

CLASS SCHEDULE FOR OCTOBER

Registration begins September 9

ACTIVITY	TIME	LOCATION
MONDAYS		
Strength Training w/ Yaffa (in person)	8:30 - 9:30 a.m.	T.E. Harman Room A & B
Strength Training w/ Yaffa (zoom)	8:30 - 9:30 a.m.	Online - Zoom
Advanced Tai Chi w/ Geeta July - Nov. (<i>No registration after first class</i>)	10 - 10:50 a.m.	T.E. Harman Room C & D
Beginner Line Dance w/ Linda	10 - 11 a.m.	T.E. Harman Room A & B
Beginner Smartphone Photography w/ Diane October 7	10 - 11 a.m.	T.E. Harman Activity Room 1
Level 2 Tai Chi w/ Geeta July - Nov. (<i>No registration after first class</i>)	11 - 11:50 a.m.	T.E. Harman Room C & D
Line Dance 3 w/ Linda	11 a.m. - Noon	T.E. Harman Room A & B
Photography Club w/ Diane October 7	11 a.m. - 12:30 p.m.	T.E. Harman Activity Room 1
Absolute Beginner Line Dance w/ Linda Oct. - Nov. (<i>No registration after first class</i>)	12:30 - 1 p.m.	T.E. Harman Room A & B
Learn Mah Jongg (American) w/ Jan Oct. - Nov. (<i>No registration after first class</i>)	1 - 3 p.m.	T.E. Harman Activity Room 2
Art w/ Bobbie Oct. 7, 21 & 28; Fee: \$12 per session	1 - 3 p.m.	T.E. Harman Activity Room 1
Karaoke w/ Luey	1:30 - 4:30 p.m.	T.E. Harman Room C & D
Learn 42 w/ Jean	3 - 4 p.m.	T.E. Harman Activity Room 2
Couples Dance w/ Loy & Bernadine	4:30 - 5:50 p.m.	T.E. Harman Room A & B

281.275.2893

www.SugarLandTX.gov/ParksRegister

Registration Required

Please note that a current membership is mandatory for attendance to any classes, trips, or events.



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ACTIVITY	TIME	LOCATION
Jazz Jam w/ Vicki - <i>Bring your instruments!</i>	4:30 - 5:50 p.m.	T.E. Harman Room C & D
TUESDAYS		
Traditional Chinese Dance w/ Fang-Fang	9 - 10:20 a.m.	T.E. Harman Room C & D
Quilting w/ Connie	9 a.m. - Noon	T.E. Harman Activity Room 1
Dahn Yoga w/ Uzii	9:30 - 10:30 a.m.	T.E. Harman Room A & B
Mixed Dance w/ Tiffany	11 a.m. - Noon	T.E. Harman Room A & B
Grief & Caregiver Support Group October 22	11 a.m. - 12:15 p.m.	T.E. Harman Activity Room 2
Tap Dance w/ Susan - <i>Bring tap shoes!</i>	1 - 1:50 p.m.	T.E. Harman Room C & D
Graphite Drawing & Mix Media w/ Diane Oct. 8, 15, 22 & 29	1 - 3 p.m.	T.E. Harman Activity Room 1
Intermediate Line Dance w/ Angela	1:30 - 3 p.m.	T.E. Harman Room A & B
Beginner+ Guitar w/ Jessica Sept. 3 - March 25, 2025 (<i>No registration after first class</i>)	2:15 - 3:30 p.m.	T.E. Harman Room C & D
Trivia & Games w/ Yasseen	3 - 4 p.m.	T.E. Harman Coffee Bar
Learn Bridge w/ Madhu	3:15 - 5:15 p.m.	T.E. Harman Activity Room 1
Creative Dance w/ Hsiang	3:30 - 5 p.m.	T.E. Harman Room A & B
Beginner Spanish w/ Saby Sept. 3 - Nov. 5; Fee: \$150 (<i>No registration after first class</i>)	4 - 5:30 p.m.	T.E. Harman Activity Room 1
WEDNESDAYS		

