

CLASS SCHEDULE FOR MAY

Registration begins April 7

CLOSED MAY 26

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
Chair Yoga w/ Lisa	9 - 9:40 a.m.	T.E. Harman Room C & D
Advanced Tai Chi w/ Geeta Jan. - June (<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 Tai Chi w/ Geeta Jan. - June (<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
Learn Mah Jongg (American) w/ Jan March - April (<i>No registration after first class</i>)	1 - 3 p.m.	T.E. Harman Activity Room 2
Art w/ Bobbie May 5 & 19; Fee: \$15 per class	1 - 3 p.m.	T.E. Harman Activity Room 1
Fitness Class w/ Melissa	1 - 1:45 p.m.	T.E. Harman Room A & B
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
TUESDAYS		
Balance & Flexibility Movements w/ Barb	8:20 - 9:20 a.m.	T.E. Harman Room A & B
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/ Terri	11 - 11:50 a.m.	T.E. Harman Room A & B
Grief & Caregiver Support Group May 27	11 a.m. - 12:15 p.m.	T.E. Harman Activity Room 2
Smartphone Photography (Walk around) w/ Diane May 27	12:30 - 1:30 p.m.	T.E. Harman Activity Room 1
Drawing/Graphite Pencil w/ Diane NO ART IN MAY	12:30 - 3 p.m.	T.E. Harman Activity Room 1
ESL w/ Susan	12:30 - 1:30 p.m.	T.E. Harman Activity Room 2
Tap Dance w/ Susan - Bring tap shoes!	1 - 1:50 p.m.	T.E. Harman Room C & D
Photography Club w/ Diane May 27	1:30 - 2:45 p.m.	T.E. Harman Activity Room 1
Intermediate Line Dance w/ Angela	1:30 - 3 p.m.	T.E. Harman Room A & B
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

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WEDNESDAYS		
Learn to Shoot Pool w/ Payne	8 – 10 a.m.	T.E. Harman Pool Area
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/ Mei	9:30 - 11 a.m.	T.E. Harman Activity Room 1
Art Photo w/ Jerry May 7, 14, & 28	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
Level 2 Tai Chi w/ Geeta Jan. - June (<i>No registration after first class</i>)	11:30 a.m. - 12:30 p.m.	T.E. Harman Room C & D
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
Level Two Spanish w/ Saby Apr. 2 - Jun. 25; Fee: \$150 (<i>No registration after first class</i>)	3:30 - 4:20 p.m.	T.E. Harman Activity Room 1
Level One Spanish w/ Saby Apr. 2 - Jun. 25; Fee: \$150 (<i>No registration after first class</i>)	4:15 - 5:30 p.m.	T.E. Harman Activity Room 1
Couples Dance w/ Loy & Bernadine	4:30 - 5:50 p.m.	T.E. Harman Room A & B

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THURSDAYS		
Chair Yoga w/ Liz	8:15 - 9 a.m.	T.E. Harman Room C & D
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
Quilt for Kids w/ Cheryl	9:30 a.m. - Noon	T.E. Harman Activity Room 1
Book Club w/ Sylvia May 8	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
Martial Arts w/ Jenny	10:30 - 11:30 a.m.	T.E. Harman Room C & D
Health Chat w/ Dr. Charania May 15	10:30 - Noon	T.E. Harman Activity Room 2
Nutriton Talk w/ My Fit Foods	11 a.m. - Noon	T.E. Harman Activity Room 2
Percussion Fun for Everyone	11:30 a.m. - 1 p.m.	T.E. Harman Room B
Arts & Crafts w/ Frances May 1, 8, 22	1 - 3 p.m.	T.E. Harman Activity Room 1
Spanish w/ Ashok Feb. 27 - May 15 (<i>No registration after first class</i>)	3:30 - 5:30 p.m.	T.E. Harman Activity Room 1

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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
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
U Tube Karaoke	1 - 4 p.m.	T.E. Harman Room C & D

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GAMES	TRIPS & EVENTS
Mah Jongg (American) Mondays 9 a.m. - 1 p.m. - Activity Room 2	3rd Annural Crawfish Boil May 15 11:30 a.m. – 1:30 p.m. Fee: \$10
Bridge Mondays 3:15 – 5:15 p.m. - Activity Room 1	White Elephant Bingo May 30 1:30 – 3 p.m. Bring Wrapped or Bagged Item (\$5 Value)
Canasta & Cribbage Tuesdays 2 - 5 p.m. - Activity Room 2	
Scrabble Wednesdays 1 - 3 p.m. - Activity Room 2	
42 Thursdays 1 - 5 p.m. - Activity Room 2	
Hand & Foot Thursdays 1 - 5 p.m. - Room A	
Mexican Train & Games w/ Molly May 8 & 22 1 - 3 p.m. - Room A	
Duplicate Bridge Thursdays 1:15 - 5 p.m. - Room C & D	
Chess w/ Dennis Fridays 1 - 4:30 p.m. - Activity Room 2	
Monthly Bingo May 2 & 16 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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