

2009 Sugar Land Senior Center Activities

Planned and self-structured activities

<i>Bridge (2 days/week)</i>	<i>Movies</i>	<i>Splash Days</i>
<i>Cards (daily)</i>	<i>Wii Play</i>	<i>Musical Performances</i>
<i>Mah Jong (3 days/week)</i>	<i>Periodic Library</i>	<i>Murder Mysteries</i>
<i>Dominoes</i>	<i>Pot Lucks (monthly)</i>	<i>Wii Tournaments</i>
<i>42</i>	<i>Book Library</i>	<i>Mardi Gras Parade</i>
<i>Billiards</i>	<i>Special Activities (a sampling of 2009 activities)</i>	<i>Rodeo Party</i>
<i>Puzzles</i>	<i>Health Chats</i>	<i>Pirate Party</i>
<i>Crafts</i>	<i>Legal Chats</i>	<i>Ladies' Lunch Out</i>
<i>Movies Checkout</i>	<i>Fire Safety Chats</i>	<i>Billiards Tournament</i>
<i>Crochet</i>	<i>All Star Baseball Party</i>	<i>Health Fair</i>
<i>Knitting</i>	<i>Super Bowl Party</i>	<i>Vaccinations</i>
<i>Rummikub</i>	<i>Birthday Party</i>	<i>Men's Lunch Out</i>
<i>Walking Club</i>	<i>New Years Eve Party</i>	<i>Turkey Pot Luck</i>
<i>Bunco</i>	<i>Casino Night</i>	<i>Easter Pot Luck</i>
<i>Table Tennis (2 days/week)</i>	<i>Talladega Party</i>	<i>Chocolate Break</i>
<i>Bingo (2 times/month)</i>	<i>Regatta</i>	<i>Tamale Tasting</i>
<i>Computer</i>		

Leisure Classes (some classes are offered on multiple days)

Yoga	Line Dance	Functional Spanish
China Painting	Chinese Brush Painting	English as a Second Language
Mah Jong	AARP Drivers Safety	Mexican Train
Salsa Class	Sit and Be Fit	Dominoes
Art Class	Tai Chi	Learn to Speak Chinese
Computer Buddies	Jazzercise	

Programs that are at capacity:

- Yoga, Mah Jong, AARP Drivers Safety and Art Class
 - Added 2 additional yoga classes - currently have a wait list for all 3 yoga classes
 - Resident participation is 99% for these classes
- Line Dancing, Jazzercise and Salsa
 - Moved to the Sugar Land Community Center
 - Each class has at least 30 participants
 - Line Dancing on Mondays has over 60 participants each week.

Trips

- Mini-trips (local to the Houston area and less than 6 hours)
- Day trips (8 – 12 hours in duration and within 3 hours of Sugar Land)
- Casino day/overnight trips
- Multi-day trips

Dances - 5 Dances are hosted throughout the year.

- All programs are available to both residents and non-residents ages 50 years and up.
- Residents are given a discounted price and are able to register early for programs, classes and activities that require pre-registration.

LIVES OF LONGEVITY

As a medical mecca, Houston has many a resident older than 100, and one place may have cornered **THE CENTENARIAN MARKET**

VOICES OF EXPERIENCE

By **CINDY GEORGE**
HOUSTON CHRONICLE

THE annual "Over 90" Party at Houston's Clarewood House this summer honored Thelma Royalty, born in what was called Indian Territory, native East Texan Mary Kerley and more than 100 residents who have lived at least nine decades.

There were snacks and songs. Clarewood staffers even arranged for live entertainment, but most residents chose to sit and chat.

Kerley, a 101-year-old retired nurse, won't divulge her secret to longevity but confides she "never resisted temptation" and enjoys her red wine.

Such celebrations will



KAREN WARREN : CHRONICLE

ONE AMONG MANY: Thelma Royalty, 104, is one of several Clarewood House residents who have to use all 10 fingers to count the decades of their lives.

only get more common as baby boomers age and today's babies live longer than their parents do.

More than half of those born since 2000 in

wealthy nations, including the United States, can expect to reach their 100th birthday if the increase in life expectancy continues, a

*Please see **OLDEST**, Page B5*

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OLDEST: Some credit their genes

CONTINUED FROM PAGE B1
report in the Oct. 3 edition of The Lancet medical journal said. The average lifespan grew by three decades during the 20th century in the United States, the United Kingdom, Japan and Canada, among others. Last year, U.S. life expectancy reached an all-time high of 78 years.

Japan gaining ground

The United States leads the world in 100-year-old residents with more than 60,000, according to figures released this summer by the Census Bureau and a National Institute on Aging report. But Japan, which has some 40,000 centenarians now, is likely to overtake the U.S. by midcentury.

"Obviously, anyone who is 100 hasn't died of heart disease or cancer, which is what kills most people," said Robert Roush, a geriatrics educator at Baylor College of Medicine's Huffington Center on Aging. "We're living longer because of good public health care and good research in heart disease and

cancer to help us survive."

Clarewood House, a west Houston retirement community and nursing home with 300 residents, has one of Houston's richest concentrations of the "super-old" — those who have lived 80 years or longer. The oldest, 106-year-old Sylvia Burr, died late last month.

"If people have a reason to get up in the morning, they have relationships, good food, activities — and of course I don't want to leave out the spiritual — all of those things cause a human being to have quality of life," said Cindy Jackson, Clarewood's health services administrator.

