

TRACY GEE COMMUNITY CENTER JUNE MONTHLY EVENT CALENDAR



Monday – Friday: 7:30 a.m. – 9 p.m.

Saturday: 8 a.m. – 4 p.m.

3599 Westcenter Drive, Houston 77042

832-927-1880 • hcp4.net/tracy-gee-cc

Ongoing Programs

MONDAY

8 a.m. – Walk Aerobics
9 a.m. – Strength Training
Noon – Chess
Noon – ESL: Intermediate
6 p.m. – Integral Tai Chi

TUESDAY

8 a.m. – Yoga
8:30 a.m. – Coffee Chats
9:15 a.m. – Stretch & Tone
10 a.m. – Tuesday Stitchers
10:45 a.m. – Open Mah Jongg
11:45 a.m. – Duplicate Bridge
12:30 p.m. – Mexican Train Dominos

WEDNESDAY

8 a.m. – Walk Aerobics
9 a.m. – Cardio Combo Conditioning
9:30 a.m. – Bridge Lessons:
Intermediate
10 a.m. – Tai Chi & Wellness
Noon – Chess
Noon – ESL: Advanced
12:30 p.m. – Gyrokinesis
1 p.m. – Line Dance
1 p.m. – Spanish Group
6 p.m. – Integral Tai Chi

THURSDAY

8 a.m. – Yoga
9:15 a.m. – Stretch & Tone
8:30 a.m. – Coffee Chats
10 a.m. – Current Events
Noon – Party Bridge

FRIDAY

8 a.m. – Walk Aerobics
9 a.m. – Cardio Combo
Conditioning
9:30 a.m. – Bridge Lessons:
Beginner
Noon – Alcoholics Anonymous
3:30 p.m. – Guitar Jam
7:30 p.m. – Alcoholics Anonymous

SATURDAY

10 a.m. – Open Games
2 p.m. – Bienvenidos! Spanish
Class

SPECIAL NOTICE:
Tracy Gee Community Center will
be closed on
Saturday, June 18, and
Monday, June 20,
in observance of Juneteenth.



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Tracy Gee Community Center

HOUSTON METHODIST: "UNDERSTANDING HEADACHES"

Friday, June 24, at 10 a.m.

Join Janice Flewelling, an outreach coordinator with Houston Methodist Hospital, for a special series on preventative health and education. Janice has more than 41 years of experience in nursing, and a master's degree in education from the University of Houston, with an emphasis in Health Science Teaching. Registration is Required.

HARRIS COUNTY PUBLIC HEALTH PRESENTS:

"EATING HEALTHY ON A BUDGET"

Wednesday, June 8, at 10 a.m.

Want to begin a new healthier eating plan but don't know where to start? Well don't fret, we got you covered! Join this class, as an HCPH nutritionist guides you on your way to better eating habits, as well as debunks the notion that eating healthy is expensive, by helping you create a healthy eating plan on a budget.

The HCPH team has worked with other entities around Harris County and has been successful in implementing nutrition education and physical activity classes, the CATCH curriculum.

A registered dietitian with the Harris County Public Health Department teaches us about maintaining a healthy diet, essential for good health and nutrition, that protects against many chronic non-communicable diseases such as heart disease, diabetes, and cancer. Registration is required.

MONTHLY MOVIE SERIES: "WORLD TRADE CENTER"

Thursday, June 9, at 1 p.m.

Popcorn anyone? Join us at the center for a different movie each month. Registration is required.

BINGO!

Tuesday, June 28, at 10:30 a.m.

Come join in on the fun as Megan with CenterWell and Kevin with 1956 Medicare host a morning Bingo game, with food and prizes! Registration is required.



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June Special Events

THE ABC'S OF MEDICARE

Wednesday, June 1, at 10:30 a.m.

Join us as Healthcare Professional Jane Scott covers the basic components of Medicare with topics such as advantage plans vs. supplements, different options available in 2022, new plan benefits for 2022, RX plans to ensure you save as much money with your plan, as well as any additional benefits for which you may qualify, and much more! Registration is required.

HARRIS COUNTY PUBLIC HEALTH PRESENTS:

"TOBACCO PREVENTION"

Thursday, June 9, at 3 p.m.

The Youth Vaping Prevention Program aims to decrease and prevent vaping among students. You will learn of the surprising health benefits of quitting smoking today. Did you know that you actually begin to feel the benefits of quitting smoking within as little as 20 minutes? Join us for this informational seminar! Registration is required.

JULY BUS TRIP SIGN-UP

Thursday, June 2, at 1 p.m.

Enter yourself and a partner in our bus trip lottery system, between 7:30 a.m. and 12:45 p.m. The drawing will be held at 1 p.m., sharp. You must be present for the drawing, to be added to the trip. Transportation is provided for individuals 50 and older. Buses will pick up and drop off participants at the center.

The Health Museum

Tuesday, July 12, at 10 a.m.

\$8 per person

**Paid by check, money order, or cashier's check payable to
"Fun4Seniors".**

Lunch is on your own at Cleburne's Cafeteria



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June Special Events

PRO COMFORT SHOES

Friday, June 3, at 10:00 a.m.

Step into the new year with new shoes and custom inserts! Pro Comfort Medical will be here to help you get shoes at no out-of-pocket expense to you. If you have Medicare with a Supplemental PPO, Medicare with Medicaid, or even just Medicare, you may be eligible to receive one pair of orthopedic shoes, including custom inserts each year. Please sign up to attend. Please bring your insurance cards and your doctor's information, name and phone number, to the class. Light refreshments will be served. Registration is required.

SUMMER FEST: JUNE EVENTS

Summer is here and we could not be more excited! From arts and crafts to movies and games, Tracy Gee Community Center is the place to be. All classes and activities are free, so bring your family, neighbors, and friends! Light refreshments will be available.

Registration is required, and an adult must be present at all times.

- Tuesday, June 7, from 10 a.m. – noon, or 1 – 3 p.m.
 - Join us as we create duct tape flower pens.
- Thursday, June 9, from 11:30 a.m. – 1:30 p.m.
 - Ice Cream Social: You won't want to miss this day, as we enjoy making ice cream sundaes as we hear from one of our Pct. 5 constables as they discuss the importance of "stranger danger."
- Tuesday, June 14, from 10 a.m. – noon, or 1 – 3 p.m.
 - Join us for Painting with a Twist.
- Thursday, June 16, from 11 a.m. – 3 p.m.
 - Let's get our game face on to play some board games such as Uno, Jenga, Scrabble, Sorry, etc. Cool down with some popcorn and a movie.
- Wednesday, June 22, from 10 a.m. – 2 p.m.
 - Calling all elementary school-aged kids for a whole day of fun with arts & crafts, games, and coloring. Bring your singing voice as we finish the day with the movie "Encanto!"



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