

# CLASS SCHEDULE FOR OCTOBER

Registration Begins September 11

ACTIVITY	TIME	LOCATION
<b>MONDAYS</b>		
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 October 16	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 (American) w/ Jan (No registration after first class)	1 p.m.	T.E. Harman Activity Room 2
Painting w/ Mary Sept. 11, 18, 25 & Oct. 2 - Fee: \$60	1 p.m.	T.E. Harman Activity Room 1
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
Couples Dance w/ Loy & Bernadine	4:30 p.m.	T.E. Harman Room A & B

281.275.2893

[www.SugarLandTX.gov/ParksRegister](http://www.SugarLandTX.gov/ParksRegister)  
Registration Required



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ACTIVITY	TIME	LOCATION
<b>TUESDAYS</b>		

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
Mixed Dance w/ Tiffany	11 a.m.	T.E. Harman Room A & B
Mixed Media w/ Diane October 10 - 24	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
Beginner Guitar w/ Jessica Begins Oct. 3 – No registration after Oct. 10	2 p.m.	T.E. Harman Room C & D
Learn Bridge w/ Madhu	3 p.m.	T.E. Harman Activity Room 1

<b>WEDNESDAYS</b>		
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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
Line Dance 4 w/ Angela	10:30 a.m.	T.E. Harman Room A & B

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ACTIVITY	TIME	LOCATION
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
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
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
<b>THURSDAYS</b>		
Bolly X w/ Raj	8:30 a.m.	T.E. Harman Room A & B
Quilt for Kids w/ Cheryl	9:30 a.m.	T.E. Harman Activity Room 1
Yoga w/ Sai (Advanced)	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 October 12	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 October 5	10:30 a.m.	T.E. Harman Activity Room 1
Learn 42 w/ Donna	Noon	T.E. Harman Activity Room 2

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ACTIVITY	TIME	LOCATION
Arts & Crafts w/ Frances October 5, 12, & 19	1 p.m.	T.E. Harman Activity Room 1
<b>FRIDAYS</b>		
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
Karaoke w/ Fae from <i>Pam Rehab</i> October 20	1 p.m.	T.E. Harman Room A & B
Beginner Piano w/ Jennifer October 13 & 27	2:30 p.m.	T.E. Harman Activity Room 1

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GAMES	TRIPS & EVENTS
<b>Mah Jongg (American)</b> Mondays at 9 a.m. - Activity Room 2	<b>Free Dance</b> Tuesday, Oct. 10 from 3:30 to 5:30 p.m.
<b>Bridge</b> Mondays at 3 p.m. - Activity Room 1	
<b>Canasta &amp; Cribbage</b> Tuesdays at Noon - Activity Room 2	
<b>Dominoes</b> Tuesdays at 1 p.m. - Activity Room 2	
<b>Scrabble</b> Wednesdays at 1 p.m. - Activity Room 2	
<b>42</b> Thursdays at 1 p.m. - Activity Room 2	
<b>Hand &amp; Foot</b> Thursdays at 1 p.m. - Room C & D	
<b>Mexican Train &amp; Games w/ Molly</b> Thursday, Oct. 5 & 19 at 1 p.m. - Room C & D	
<b>Duplicate Bridge</b> Thursdays at 3 p.m. - Room A & B	
<b>Chess w/ Dennis</b> Fridays at 1 p.m. - Activity Room 2	
<b>Monthly Bingo</b> Friday, Oct. 13 & 27 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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