



Melvin Knapp Activity Center



Knapp Happenings

November 2016

Calendar of Daily Activities

FACILITY ADDRESS

2424 South Park Avenue
Pearland, Texas 77581
Phone: 281.652.1890

HOURS OF OPERATION

Monday – Friday

8 a.m. to 3 p.m.

pearlandparks.com

Staff

Lety Castillo, Supervisor

Sondra Slate
Irene Montoya
Sally Mayorga
Pat O'Neill
Darlene Si

City of Pearland
Parks & Recreation



MEMBERSHIP INFORMATION

Participation in classes and activities at the Knapp Activity Center requires an annual membership. Membership is \$25 a year for residents and \$50 a year for non-residents. When obtaining a membership, please bring your driver's license or Texas ID card.



ActionS

Lunch is the only meal served at the center and is provided by ActionS, a Brazoria non-profit organization. Those wishing to utilize the lunch program must be approved through ActionS. Lunches are served Monday through Friday at 11:30 a.m. and require a reservation a day before you plan to have lunch. For more information on ActionS, stop by the center or call our ActionS site representative at 281.997.1862.



NUTCRACKER MARKET



HOUSTON BALLET
Nutcracker Market
A Holiday Shopping Wonderland

Friday, Nov. 11
9:30 a.m. (van leaves)

Join us as we get into the holiday spirit with shopping at Houston's annual Nutcracker Market! You can purchase tickets for \$18 at Randall's or \$20 at the door.

\$5 Van Fee

Tunnels & Trolleys



Tuesday,
Nov. 29

9:30 a.m.
\$5 Van Fee
\$2.50 Admission

Join us on a guided tour of downtown Houston, including: Pavilions, Discovery Green, One Park Place, shops at Houston Center, history of the Tunnel System, and more! We will eat lunch there.

SPECIAL EVENTS CALENDAR NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10 a.m. Creative Writing QR	2	3 9 a.m. Shadowcreek Nature Trail \$FT	4 9:30 a.m. Quilt festival \$FT 10:15 a.m. Karaoke AR
7 10 a.m. Assisted Hand Home Care CR	 8 10 a.m. Drama QR 11:15 a.m. Prime Timers meeting AR	9 Gayle's Jewelry 9:30 a.m. Exercise equipment demonstration	10 10 a.m. Red Hat Society QR 10 a.m. Veterans Day Celebration AR	11 9:30 a.m. Nutcracker Market \$FT
14 Chocolate Boutique 12:15 p.m. Bingo AR	15 10 a.m.—1 p.m. Thanksgiving Social Lions Club 10 a.m. Creative Writing QR	16 Gayle's Jewelry 12 p.m. OP Lunch Bunch AR	17 12 p.m. Games Day AR	18 10:15 a.m. Karaoke AR
21 10:45 a.m. Grub Club \$FT	22 10 a.m. Drama QR	23	 24 CENTER CLOSED	25 CENTER CLOSED
28 8 a.m. The Rose Mammogram 12:15 p.m. Bingo AR	29 9:30 a.m. Tunnels & Trolleys \$FT 10:15 a.m. Pool Tournament Lobby	30		AR= Activity Room CR= Craft Room CL= Computer Lab ER= Exercise Room FT= Field Trip GR=Game Room LB= Library VG= Victory Garden QR=Quilting Room

Please note that transportation may be interrupted on days the bus is used for Field Trips (FT).

- * = Must sign up for program.
- \$ = Activity has supply/trip fee.

SCHEDULE INFORMATION

Monday's

Time	Class	Location
8:05 a.m.	Walking Club	Recreation Center
8:30 a.m.	Dominoes	Activity Room
9:30 a.m.	Line Dancing	Exercise Room
10:30 a.m.	Sit & Be Fit	Exercise Room
12 p.m.	Mahjongg	Craft Room
12:15 p.m.	Ball Room Dance Cha Cha	Exercise Room

Ballroom Dance

The cha cha will be taught in this session of ballroom dancing on Monday's from 12:15 to 1:15 p.m.

Line Dancing

Country Western, Latin, Pop and many variations are taught in this class. Come join the fun! Class size is limited to 40 members who must sign-up the day of the class. Mon. & Thur., 9:30 to 10:30 a.m.



Tuesdays

Time	Class	Location
8:05 a.m.	Walking Club	Recreation Center
8:30 a.m.	Dominoes	Activity Room
9 a.m.	Oil Painting	Craft Room
9:30 a.m.	\$2 Bunco	Game Room
9:30 a.m.	Zumba Gold	Exercise Room
10:30 a.m.	Sit & Be Fit	Exercise Room
12 p.m.	Cardio, Weights, and Abs	Exercise Room
1 p.m.	Yoga	Exercise Room

Walking Club

Join us at the Recreation Center as we walk around the indoor track. This group will help you stay fit and motivated. Walking provides many health benefits and everyone can join. Mon.- Fri., 8:05 to 9 a.m.

Zumba Gold

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Tues., 9:30 to 10:30 a.m., Fri., 9 to 10 a.m.

Cardio, Weights & Abs

Strength training is just as important for weight loss as cardio. Lifting weights builds lean muscle which raises metabolism and reduces body fat. Tues., 12 to 1 p.m.

Yoga for Seniors

This class for seniors will improve your strength, balance, flexibility, coordination and fitness in a safe effective manner. Tues. & Thur., 1 to 2 p.m.