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Yoga w/ Ken	8:20 - 9:20 a.m.	T.E. Harman Room A & B
Chair Yoga w/ Nina	9:30 - 10:20 a.m.	T.E. Harman Room A & B
Chinese Calligraphy w/ Peter	9:30 - 11 a.m.	T.E. Harman Activity Room 1
Hand Painted Photo Art w/ Jerry Oct. 2, 9 & 16	9:30 - 11 a.m.	T.E. Harman Activity Room 2
Traditional Chinese Dance w/ Ji Rong	9:30 - 11 a.m.	T.E. Harman Room C & D
Line Dance 4 w/ Angela	10:30 a.m. - Noon	T.E. Harman Room A & B
Beginner Tai Chi w/ Geeta July - Nov. (<i>No registration after first class</i>)	11:30 a.m. - 12:30 p.m.	T.E. Harman Room C & D
Grief & Loss Group Counseling w/ Marolyn October 16	11:30 a.m. - 12:30 p.m.	T.E. Harman Activity Room 2
Hula w/ Gloria	1:30 - 2:30 p.m.	T.E. Harman Room C & D
Knitting & Crochet w/ Marsha	1:30 - 3 p.m.	T.E. Harman Activity Room 1
Creative Dance w/ Hsiang	2:30 - 4 p.m.	T.E. Harman Room A & B
Beginner Spanish w/ Saby Sept. 4 - Nov. 6; Fee: \$150 (<i>No registration after first class</i>)	4 - 5:30 p.m.	T.E. Harman Activity Room 1
Dance Practice w/ Loy & Bernadine	4:30 - 5:50 p.m.	T.E. Harman Room A & B

THURSDAYS

Bolly X w/ Raj	8:30 - 9:20 a.m.	T.E. Harman Room A & B
Yoga w/ Sai (Advanced)	9:15 - 10:15 a.m.	T.E. Harman Room C & D

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Quilt for Kids w/ Cheryl No class Oct. 31	9:30 a.m. - Noon	T.E. Harman Activity Room 1
Book Club w/ Sylvia October 10	10 - 10:50 a.m.	T.E. Harman Activity Room 2
Let's Groove w/ Terri	10 - 10:50 a.m.	IPRC Exercise Room
Line Dance 5 w/ Vicki	10 - 11:30 a.m.	T.E. Harman Room A & B
Medicare 101 w/ Ginger & Jane October 24	10 - 11 a.m.	T.E. Harman Activity Room 2
Martial Arts w/ Jenny	10:30 - 11:30 a.m.	T.E. Harman Room C & D
Merrill Lynch Financial Talk October 3	10:30 - 11:30 a.m.	T.E. Harman Activity Room 2
Arts & Crafts w/ Frances Oct. 3, 10 & 17	1 - 3 p.m.	T.E. Harman Activity Room 1
Spanish w/ Ashok July 18 - Nov. 14 (<i>No registration after first class</i>)	3:15 - 5:30 p.m.	T.E. Harman Activity Room 2
FRIDAYS		
Strength Training w/ Yaffa (in person)	8:30 - 9:30 a.m.	T.E. Harman Room A & B
Strength Training w/ Yaffa (zoom)	8:30 - 9:30 a.m.	Online - Zoom
Traditional Chinese Dance w/ Fang-Fang	9 - 11 a.m.	T.E. Harman Room C & D
Chinese Brush Painting w/ ZJ	9:45 - 11:15 a.m.	T.E. Harman Activity Room 1
Breathing & Laughing Yoga w/ Asha	10 - 10:50 a.m.	T.E. Harman Room A & B
Conversational ESL w/ Connie	10:30 a.m. - Noon	T.E. Harman Activity Room 2

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Tech Help w/ Amy Select Fridays - Call to check schedule!	11 a.m. - 2 p.m.	T.E. Harman Kitchen
Line Dance 2 w/ Pearl	11:30 a.m. - 12:20 p.m.	T.E. Harman Room C & D
Art Doodle w/ Lettie	11:30 a.m. - 1:30 p.m.	T.E. Harman Activity Room 1
Level 4+ Line Dance w/ Angela	1:30 - 3 p.m.	T.E. Harman Room C & D

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GAMES	TRIPS & EVENTS
Mah Jongg (American) Mondays from 9 a.m. - 1 p.m. - Activity Room 2	Halloween Costume Party Thursday, Oct. 31 from 3 - 5 p.m. Pricing: \$10 per person
Bridge Mondays from 3 - 5 p.m. - Activity Room 1	
Canasta & Cribbage Tuesdays from Noon - 5 p.m. - Activity Room 2	
Scrabble Wednesdays from 1 - 3 p.m. - Activity Room 2	
42 Thursdays from 1 - 5 p.m. - Activity Room 2	
Hand & Foot Thursdays from 1 - 5 p.m. - Room C & D	
Mexican Train & Games w/ Molly Oct. 10 & 24 from 1 - 3 p.m. - Room C & D	
Duplicate Bridge Thursdays from 2 - 5 p.m. - Room A	
Chess w/ Dennis Fridays from 1 - 4:30 p.m. - Activity Room 2	
Monthly Bingo Oct. 4 & 18 from 1 - 3 p.m. - Room A & B	

If you have any other questions, comments, or concerns, please feel free to contact us!

Phone Number: 281.275.2893

Email: Seniors@SugarLandTX.gov

Website: SugarLandTX.gov/122/TE-Harman-Senior-Center

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