

“Happy New Year 2014”

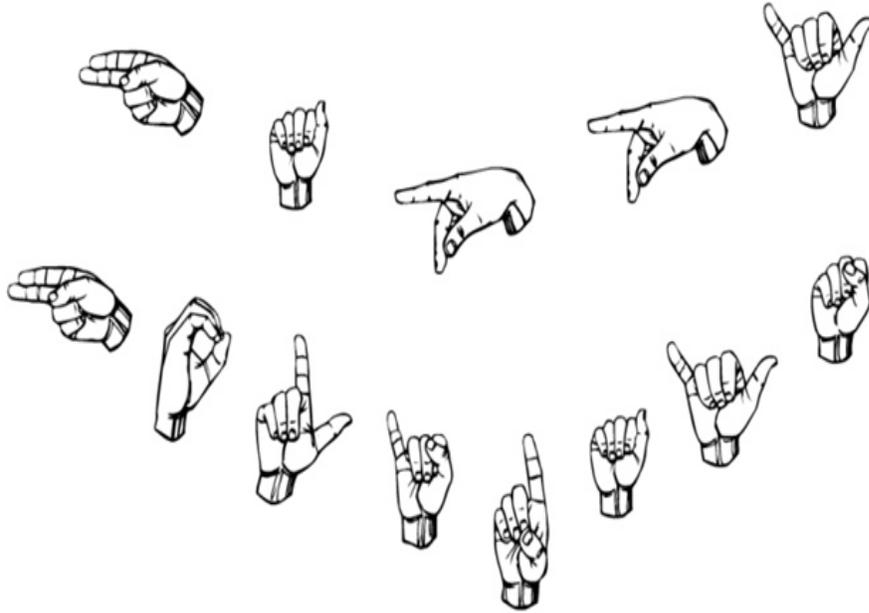
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मुबारक
साल
नया

Buon Anno

نیا سال مبارک ہو

Novus Annus



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Feliz Ano Novo

FELIZ ANO NUEVO

Bonne Année

happy year omusha

с Новым годом

Chúc Mừng Năm Mới

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Happy New Year!

The Mayor's Office for People with Disabilities

Standing Monthly Events

Water Exercise

Mondays 1:00 pm to 2:00 pm

Thursdays 11:00 am to 12:00 pm

Sponsored by Houston Area Parkinson's Society in partnership with COH Parks and Recreation

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: **FREE**. Registration required.

Contact: Alfonso at 713.520.8670

Tai Chi

Every Tuesday

10:30 am to 11:30 am

Sponsored by Houston Area Parkinson's Society in partnership with COH Parks and Recreation

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: **FREE**. Registration required.

Contact: Alfonso at 713.520.8670

Texas Sled Hockey

Every Saturday

10:00 am to 11:00 am

Sponsored by Texas Sled Hockey Paralympics Sport Club

Held at Ice Skate USA at Memorial City Mall

Cost: **FREE**. Registration required.

Email: Jim O'Neill at jim@lonestarsound.com

Visit: [Texas Sled Hockey website](#)

Assistive Technology Computer Demonstration

Monday - Thursday of Each Week

9:00 am to 4:00 pm

Sponsored by Houston Center for Independent Living

Held at 6201 Bonhomme Road, Suite 150-S

Cost: **FREE**.

Contact 3 days before to schedule ASL or Real Time Captioning

Contact: 713.974.4621. 713.974.4621 Voice / TTY

Computer Access Training Program (CATP)

Monday - Thursday of Each Week

8:00 am to 12:00 pm

Sponsored by Houston Center for Independent Living

Held at 6201 Bonhomme Road, Suite 150-S

Cost: **FREE**. Registration required.

Contact 3 days before to schedule ASL or Real Time Captioning

Contact: 713.974.4621. 713.974.4621 Voice / TTY

Tango

Every Wednesday

1:00 pm to 2:15 pm

Sponsored by Houston Area Parkinson's Society in partnership with COH

Parks and Recreation Department of Neighborhoods

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: **FREE**. Registration required.

Contact: Alfonso at 713.520.8670

Families Coping with Adult Mental Illness

First and Third Sunday of Each Month

4:00 pm to 5:30 pm

Held at St Peter's United Methodist Church

20775 Kingsland Blvd

Cost: **FREE**. Contact Pat or Leon at 713.467.3764

Families Coping with Children and Adolescent Mental Illness

Second and Fourth Sunday of Each Month

2:30 pm to 4:00 pm

Held at Memorial Drive United Methodist Church

12955 Memorial Drive

Cost: **FREE**. Contact Bonnie Cord at 713.984.2538

National MS Society Lone Star Chapter: After Hours

First Monday of Each Month

6:30 pm to 9:00 pm

Held at Lupe Tortilla, 2414 Southwest Freeway

Cost: **FREE**. Registration required. Ages 18 – 30ish

Contact: Chris Mays at 832-334.9023 or

Email: chmays23@yahoo.com or Visit: [NMSS Lone Star Chapter website](#)

Families Coping with Mental Illness

Third Monday of Each Month

7:15 pm to 9:00 pm

Held at Memorial Drive Methodist Church

12955 Memorial Drive

Cost: **FREE.**

Visit [NAMI website](#)

Families CAN Support Group

First Tuesday of Each Month

10:00 am to 12:00 pm

Held at Christ the King Evangelical Lutheran Church

2353 Rice Boulevard

Cost: **FREE.**

Contact 713.743.5435 or 713.743.5592

Adolescent Bariatric Surgery Program Support Group

Second Tuesday of Each Month

5:00 pm to 7:00 pm

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Sponsored by Texas Children's Hospital in partnership with HPARD's Adaptive Recreation Staff

Cost: **FREE.**

Contact: Kari at Texas Children's Hospital at 832.822.4868

Houston Commission on Disabilities

Second Thursday of Each Month

4:00 pm to 6:00 pm

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: **FREE.** Open to the Public

Request reasonable accommodations by 2nd Monday

ASL Interpreters and CART provided

Contact 832.394.0814 or Email: mopdmail@houstontx.gov

South Texas College of Law Legal Clinic

(Family, Probate, Estate Planning)

Third Thursday of Each Month

1:00 pm to 3:00 pm

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Cost: **FREE.**

Request reasonable accommodations by 3rd Monday

Contact MOPD at 832.394.0814 or Email mopdmail@houstontx.gov

Monthly Dance Social for People with Disabilities

First Friday of Each Month

Held at the Metropolitan Multi-Service Center 1475 W. Gray

Sponsored by The ARC of Greater Houston

Cost: **FREE**. Registration required.

Contact: 713.313.1652

Email: thearcogreaterhouston.com

Volunteer Parking Enforcement Class

Thursday/October 24, 2013

5:00p to 9:00p

& Quarterly Standing Events

Houston Volunteer Lawyers Program & Lyondell Basell

Free Legal Advice Clinic

Wednesday/October 16, 2013

5:30p to 8:00p

Contact: June Eaton at 832-394-0811 or June.Eaton@houstontx.gov