

MON	TUES	THURS
	1. Salisbury Beef w/ gravy Parslied potatoes Garden veggies Fresh fruit	3. Sloppy Joe Mixed beans Veggies Vanilla pudding
7. Lemon Pepper Fish Rice Mixed veggies Fresh fruit	8. Turkey Pastrami Black-eyed peas Diced beets Fresh banana	10. Turkey Rice Casserole Green beans Sliced carrots Fudge cream cookie
14. Meatloaf w/ gravy Potatoes Brussels sprouts and corn Fresh Fruit	15. Ham and White Beans Peas and carrots Spinach Fresh fruit	17. Smoked Sausage Potatoes Broccoli White cake
21. Chicken Meatballs Pasta Italian veggies Fresh fruit	22. Turkey Mac and Cheese Sliced carrots Country tomatoes Fresh banana	24. Birthday Lunch
28. Chicken and Rice Stewed tomatoes Fresh fruit	29. Beef Patty Ranch beans Peach cobbler	31. Vegetable Beef Soup Butternut Squash Cabbage Animal crackers

LUNCH INFO

- Lunch service begins at 11:30 a.m.
- Lunch is subsidized by the Galveston County Parks and Cultural Services
You must reside in Galveston County to participate in lunch program.

Funding for the congregate meal program is provided by the Houston-Galveston Area Council and the Texas Health and Human Services Commission.

Birthday Lunch and Bingo are sponsored by The Friends of League City Seniors Foundation.
Birthday Lunch cost is \$2 per person.

Membership, Daily Fitness Pass is required to participate in any class and/or activity.

OCTOBER

2019

League City Senior Citizen Program



HomeTown Heroes Park
1001 East League City Parkway
League City, Texas 77573

Contact Information:
Lydia Rodriguez
lydia.rodriguez@leaguecitytx.gov
(281) 554-1180



October

	Monday	Tuesday/Thursday	Wednesday	Friday
7 am - 3 pm		Pickleball -Gym 1		Pickleball-Gym 1 (October 11 and 25)
7:50 am	Jazzercise No class on Oct. 14	Jazzercise No Jazzercise on Oct. 10	Jazzercise	Jazzercise-Oct. 18 only
9 am	Zumba	Zumba Jazzercise-Gym 2 No Jazzercise on Oct. 10	Zumba	Zumba Jazzercise-Oct. 18 only
10 am	Yoga Pilatai -Gym 2	Line Dance	Line Dance Pilatai-Gym 2	Line Dance Pilatai-Gym 2
11 am		Tap - Gym stage	Yoga Walk w/ Ease-Gym 2	Yoga Tap-Gym stage
11:30 am	Lunch	Lunch Social Dance (Tues. only)		
12 pm	Walk w/Ease-Gym 2	Beginner Tap (Thurs. only)		Walk w/Ease-Gym 2
12:30 pm		Watercolor (Tues only at Rec Center)	Watercolor (Rec Center)	
1 pm - 3 pm	Open Beginner Pickleball- Gym 2		Ballroom Dance- Intro to Pickleball- Gym 2	

Saturday Pickleball from 2 to 7 pm on October 19 and 26 only.

- All classes are held in the multipurpose room (MPR) unless otherwise indicated.
Rec Center is located at 450 West Walker St.
- Membership, Daily Fitness Pass or Fitness Punch Card are required to participate in any class and/or activity.
- Children under the age of 12 are not eligible to participate in adult classes.
- For your safety and theirs, children under 12 are not allowed in classes.



Harvest Fest
October 19, 2019
League Park, 512 Second St.
10 am to 2 pm
Craft show begins at 9 am.

MEMBERSHIP INFO

55 years and older

League City Resident: *FREE*

Non-Resident: \$25/year

54 years and younger:

Resident Daily Drop In: \$8

Non-Resident Daily Drop In: \$12

Resident membership: \$95

Non-Resident membership: \$145

Ceramic Classes

Class location: The Ceramic Center

October session: Oct. 9 and 23

Resident Fee: \$5 (effective Oct. 1, 2019)

Non-Resident Fee: \$35

Ballroom Dance

Hometown Heroes Park

Wednesdays

1 to 3:00 p.m.

No formal instruction.

All ages are welcome

Fee Schedule for

Ballroom Participants

54 and younger:

Annual Resident Fee: \$25

Annual Non-Resident Fee: \$37.50

Resident Daily Fee: \$3

Non-Resident Daily Fee: \$5

