

# CLASS SCHEDULE FOR MAY

## Closed May 29 for Memorial Day

| Day            | Activity  | Time      | Location                    |
|----------------|---|-----------|-----------------------------|
| <b>Mondays</b> | Yoga w/ Barb  | 8:10 a.m. | IPRC - limited space        |
|                | Strength Training w/ Yaffa (in person)                | 8:30 a.m. | T.E. Harman Room A & B      |
|                | Strength Training w/ Yaffa (zoom)                     | 8:30 a.m. | Online - Zoom               |
|                | Beginner Spanish w/ Saby<br>April - June              | 9:30 a.m. | T.E. Harman Activity Room 1 |
|                | Chair Yoga w/ Barb                                    | 9:10 a.m. | T.E. Harman Room C & D      |
|                | Beginner Line Dance w/ Linda                          | 10 a.m.   | T.E. Harman Room A & B      |
|                | Beginner 1, 2 & 3 Tai Chi w/ Geeta<br>March 15 - June | 10 a.m.   | T.E. Harman Room C & D      |
|                | Line Dance 3 w/ Linda                                 | 11 a.m.   | T.E. Harman Room A & B      |
|                | Smartphone Photography Class w/ Diane - <b>May 1</b>  | 11 a.m.   | T.E. Harman Activity Room 1 |
|                | Photography Club w/ Diane<br><b>May 15</b>            | 11 a.m.   | T.E. Harman Activity Room 1 |
|                | Advanced Tai Chi w/ Geeta<br>March 15 - June          | 11 a.m.   | T.E. Harman Room C & D      |
|                | Learn Mah Jongg w/ Jan<br>(American)                  | 1p.m.     | T.E. Harman Activity Room 2 |
|                | Painting w/ Mary<br><b>TBD</b>                        | 1 p.m.    | T.E. Harman Activity Room 1 |
|                | Breathing & Laughing Yoga w/ Asha                     | 2 p.m.    | T.E. Harman Room A & B      |
|                | Learn 42 w/ Jean                                      | 3 p.m.    | T.E. Harman Activity Room 2 |
|                | Couples Dance w/ Loy & Bernadine                      | 4:30 p.m. | T.E. Harman Room A & B      |

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|-------------------|--|------------|-----------------------------|
| <b>Tuesdays</b>   | Yoga w/ Barb   | 8:20 a.m.  | T.E. Harman Room A & B      |
|                   | Quilting w/ Connie   | 9 a.m.     | T.E. Harman Activity Room 1 |
|                   | Traditional Chinese Dance w/ Fang-Fang                               | 9 a.m.     | T.E. Harman Room C & D      |
|                   | Dahn Yoga w/ Uzii  | 10 a.m.    | T.E. Harman Room A & B      |
|                   | Advance Guitar w/ Yolando  | 10:30 a.m. | T.E. Harman Room C & D      |
|                   | Medicare 101 w/ Ginger<br>May 9                                      | 10:30 a.m. | T.E. Harman Activity Room 2 |
|                   | Grief Support Group<br>May 23  | 11 a.m.    | T.E. Harman Activity Room 2 |
|                   | Mixed Dance w/ Tiffany   | 11 a.m.    | T.E. Harman Room A & B      |
|                   | Beginner Guitar w/ Yolando   | 1 p.m.     | T.E. Harman Room C & D      |
|                   | Acrylic Paint Pouring w/ Diane<br>Fee: \$5 (per session) - May 2 & 9 | 1 p.m.     | T.E. Harman Activity Room 1 |
|                   | Watercolor w/ Diane<br>May 16 & 23                                   | 1 p.m.     | T.E. Harman Activity Room 1 |
|                   | High Level Line Dance w/ Angela                                      | 1:30 p.m.  | T.E. Harman Room A & B      |
|                   | Learn Bridge w/ Madhu  | 3 p.m.     | T.E. Harman Activity Room 1 |
|                   | Free Dance<br>May 9  | 3:30 p.m.  | T.E. Harman Room A & B      |
| <b>Wednesdays</b> | Yoga w/ Ken  | 8:20 a.m.  | T.E. Harman Room A & B      |
|                   | Chinese Calligraphy w/ Peter   | 9:30 a.m.  | T.E. Harman Activity Room 1 |
|                   | Chair Yoga w/ Nina   | 9:30 a.m.  | T.E. Harman Room A & B      |

