

**FOR IMMEDIATE RELEASE
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**Harris County Precinct Three
Hockley Community Center
28515 Old Washington Road
Hockley, Texas 77447**

Hockley Community Center Presents Special Events

In addition to regularly scheduled activities – knitting, crocheting, quilting, oil painting, yoga, stretching, exercise classes, cards and dominoes – Harris County Precinct Three Commissioner Steve Radack’s Hockley Community Center is offering the following events and activities:

Beginning Mah Jongg

Mary Anne McBride is teaching the basics of the game as played in the USA according to National Mah Jongg League rules on Mondays in February from 1 p.m. until 3 p.m. Call (713) 274-3220 to join the fun.

Beginning ‘42’ Dominoes

Learn how to play a game that has a 120-year tradition in Texas and is one of the most popular games at our Hockley Community Center. Experienced players will be standing by on Tuesdays from 10:15 a.m. until 12 p.m. starting February 5th to train you and get you joining the fun in next to no time. Call (713) 274-3220 for details and to sign up.

Free P.M. Yoga Class

Come on Tuesday evenings from 5 p.m. until 6 p.m. for Yoga. The class is a combination of various types of yoga and incorporates strengthening, stretching, balancing and relaxation. Ages 12 years and up, and all levels, beginner, intermediate and advanced are welcome to attend. Space is limited. Call (713) 274-3220 for more details.

Benefits for Seniors

Cynthia Rahming with the Harris County Area Agency on Aging (AAA) is speaking about Medicare and other benefits for Seniors on February 7th from 11:15 am until 12:15 p.m. The Extra Help Program and Yearly Wellness Visits will be two of the subject matters to be discussed, as well as AAA Access and Assistance Services, one-on-one Benefits Counseling, Care Coordination, and Residential Repair or Modification. Call (713) 274-3220 to register for the presentation.

The Ins and Outs of Meals on Wheels

Melissa Collins from Interfaith Ministries is speaking about how Seniors can go about signing up for Meals on Wheels when the need arises. She will explain how the program works and how you can register to become one of the much needed volunteers on February 7th from 1:15 p.m. until 1:45 p.m. Call (713) 274-3220 to sign up.

Senior Valentine's Celebration

Seniors are celebrating the upcoming holiday with a theme of "Things that Are Good for Your Heart" on February 8th from 10 a.m. until 3 p.m. when they play card and domino games. Share heart-healthy foods at lunchtime and bring other thoughtful surprises to warm your friends' hearts.

Crafting and Caring Family Craft Night

On February 11th from 5:30 p.m. until 7 p.m. families are making crafts to give to people they care about and for others who need caring about. Call (713) 274-3220 for details and the supply list.

Lunchtime "Whodunit" Book Club

All curious minds are welcome to attend the monthly "Whodunit" Book Club. The group will discuss *The Da Vinci Code* on February 12th and *Angels and Demons* March 12th from 11:30 a.m. until 12:30 p.m. Both are by Dan Brown. Newcomers are always welcome to join and share their thoughts while having a sandwich or other sack lunch type food. Call (713) 274-3220 for more information.

Senior Bus Trip to Huntsville

Seniors can now sign up for a driving tour of Huntsville (\$3 for the guided tour), The Texas Prison Museum (\$3 museum admission), and H.E.A.R.T.S. Veterans Museum of Texas (\$3 museum admission) on February 21st. The bus departs at 8:30 a.m. Lunch will be on your own at Olive Garden. Registration is required. Call (713) 274-3220 for more information.

Share and Sample Carnival Foods

On February 25th from 12 p.m. until 1:30 p.m. everyone is invited to share and enjoy their favorite carnival food. Please bring your recipe for sharing also. Call (713) 274-3220 for more information.

Mediation before Litigation

Mediator Paul Rodriguez, Jr. will explain how having an impartial go-between can help in solving disputes with insurance disputes, contractors, in divorces, lawsuits, and other problematic disagreements. He will speak about what to expect from a mediator, what to look for in the mediation process, and what can be accomplished to resolve disputes without having to go before a court. Wednesday, February 27th from 1 p.m. until 3 p.m. Call (713) 274-3220 to sign up.

History Discussion Group

A monthly discussion group is uncovering history using books, magazines, and movies on February 28th and March 28th from 1:30 p.m. until 3:30 p.m. All are invited to join and decide which topics to talk about during future meetings. Call (713) 274-3220 to register.

Senior Mardi Gras Celebration

On March 1st Seniors can enter a Mardi Gras Mask Contest while playing cards and dominoes, and sharing potluck luncheon. The contest runs from 11 a.m. until right before lunch. Prizes will be ribbons, beads, and a good time.

Legal Topics: Health Law

On March 4th from 10:30 a.m. until 11:30 a.m. American Health Lawyer Mark T. Phelps gives an overview of what Health Law encompasses and how it helps and protects patients. Mr. Phelps will also speak about what patients or their loved ones can do if something goes wrong in a health care setting, how to go about handling billing disputes, explain terms such as "balance billing" and how to make

sure that living wills get taken into account towards the end of life. The program will be rounded out by a brief Questions and Answers session. Call (713) 274-3220 to sign up.

Senior Bus Trip to the Houston Livestock Show

Join other Seniors for a fun day at the Livestock Show. Visit the Carnival, The Junction, The Stars over Texas Stage, The Adventure area, or enjoy shopping and dining on March 6th, which is one of the Senior Value Days. Admission to the grounds will be free for Seniors 60 and over. Bring picture ID to show at the gate; otherwise, admission is \$15. Lunch is on your own at Reliant Park. This daytime trip does not include rodeo and concert performances. Call (713) 274-3220 for information on how to register.

Master of Memory Series

Texas A&M Agrilife Extension is offering the six-session Master of Memory program at Hockley Community Center on Thursdays from 12:30 p.m. until 2 p.m. starting on March 7th. The series provides helpful information about memory function and strategies to help improve memory. Call (713) 274-3220 for more information and to register.

Free Health Screenings

The Christus Health Foundation Health Screening Mobile Unit will be on-site on March 8th from 9:30 a.m. until 12:30 p.m. providing preventative health screenings for adults ages 18 and up. Screenings include blood pressure check, glucose testing, and cholesterol (lipid panel). Fasting is preferred. Call (713) 274-3220 for more information.

Family Craft Night

Our 2nd Monday Craft Night on March 11th from 5:30 p.m. until 7 p.m. will feature projects that revolve around March Trivia. Did you know that the Hula Hoop was patented in March? Call (713) 274-3220 for more details and to register for this fun program for all ages.

Senior St. Patrick's Day Celebration

On March 15th Seniors are bringing in Irish and green potluck foods for lunch to celebrate St. Patrick's Day while playing cards and dominoes from 10 a.m. until 3 p.m. Wearing green clothes, hats and shamrock pins will make the day even more enjoyable.

'42' Dominoes Tournament

Come use your skills and try your luck at winning a ribbon on March 25th from 12:30 p.m. until 3 p.m. in the annual Hockley Community Center '42' Tournament. Partners will be determined by drawing and there will be refreshments at halftime. Sign-up is requested in person or by calling (713) 274-3220.

Special note:

Advance registration for special activities is typically requested. An adult must accompany and remain with anyone under the age of 18 visiting the center. The Hockley Community Center is part of the Harris County Precinct Three Recreation Complex at 28515 Old Washington Road in Hockley. A calendar of events is available at the Harris County Precinct Three website at www.pct3.com. For more information, call (713) 274-3220.

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