

CLASS SCHEDULE FOR SEPTEMBER

Registration Begins August 7

CLOSED SEPTEMBER 4

ACTIVITY	TIME	LOCATION
MONDAYS		
Yoga w/ Barb (Cancelled until further notice)	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
Chair Yoga w/ Barb (Cancelled until further notice)	9:10 a.m.	T.E. Harman Room C & D
Beginner Line Dance w/ Linda	10 a.m.	T.E. Harman Room A & B
Advanced Tai Chi w/ Geeta July - December	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 September 18	11 a.m.	T.E. Harman Activity Room 1
Beginner Tai Chi w/ Geeta July - December	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 TBD	1 p.m.	T.E. Harman Activity Room 1
Chair Yoga w/ Fae from <i>Pam Rehab</i> September 11 & 25	1 p.m.	T.E. Harman Room A & B
Karaoke w/ Luey Begins September 11	1:30 p.m.	T.E. Harman Room C & D
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 (Ken as Substitutue Instructor)	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
Estate Planning w/ Gabriel Trevino September 26	10 a.m.	T.E. Harman Activity Room 2
Mixed Dance w/ Tiffany	11 a.m.	T.E. Harman Room A & B
Mixed Media w/ Diane September 5 - 19	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
WEDNESDAYS		
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
Level 2 Tai Chi w/ Geeta July - December	10 a.m.	T.E. Harman Room C & D

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Line Dance 4 w/ Angela	10:30 a.m.	T.E. Harman Room A & B
Beginner Spanish w/ Saby Fee: \$150 (Sept. 6 - Nov 29; No registration after Sept. 13)	12:15 a.m.	T.E. Harman Activity Room 1
Intermediate Spanish w/ Saby Fee: \$150 (Sept. 6 - Nov 29; No registration after Sept. 13)	11:15 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	2:30 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
Health Education Class 2 w/ Dr. Wan September 28	9:30 a.m.	T.E. Harman Activity Room 2
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 September 14	10 a.m.	T.E. Harman Activity Room 1
Medicare Open Enrollment Information September 28	10 a.m.	T.E. Harman Activity Room 2

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Martial Arts w/ Jenny	10:30 a.m.	T.E. Harman Room C & D
Merill Lynch Wealth Management September 7	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 September 7, 14, & 21	1 p.m.	T.E. Harman Activity Room 1

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
Breathing & Laughing Yoga w/ Asha	10 a.m.	T.E. Harman Room A & B
Conversational ESL w/ Connie	10:30 a.m.	T.E. Harman Activity Room 2
Line Dance 2 w/ Pearl	11:30 a.m.	T.E. Harman Room C & D
Beginner Piano w/ Jennifer September 1, 15, & 29	2:30 p.m.	T.E. Harman Activity Room 1
Karaoke w/ Fae from <i>Pam Rehab</i> September 15	1 p.m.	T.E. Harman Room A & B

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GAMES	TRIPS & EVENTS
Mah Jongg (American) Mondays at 9:30 a.m. - Activity Room 2	Free Dance Tuesday, Sept. 12 from 3:30 to 5:30 p.m.
Bridge Mondays at 3 p.m. - Activity Room 1	Luau Thursday, Sept. 14 from 3 to 5 p.m.
Canasta & Cribbage Tuesdays at 1 p.m. - Activity Room 2	
Dominoes Tuesdays 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, Sept. 14 & 28 at 1 p.m. - Room C & D	
Duplicate Bridge Thursdays at 3 p.m. - Room A & B	
Chess w/ Dennis Fridays at 1 p.m. - Activity Room 2	
Monthly Bingo Friday, Sept. 8 & 22 at 1 p.m. - Room A & B	

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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