

CLASS SCHEDULE FOR JUNE

Registration Begins May 1

ACTIVITY	TIME	LOCATION
MONDAYS		
Yoga w/ Barb	8:10 a.m.	IPRC Exercise Room
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 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 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
Photography Club w/ Diane June 19	11 a.m.	T.E. Harman Activity Room 1
Advanced Tai Chi w/ Geeta March 15 - June	11 a.m.	T.E. Harman Room C & D
Learn Mah Jongg w/ Jan (American)	1 p.m.	T.E. Harman Activity Room 2
Painting w/ Mary May 22, 29, June 5, 12, 19 - Fee: \$75 June 26 - Fee: \$25	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

281.275.2893

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ACTIVITY	TIME	LOCATION
Couples Dance w/ Loy & Bernadine	4:30 p.m.	T.E. Harman Room A & B
TUESDAYS		
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	9:50 a.m.	T.E. Harman Room A & B
Advance Guitar w/ Yolando	10:30 a.m.	T.E. Harman Room C & D
Grief Support Group June 27	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
Mix Media w/ Diane June 20 & 27	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 June 13	3:30 p.m.	T.E. Harman Room A & B
WEDNESDAYS		
Yoga w/ Ken	8:20 a.m.	T.E. Harman Room A & B

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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
New Beginner Tai Chi w/ Geeta March 15 - June	10 a.m.	T.E. Harman Room C & D
Line Dance 4 w/ Angela	10:30 a.m.	T.E. Harman Room A & B
Spanish 1 w/ Saby April - June	11:30 a.m.	T.E. Harman Activity Room 1
Hula w/ Gloria	1:30 p.m.	T.E. Harman Room C & D
Knitting and Crochet w/ Marsha	1:30 p.m.	T.E. Harman Activity Room 1
Creative Dance w/ Hsiang	2:45 p.m.	T.E. Harman Room A & B
Couples Dance w/ Loy & Bernadine	4:30 p.m.	T.E. Harman Room A & B
THURSDAYS		
Bolly X w/ Raj	8:30 a.m.	T.E. Harman Room A & B
Quilt for Kids w/ Cheryl	9 a.m.	T.E. Harman Activity Room 1
Yoga w/ Sai	9 a.m.	T.E. Harman Room C & D
Line Dance 5 w/ Vicki	10 a.m.	T.E. Harman Room A & B
Let's Groove w/ Terri	10 a.m.	IPRC Exercise Room
Book Club w/ Sylvia June 8	10 a.m.	T.E. Harman Activity Room 1

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ACTIVITY	TIME	LOCATION
Driver & Pedestrian Safety June 15	10 a.m.	T.E. Harman Activity Room 2
Martial Arts w/ Jenny	10:30 a.m.	T.E. Harman Room C & D
Merill Lynch Wealth Management June 1	10:30 a.m.	T.E. Harman Activity Room 1
Learn 42 w/ Donna	Noon	T.E. Harman Activity Room 2
Arts & Crafts w/ Frances June 1, 8 & 15	1 p.m.	T.E. Harman Activity Room 1
Beginner Guitar w/ Berlin (March 2 - August 31)	2 p.m.	T.E. Harman Room A & B
FRIDAYS		
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
Traditional Chinese Dance w/ Fang-Fang	9 a.m.	T.E. Harman Room C & D
Chinese Brush Painting w/ ZJ	9:45 a.m.	T.E. Harman Activity Room 1
Line Dance 2 w/ Pearl	11:30 a.m.	T.E. Harman Room C & D
Conversational ESL w/ Connie	10:30 a.m.	T.E. Harman Activity Room 2
Beginner Piano w/ Jennifer June 9 & 23	1 p.m.	T.E. Harman Activity Room 1

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GAMES

Mah Jongg (American)

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

Bridge

Monday at 3 p.m. - Activity Room 1

Canasta & Cribbage

Tuesday at 1 p.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, June 8 & 22 at 1 p.m. - Room C & D

Chess w/ Dennis

Fridays at 1 p.m. - Activity Room 2

Monthly Bingo

Friday, June 16 & 30 at 1 p.m. - Room A & B

TRIPS & EVENTS

Coushatta Casino Resort

Tuesday, June 27 from 7 a.m. to 6 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

Website: SugarLandTX.gov/122/TE-Harman-Senior-Center

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