

Class Schedule for March

Registration begins February 2

Mondays

Activity	Time	Location
Strength Training w/ Yaffa (In Person)	8:30 - 9:30 a.m.	T.E. Harman Room A & B
Virtual 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
Art w/ Bobbie March 2, 16, 23, & 30; Fee: \$15 per class	1 - 3 p.m.	T.E. Harman Activity Room 1
Mah Jongg Class w/ Jan Mar. - Apr. (Limited Space)	1 - 3 p.m.	T.E. Harman Activity Room 2
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.



Parks & Recreation

Class Schedule for March

Registration begins February 2

Tuesdays

Activity	Time	Location
Balance & Flexibility w/ Barb	8:15 - 9 a.m.	T.E. Harman Room A & B
Traditional Chinese Dance w/ FanFan	9 - 10 a.m.	T.E. Harman Room C & D
Quilting for Fun 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
Advanced Guitar w/ Yolando	10:15 - 12:15 p.m.	T.E. Harman Room C & D
Mixed Dance w/ Terri	11 - 11:50 a.m.	T.E. Harman Room A & B
Guitar w/ Jessica	12:30 - 1:30 a.m.	T.E. Harman Room C & D
ESL w/ Susan	12:30 - 1:30 p.m.	T.E. Harman Activity Room 2
Watercolor w/ Diane March 3, 10, 17, & 24	12:30 - 2:45 a.m.	T.E. Harman Activity Room 1
Beginner Photography w/ Diane March 24	12:30 - 1:30 a.m.	T.E. Harman Activity Room 1
Photography Club Diane March 24	1:30 - 2:45 p.m.	T.E. Harman Activity Room 1
Line Dance 4+ w/ Angela	1:30 - 3:10 p.m.	T.E. Harman Room A & B
Advanced Tap Dance w/ Susan	2:10 - 3 p.m.	T.E. Harman Room C & D
Beginner Tap Dance w/ Susan	3 - 3:45 p.m.	T.E. Harman Room C & D
Advanced Creative Dance w/ Hsiang	3:30 - 5 p.m.	T.E. Harman Room A & B

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Wednesdays

Activity	Time	Location
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	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
Beginner Line Dance w/ Joanie	3:30 - 4:30 p.m.	T.E. Harman Room C & D
Level Two Spanish w/ Saby Jan. 7 - Mar. 25 (<i>No registration after first class</i>)	3:15 - 4:30 p.m.	T.E. Harman Activity Room 1
Level One Spanish w/ Saby Jan. 7 - Mar. 25 (<i>No registration after first class</i>)	4:30 - 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

Activity	Time	Location
Chair Yoga w/ Barb	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
Advanced Yoga w/ Sai Not for Beginners	9:15 - 10:15 a.m.	T.E. Harman Room C & D
Quilting for Kids w/ Cheryl	9:30 a.m. - Noon	T.E. Harman Activity Room 1
Book Club w/ Sylvia March 12	10 - 11 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
Mah Jongg Class w/ Lynda Mar. - Apr. (Limited Space)	12 - 2 p.m.	T.E. Harman Activity Room 2
Art & Crafts w/ Frances	1 - 3 p.m.	T.E. Harman Activity Room 1
Spanish w/ Ashok Jan. 22 - March 26 (<i>No registration after first class</i>)	3:15 - 5:15 p.m.	T.E. Harman Activity Room 1

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Parks & Recreation

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Fridays

Activity	Time	Location
Strength Training w/ Yaffa (in person)	8:30 - 9:30 a.m.	T.E. Harman Room A & B
Virtual Strength Training w/ Yaffa (zoom)	8:30 - 9:30 a.m.	Online - Zoom
Traditional Chinese Dance w/ FanFan	9 - 10 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
Traditional Chinese Dance w/ Ji Rong	10 - 11 a.m.	T.E. Harman Room C & D
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	11:15 a.m. - 12:15 p.m.	T.E. Harman Room A & B
Art Doodle w/ Lettie	11:30 a.m. - 1:30 p.m.	T.E. Harman Activity Room 1
U-Tube Karaoke w/ Pearl & Loy	1:30 - 4 p.m.	T.E. Harman Room C & D
Piano w/ Jennifer Jan. - Mar.	2 - 4 p.m.	T.E. Harman Activity Room 1

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Games

Mah Jongg (American)

Mondays | 9 a.m. - 1 p.m. | Activity Room 2

Rummikub w/ Nada

Mondays | 10:30 – 12:30 p.m. | Activity Room 1

Bridge

Mondays | 3:15 - 5:15 p.m. | Activity Room 1

Learn Bridge w/ Madhu

Tuesdays | 3:15 - 5:15 p.m. | Activity Room 1

Canasta & Cribbage

Tuesdays | 2 - 5 p.m. | Activity Room 2

Scrabble

Wednesdays | 1 - 3 p.m. | Activity Room 2

“42”

Thursdays | 2:15 - 5 p.m. | Activity Room 2

Hand & Foot

Thursdays | 1 - 5 p.m. | Room B

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

March 6 & 20 | 1:30 - 3:30 p.m. | Room A & B

Trips & Events

Pool Tournament

March 11 | Wednesday | Starts at 9 a.m.

Saint Patrick's Day Event

March 17 | Tuesday | 2 - 4 p.m. | Fee: \$15

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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