Born in 1908, Kerley grew up in Nacogdoches County with running water but no electricity. Her family enjoyed music from a Victrola, raised chickens, had a garden and made butter from their cow's milk.

She supposes her genes have kept her alive. Her father lived into his late 80s, her brothers didn't die until their 70s and 80s, and her

sister saw her mid-90s.

Triple digits on the rise

"I do think staying active ... and eating right helps a lot," said Kerley, whose apartment has a stunning view of the Houston skyline. She fills her days with reading, playing cards, cooking, visiting, walking and listening to music.

She's among the fast-growing group of people with triple-digit ages, a population in the United States that is expected to surge to more than 600,000 by 2050.

Thelma Royalty, 104, insists that her faith, hard work and Cherokee stock are what keep her ticking.

Born in January 1905, Royalty said she once caused a stir crossing into Canada by presenting her Indian Territory birth certificate to border agents.

An artist, she recounts stories of relatives who survived the infamous "Trail of Tears" and her upbringing in an Oklahoma farming community before coming to Houston in 1922.

In less than a decade, Americans 65 and older are projected to outnumber those younger than 5 for the first time. The nation's communities will have to be prepared to deal with a burgeoning population of older people, experts say.

Medical meccas, such as Houston, must start training more geriatricians — physicians, nurses, pharmacists, social workers and therapists who know how to care for older people, said Dr. Carmel Dyer, a geriatric medicine internist at the University of Texas Medical School at Houston.

"We wouldn't take a child to a physician who didn't have training in pediatric medicine," Dyer noted.

So what are your prospects for an extra-long life? Roush predicts the current economic downturn might improve our odds.

Longevity increased after the Great Depression of 1929 through the early 1930s, because "people weren't eating as much, drinking as much and not working as much," he said. Job loss also lowered the risk of dying in industrial accidents.

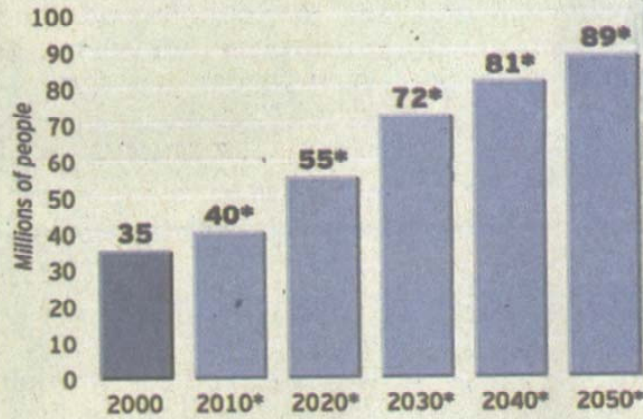
"Maybe the current recession that we're living through, while it's bad, may possibly contribute to some added longevity if that trend were to hold up," he said.

GOLDEN FACTS

Senior population on the rise

The number of older people in America is increasing rapidly, and those reaching 65 are living longer than ever before. Here's a look at the projected trend:

PERSONS AGE 65 OR OLDER in the U.S., in millions

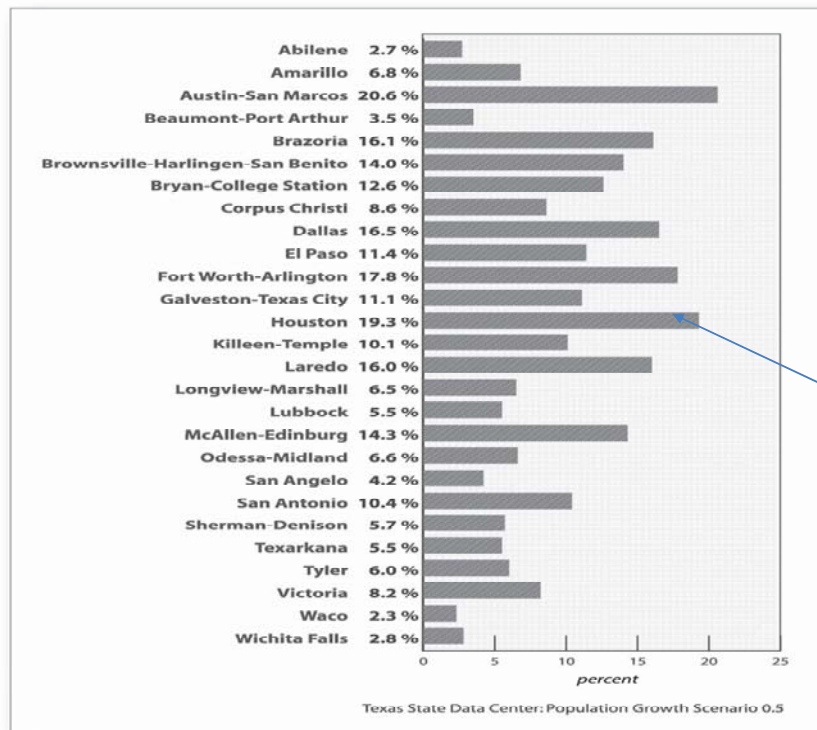


*projected

SOURCES: U.S. Administration on Aging; U.S. Census Bureau

PAUL HORN/CREATORS SYNDICATE

Percent Growth of Older Adult Population by Metropolitan Statistical Area, 2000 to 2005



Fort Bend County is included in Houston Metro Area

Source: Texas Department of Aging and Disability Services