S DISEASE" PRESENTED BY THE ALZHEIMER'S ASSOCIATION**

**Thursday, June 16, from 11 a.m. – noon**

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. This interactive workshop features video clips of people with Alzheimer's. Ten warning signs outline indicators and symptoms to look for if concerned about this disease. Early detection matters. Families will discuss their experience with the ten warning signs, risk factors, what is involved in getting a diagnosis, and more.



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## LUAU CONCERT

Thursday, June 16, from 1 p.m. – 3 p.m.

A luau is a popular way to unite a community for a celebration. Please welcome back the fabulous one-man band, Vince, to Glazier. Enjoy a huge repertoire of music from American, Italian, and other international favorites. Caring Transitions along with several different industries, all serving seniors, will provide snacks and giveaways.

## SLEEP MORE & STRESS LESS USING ESSENTIAL OILS

Friday, June 17, from 1:30 p.m. – 2:30 p.m.

A restless night, here and there, is unpleasant. But, it usually doesn't bring with it any long-term consequences. When normal sleep patterns are disrupted for an extended period, it can lead to problems such as memory loss, irritability, and depression. Learn how to use essential oils to naturally sleep more and stress less.

**Thomas A. Glazier SEC will be closed on Monday, June 20, for Juneteenth.**

## WISE WOMEN WITH JACKIE

Tuesday, June 21, from 10:30 a.m. – 11:30 a.m.

Today's topic is "Listening to Our Inner Voice." Wise Women is a discussion group that touches on pertinent and relatable lifestyle topics for women. Join women from many cultures and walk away with a better understanding of others.

## CLEAR CAPTIONS

Tuesday, June 21, from 10:30 a.m. – 11:30 a.m.

If you are experiencing any form of hearing loss, you may qualify to receive a ClearCaptions phone at no cost to you. ClearCaptions offers real-time phone captioning that allows you to see every word said on a call. ClearCaptions is a Federal Communications Commission certified telephone captioning provider. The service is provided free-of-charge, through Title IV of the Americans with Disabilities Act, a fund that established the Telecommunications Relay Service. After registering, the caption phone will be shipped to your home, and assistance with installation will be offered. If you bring an iPhone to class, you can receive assistance downloading the captioning app.

## CARING FOR AND FEEDING YOUR PERSONAL COMPUTER

Tuesday, June 21, from 1 p.m. – 3 p.m.

Learn how to clean laptops, towers, screens, keyboards, touchpads, and air intakes. Learn how to identify signs that you may have a virus and how to get rid of infected files. Learn how to fix issues with Internet Explorer. Learn how, when, and why you should back up your computer. Learn how to safeguard your passwords. Learn the difference between kilobytes, megabytes, gigabytes & terabytes. How much is enough? What is a modem and what is a router? Are they the same? Join this Computer Wiz to discuss these topics and more.



**Harris County Precinct 4**

Commissioner R. Jack Cagle

*Thomas A. Glazier Senior Education Center*

June Special Events



## **DIGITAL PHOTOGRAPHY**

**Tuesday, June 21, from 1 p.m. – 3 p.m.**

Learn how to use your digital camera and settings for superior performance. Learn how to properly format your memory card. Make sure you are using all of your megapixels. Learn to shoot great night, beach, and museum pictures. Learn what ISO, aperture, and shutter speed you should be using, and discover the "rule of thirds," to produce quality photos. Bring your camera with a fully-charged battery.

## **MINDFUL EATING: EATING WITH PURPOSE, AND WITHOUT GUILT**

**Wednesday, June 22, from 10:30 a.m. – 11:30 a.m.**

Learn how our relationship with food can change. Mindful eating stems from the broader philosophy of mindfulness, a widespread, centuries-old practice. Mindfulness is an intentional focus on one's thoughts, emotions, and physical sensations in the present moment. Mindful eating encourages one to make choices that will be satisfying and nourishing to the body. However, it discourages judging one's eating behaviors, as there are different types of eating experiences. As we become more aware of our eating habits, we may take steps towards behavior changes that will benefit us and our environment. Learn the difference between mindful and mindless eating.

## **DECOY AT THE GEORGE BUSH INTERCONTINENTAL AIRPORT**

**Thursday, June 23, from 10:30 a.m. – 11:30 a.m.**

The Transportation Security Administration (TSA) at George Bush Intercontinental Airport (IAH) is in need of volunteers to serve as mock passengers, and assist in creating training scenarios. The TSA constantly evaluates screening procedures in order to stay ahead of evolving threats. As one of the TSA's many layers of security, the Passenger Screening Canine Program is no exception to the rule. In order to ensure their canines are always prepared for real-time threats, the TSA continuously trains and tests their canines.

## **"ACTIVE SHOOTER" PRESENTED BY THE HARRIS COUNTY SHERIFF'S OFFICE CPOP**

**Thursday, June 23, 1 p.m. – 2 p.m.**

What is an active shooter? The United States Department of Homeland Security describes an active shooter as "an individual actively engaged in killing or attempting to kill people in a confined space or other populated area." In most cases, active shooters use firearms, and there is no pattern or method to their selection of victims. Since active shooter situations develop so quickly and provide little or no warning, it is difficult to prepare for them, but developing a plan and practicing it can make a difference in saving lives until law enforcement arrives. What do you do if you are in a public place such as a church, supermarket, airport, etc., and an active shooter begins to shoot? Learn the basics of surviving an active shooting event with your local Sheriff's Office Community Problem-Oriented Policing.