Oil Painting Classes

\$7 Fee includes instruction, use of brushes and paint. Must provide your own canvas or purchase one from the instructor. Tues., 9:30 to 11:30 a.m.



Wednesdays

Time	Class	Location
8 a.m.	Quilting	Quilting Room
8:05 a.m.	Walking Club	Recreation Center
8:05 a.m.	ACES	Exercise Room
9:30 a.m.	Crochet Club	Craft Room
10 a.m.	\$2 Bingo	Activity Room
12 p.m.	Cardio Dance	Exercise Room

ACES

Designed specifically for senior adults and based on solid research and evidence. ACES includes stretching, flexibility, balance, low-impact aerobics and strength exercises. Wed. & Fri., 8:05 to 9 a.m.

PiYo

PiYo is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun and challenging while making you sweat. Wed., 1 to 2 p.m.

Crochet Club

This is a group with heart and soul. Learn the basics of crochet from members. Many items are donated to local charities such as Texas Children's Hospital, The Rose, MD Anderson & military men & women. Join this group to share the goodwill! Wed. & Fri., 9:30 to 11:30 a.m.

Cardio Dance

For some cross training with a beat, add a little dance to your fitness routine. Enjoy this fast paced cardio class to stay in shape. Wed., 12 to 1 p.m.



Thursdays

Time	Class	Location
8:05 a.m.	Walking Club	Recreation Center
8:30 a.m.	Dominoes	Activity Room
9:30 a.m.	Bridge	Game Room
9:30 a.m.	Line Dancing	Exercise Room
10:30 a.m.	Sit & Be Fit	Exercise Room
12 p.m.	Total Body Strength	Exercise Room
12:30 p.m.	Acrylic Painting \$	Craft Room
1 p.m.	Yoga	Exercise Room

Line Dancing

Country Western, Latin, Pop and many variations are taught in this class. Come join the fun! Participants must sign-up the day of the class. Class size is limited to 40. Mon. & Thur., 9:30 to 10:30 a.m.

Yoga for Seniors

This class for seniors will improve your strength, balance, flexibility, coordination and fitness in a safe effective manner. Tues. & Thur., 1 to 2 p.m.

Total Body Strength

Using various types of resistive equipment including but not limited to: dumb bells, resistance bands and stability balls. Thur., 12 p.m.

Painting with Acrylics

This is an instructional class for first time painters and also for the advance students wanting to learn new techniques. Over the course of five sessions, produce a painting that will become a family heirloom. The fee for the course is \$40 and includes supplies, plus \$8 for the canvas. Class meets every Thur. at 12:30 p.m.

Acrylic Painting

"The Gift"

Nov. 10—Dec. 15



Fridays

Time	Class	Location
8 a.m.	Quilting	Quilting Room
8:05 a.m.	Walking Club	Recreation Center
8:05 a.m.	ACES	Exercise Room
8:30 a.m.	Dominoes	Activity Room
9 a.m.	Zumba Gold	Exercise Room
9:30 a.m.	Bridge	Game Room
9:30 a.m.	Crochet Club	Craft Room
12:15 p.m.	Clogging	Craft Room

Zumba Gold

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Tues., 9:30 to 10:30 a.m., Fri., 9 to 10 a.m.

Quilting Club

This group is continuing with the tradition of quilting that started many years ago. All quilts are designed and sewn with love. You can place an order or purchase any previously made quilt. Come show off your expertise in quilting and join this group on Wed. & Fri., 8 to 11:30 a.m.

CLOGGING

To learn the basics steps of clogging and dance, come join this fun and exciting group of dancers! Fri., 12:15 to 1:15 p.m.



****REMINDER****

November 8 is Election Day!

If you need a ride to the poll at Brazoria County Library, sign up for the shuttle at the front desk.

Departure times are: 8 a.m.; 10 a.m.; and 12 p.m.

***The ride is from the Knapp Center.**



**November 7
10 a.m. CR**

Come learn of different home care options.

Join us for a hike around Shadow Creek Nature Trail in Pearland.

November 3
9 a.m. \$2



Exercise Equipment Orientation

Learn the proper way to use the equipment without causing injury.

**November 9
9:30 a.m.**



Chocolate Hanger Resale Boutique

November 14
Lobby 8 a.m. - 3 p.m.

Get an early start on your Christmas shopping with new and gently used clothing and accessories.



Every Woman Deserves

**The
Rose**

Quality Breast Health Care

The **Rose** is bringing Mammograms to you!

November 28
Starting at 8 a.m.
*Register at front desk

FOOTBALL FRENZY WEEK AT THE KNAPP



Quilt Festival



November 4
9:30 a.m.
\$5 Van Fee

We will travel to the George Brown Convention Center to see the beautiful display of quilts!

Admission \$9

Grub Club



Cheesecake Factory

November 21
10:30 a.m.
\$2 Van Fee



VETERANS DAY CELEBRATION

Thursday, Nov. 10
10:15 a.m.
AR

Thanksgiving Social

Tuesday, Nov. 15

10 a.m. - 1 p.m.
(doors will not open until 10)

Admission \$7 per person

Lion's Club
3350 S. Main St.



START REGISTERING ONLINE NOW FOR OUR THANKSGIVING AND CHRISTMAS SOCIALS!

