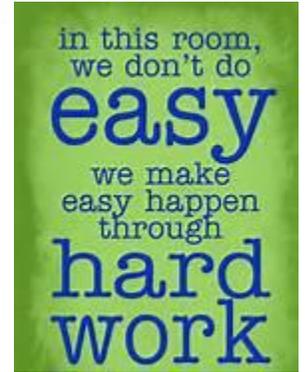




# September Calendar of Events



Department of Neighborhoods



Mayor's Office for People with Disabilities

Mayor's Office for People with Disabilities

1475 W. Gray  
Houston, Texas 77019

Phone: 832.394.0814

Fax: 713.284.8582

Email: [mopdmail@houstontx.gov](mailto:mopdmail@houstontx.gov)

Todd Curry, Interim Division Manager

## Houston Recurring 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

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### 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

### Tango

**Every Wednesday**

**1:00 pm to 2:15 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

### 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](mailto:jim@lonestarsound.com) or

Visit: [Texas Sled Hockey website](#)

## Houston Recurring Events

### **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

### **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

## Houston Recurring Events

### **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](mailto: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 Recurring Events

### **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 3<sup>rd</sup> Monday

Contact MOPD at 832.394.0814 or

Email [mopdmail@houstontx.gov](mailto:mopdmail@houstontx.gov)

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### **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 2<sup>nd</sup> Monday

ASL Interpreters and CART provided

Contact 832.394.0814 or

Email: [mopdmail@houstontx.gov](mailto: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: [thearcofgreaterhouston.com](http://thearcofgreaterhouston.com)

## MOPD Events

### **“What Matters to You” Public Forum on “Mental Health” concerns**

**Friday, September 20, 2013**

**3:00 – 5:00 pm**

Metropolitan Multi-Service Center  
1475 West Gray  
Houston, Texas 77019

Disability Rights Texas provides free legal and advocacy services for people with disabilities. Join them for a meeting to discuss issues that are important to people affected by or coping with mental illness.

For info visit the News & Programs page at [DRTx.org](http://DRTx.org)  
Call 832-681-8200.

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### **Free Voter ID Clinic**

**Saturday, September 21, 2013**

**9:00 am – 1:00 pm**

NCI Ripley House  
4410 Navigation Blvd.  
Houston, Texas 77011

Because of a new law in Texas, you must show an acceptable form of photo ID to vote. This free clinic will help you understand the documents you need to help you get a photo ID so you can vote in the next election.

Hosted by VoteRiders, Texas Civic Engagement Table, and Empower the Vote Texas Education Fund.

Cost: **FREE**

**Call 1-888-557-5150 to sign up and find out what documents you might need to bring.**

### **South Texas College of Law – Free Legal Clinic**

**Thurs - September 19, 2013**

**1:00 pm to 3:00 pm**

Sponsored by MOPD and South Texas College of Law  
Held at Metropolitan Multi-Service Center, 1475 W Gray

**Cost: FREE**

Request reasonable accommodations by August 12<sup>th</sup>

Contact MOPD at 832.394.0814 or

Email: [mopdmail@houstontx.gov](mailto:mopdmail@houstontx.gov) or

Visit: [www.houstontx.gov](http://www.houstontx.gov)

**Volunteer Parking Enforcement Training**

**Thursday – September 26, 2013**

**5:00 pm to 9:00 pm**

Sponsored by COH / Traffic Enforcement

Held at 2020 McKinney

**Cost: FREE.**

Refreshments provided. Registration required.

Contact: Roland 832.393.8655 to

Request reasonable accommodations by August 5<sup>th</sup>

Email [Roland.Delacerda@houstontx.gov](mailto:Roland.Delacerda@houstontx.gov)