

# PROGRAMS & ACTIVITIES

## Houston Parks and Recreation Department Programs and Activities

### Kingwood-Area Adults and Seniors:

Fun, games, entertainment, crafts, and exercise are all available at the Kingwood Community Center.

Bring your own supplies for craft classes. Some classes have fees.

Plan your week around these activities:

All classes are open to the public.

<b>Location:</b>	Kingwood Community Center 4102 Rustic Woods Dr. 77345	
<b>Participants:</b>	Adults & Seniors	
<b>Program Dates:</b>	September 1 - December 31, 2015	
<b>Mornings:</b>		
Chair Yoga	Monday & Wednesday	9:00 a.m. - 10:00 a.m.
Crochet	Tuesday & Thursday	10:30 a.m. - 11:30 a.m.
Hand & Foot Canasta	Friday	10:00 a.m. - 1:00 p.m.
Greeting Card Class	3rd Tuesday	10:00 a.m. - 12:00 p.m.
Knitting & Needle Work	Monday	10:30 a.m. - 12:30 p.m.
Mahjong	Tuesday	10:00 a.m. - 12:00 p.m.
Party Bridge	Wednesday	10:00 a.m. - 1:00 p.m.
Quilting	Friday	10:30 a.m. - 12:30 p.m.
Walking Aerobics	Tue, Thu, Fri	9:00 a.m. - 10:00 a.m.
<b>Afternoons &amp; Evenings:</b>		
Bingo	Monday	12:30 p.m. - 3:00 p.m.
Bridge	Wednesday & Thursday	6:00 p.m. - 9:00 p.m.
Bunko	Thursday	1:00 p.m. - 3:00 p.m.
Creative Writing	2nd Thursday	7:00 p.m. - 8:30 p.m.
Greeting Card Class	3rd Tuesday	1:00 p.m. - 3:00 p.m.
Hatha Yoga*	Monday	6:00 p.m. - 7:00 p.m.
Integral Tai Chi (ITC)	Monday & Thursday	6:00 p.m. - 8:00p.m.
Line Dancing (Beginner)	Tuesday & Thursday	2:00 p.m. - 3:15 p.m.
Line Dancing (Experienced)	Tuesday & Thursday	3:30 p.m. - 4:45 p.m.
Meditation	Thursday	7:00 p.m. - 8:15 p.m.
Mexican Train - Dominoes	Fridays	1:00 p.m. - 4:00 p.m.
Page Turners Book Club	3rd Thursday	7:00 p.m. - 8:30 p.m.
Senior Social Dances	1st Friday	5:30 p.m. - 8:30 p.m.
Zumba*	Wednesday	7:00 p.m. - 8:00 p.m.
<b>Information:</b>	(281) 348-2570	

\*Indicate a participation fee is associated with the class.