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**June Special Events**

## **HARRIS COUNTY PRECINCT 4'S ROLE IN THE OFFICE OF EMERGENCY MANAGEMENT**

**Thursday, June 23, from 2:30 p.m. – 3:30 p.m.**

We will examine the who, what, when, and where of the Harris County Office of Emergency Management, and Precinct 4's role in emergency response. When emergencies occur, Harris County Precinct 4 is ready to respond with high water vehicles, boats, barricades, debris clean-up, supply distribution, and more! Learn from a member of the Community Assistance Department about Precinct 4's role in disaster response, and the Harris County Office of Emergency Management.

## **CLASSIC CINEMA PRESENTS "BREAKFAST AT TIFFANY'S"**

**Friday, June 24, at 11:30 a.m.**

Classic Cinema presents 1961's "Breakfast at Tiffany's" starring Audrey Hepburn and George Peppard. The movie is 1 hour and 55 minutes long. Please bring snacks or lunch for intermission. Please note: an "I Love Lucy" episode will be screened at 11 a.m.

## **PINTEREST**

**Tuesday, June 28, from 10 a.m. – 12 p.m.**

Pinterest is a tool for collecting and organizing things you love. It can be used to make a wish list, plan a trip, wedding, start a collection, or plan a project. Think of Pinterest as a sort of digital bulletin board or scrapbook for collecting the things you find online. Pinterest makes it easy to save and organize whatever you discover online. Join this fun, interactive hands-on computer class. If you have a Pinterest account, please bring your email and password, to participate in the class. Space is limited. Please call 713-274-3250 to reserve a seat.

## **MODERN MOVIES PRESENTS "JURASSIC PARK 3"**

**Tuesday, June 28, from 1 p.m. – 3 p.m.**

Modern Movies presents 2001's "Jurassic Park 3" starring Sam Neill and William H. Macy. The movie is 2 hours and 9 minutes long. We look forward to seeing you at the movies.

## **"EXERCISING YOUR BRAIN" PRESENTED BY BAYLOR ST. LUKE'S MEDICAL CENTER**

**Tuesday, June 28, from 1 p.m. – 2 p.m.**

Challenge your brain while having fun! Your body is not the only thing that needs to exercise. Studies have shown that keeping your brain challenged and engaged can actually help to prevent Alzheimer's disease and other health-related issues. How do you exercise your brain effectually to ward off disease, memory loss, and declining health? Find out! Baylor St. Luke's will provide tips to improve your memory, assistance with medication reminders, and help with remembering names and focusing, all while improving your overall concentration.



**Harris County Precinct 4**

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*Thomas A. Glazier Senior Education Center*

**June Special Events**

## **BACK PAIN AND SPINE HEALTH**

**Tuesday, June 28, from 3 p.m. – 4 p.m.**

Two highly regarded neurosurgeons from Baylor College of Medicine will talk about back pain, general spine health, and treatments that include surgical and non-surgical options.

## **“MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES” PRESENTED BY ALZHEIMER'S ASSOCIATION**

**Wednesday, June 29, from 10:30 a.m. – 11:30 a.m.**

If you or someone you know is facing Alzheimer's disease, dementia, or chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

## **“HOW TO INCREASE YOUR LONGEVITY” PRESENTED BY A METHODIST HOSPITAL PHYSICIAN**

**Wednesday, June 29, from 1 p.m. – 2 p.m.**

How do you increase your longevity? Learn which cultures have the secrets to a longer life and how can you implement these into your own life. In the area of clinical research, Dr. Mobley has been extensively involved for more than three decades and remains active in this arena. He is extensively published and has been the principal investigator in over 100 medication or medical device trials. Dr. Mobley has discussed health and wellness, surgical expertise, and clinical trial results in hundreds of seminars in the U.S., and in many countries throughout the world.

## **INDEPENDENCE DAY POTLUCK**

**Thursday, June 30, from 11:30 a.m. – 1 p.m.**

Please bring a small side dish to share with others. Please sign up at the front desk for the dish you will bring, and confirm your attendance. Enjoy time with your friends and fellow Glazier members to celebrate Independence Day.

## **INDEPENDENCE DAY CONCERT**

**Thursday, June 30, from 1 p.m. – 3 p.m.**

Join us, to welcome Dickie back to Glazier. Dickie is an accomplished entertainer, excellent multi-talented vocalist, and an unforgettable frontman. He has performed in Las Vegas for over 20 years. He has performed at Las Vegas resorts including Harrah's, MGM Grand, Luxor, and more. He has also performed at many and various Las Vegas hot spots. He sings Elvis, Frank Sinatra, Bobby Darin, Dean Martin, Neil Diamond, Johnny Cash, Engelbert Humperdinck, Tom Jones, and many more. He is also an actor and was featured in Modern Lounge Magazine.



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**June Special Events**