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|------------------|--|------------|--------------------------------|
|                  | New Beginner Tai Chi w/ Geeta<br>March 15 - June | 10 a.m.    | T.E. Harman<br>Room C & D      |
|                  | Conversation ESL w/ Connie                       | 10:30 a.m. | T.E. Harman<br>Activity Room 2 |
|                  | Line Dance 4 w/ Angela                           | 10:30 a.m. | T.E. Harman<br>Room A & B      |
|                  | Spanish 1 w/ Saby<br>April - June                | 11:30 a.m. | T.E. Harman<br>Activity Room 1 |
|                  | Hula w/ Gloria                                   | 1:30 p.m.  | T.E. Harman<br>Room C & D      |
|                  | Knitting and Crochet w/ Marsha                   | 1:30 p.m.  | T.E. Harman<br>Activity Room 1 |
|                  | Creative Dance w/ Hsiang                         | 2:45 p.m.  | T.E. Harman<br>Room A & B      |
|                  | Couples Dance w/ Loy & Bernadine                 | 4:30 p.m.  | T.E. Harman<br>Room A & B      |
| <b>Thursdays</b> | Bolly X w/ Raj                                   | 8:30 a.m.  | T.E. Harman<br>Room A & B      |
|                  | Quilt for Kids w/ Cheryl                         | 9 a.m.     | T.E. Harman<br>Activity Room 1 |
|                  | Yoga w/ Sai                                      | 9 a.m.     | T.E. Harman<br>Room C & D      |
|                  | Line Dance 5 w/ Vicki                            | 10 a.m.    | T.E. Harman<br>Room A & B      |
|                  | Let's Groove w/ Terri                            | 10 a.m.    | IPRC - Exercise<br>Room        |
|                  | Book Club w/ Sylvia<br>May 11                    | 10 a.m.    | T.E. Harman<br>Activity Room 1 |
|                  | Martial Arts w/ Jenny                            | 10:30 a.m. | T.E. Harman<br>Room C & D      |
|                  | Merill Lynch Wealth Management<br>May 4          | 10:30 a.m. | T.E. Harman<br>Activity Room 1 |
|                  | Learn 42 w/ Donna                                | Noon       | T.E. Harman<br>Activity Room 2 |

# CLASS SCHEDULE FOR MAY

| Day            | Activity   | Time       | Location                       |
|----------------|--|------------|--------------------------------|
|                | Arts & Crafts w/ Frances<br>May 4, 11 & 18         | 1 p.m.     | T.E. Harman<br>Activity Room 1 |
|                | Beginner Guitar w/ Berlin<br>(March 2 - August 31) | 2 p.m.     | T.E. Harman<br>Room A & B      |
| <b>Fridays</b> | Strength Training w/ Yaffa (in person)             | 8:30 a.m.  | T.E. Harman<br>Room A & B      |
|                | Strength Training w/ Yaffa (zoom)                  | 8:30 a.m.  | Online - Zoom                  |
|                | Conversational ESL w/ Meher                        | 8:30 a.m.  | T.E. Harman<br>Activity Room 2 |
|                | Traditional Chinese Dance w/ Fang-Fang             | 9 a.m.     | T.E. Harman<br>Room C & D      |
|                | Chinese Brush Painting w/ ZJ                       | 9:45 a.m.  | T.E. Harman<br>Activity Room 1 |
|                | Line Dance 2 w/ Pearl                              | 11:30 a.m. | T.E. Harman<br>Room A & B      |
|                | Conversation ESL w/ Connie                         | 10:30 a.m. | T.E. Harman<br>Activity Room 2 |
|                | Beginner Piano w/ Jennifer<br>May 12 & 26          | 1 p.m.     | T.E. Harman<br>Activity Room 1 |

# CLASS SCHEDULE FOR MAY

## Games

### Bridge

Monday at 3 p.m. - Activity Room 1

### Canasta & Cribbage

Tuesday at 1 p.m. - Activity Room 2

### Mah Jongg (American)

Mondays at 9:30 a.m. - Activity Room 2

### Scrabble

Wednesdays at 1 p.m. - Activity Room 2

### 42

Thursdays at 1 p.m. - Activity Room 2

### Hand & Foot

Thursdays at 1 p.m. - Room C & D

### Mexican Train & Games w/ Molly

Thursday, May 4 & 18 at 1 p.m. - Room C

### Chess w/ Dennis

Fridays at 1 p.m. - Activity Room 2

### Monthly Bingo

Friday, May 12 & 26 at 1 p.m. - Room A & B

## Trips & Events

### Crawfish Boil - \$10

Thursday, May 18 from 11:30 a.m. to 1:30 p.m.

**If you have any other questions, comments, or concerns, please feel free to contact us!**

Phone Number: 281.275.2893

Email: [Seniors@SugarLandTX.gov](mailto:Seniors@SugarLandTX.gov)

Website: [SugarLandTX.gov/122/TE-Harman-Senior-Center](http://SugarLandTX.gov/122/TE-Harman-Senior-Center)

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