



June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
3 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:30 Yoga 107 11:00 Jewelry Making* 122 12:00 Best Years Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 107	4 9:30 - 11:30 Blood Pressure & BMI Checks with Bmt Health Dept 9:30 Drawing 122 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107 2:00 Technology 1 123	5 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:00 Diabetes Education 122 10:30 Spanish 1 124 11:30 Spanish 2 124 1:00 Martial Arts 107 2:00 Technology 2 123	6 9:30 Painting 122 10:00 Beg. Technology 123 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107	7 8:00 Aerobics 107 9:30 Sign Language 124 10:00 Crochet* 109 10:30 Yoga 107 12:00 Best Years Bridge* 109
10 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:30 Yoga 107 11:00 Jewelry Making* 122 12:00 Best Years Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 107	11 9:30 Drawing 122 10:00 Prescription Drug Safety 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107 2:00 Technology 1 123	12 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:00 Diabetes Education 122 10:30 Spanish 1 124 11:30 Spanish 2 124 1:00 Martial Arts 107 2:00 Technology 2 123	13 9:30 Painting 122 10:00 Beg. Technology 123 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107 2:00 Book Club - <i>The Lady Travelers Guide to Scoundrels & Other Gentlemen</i> by Victoria Alexander 124	14 8:00 Aerobics 107 9:30 Sign Language 124 10:00 Crochet* 109 10:30 Yoga 107 12:00 Best Years Bridge* 109 1:00 Nutrition 122 1:30 Lakeside Movie: <i>Singing in the Rain</i> Popcorn Served! 107
17 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 121 10:30 Yoga 107 11:00 Jewelry Making* 122 12:00 Best Years Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 107	18 9:30 Drawing 122 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107 2:00 Technology 1 123	19 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:00 Diabetes Education 122 10:30 Spanish 1 124 11:30 Spanish 2 124 1:00 Martial Arts 107 2:00 Technology 2 123	20 9:30 Painting 122 10:00 Beg. Technology 123 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107	21 8:00 Aerobics 107 9:30 Sign Language 112 10:00 Crochet* 121 10:30 Yoga 124 12:00 Best Years Bridge* 121
24 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:30 Yoga 107 11:00 Jewelry Making* 122 12:00 Best Years Bridge* 109 12:00 Martial Arts 107 1:00 Ballroom Dance 107	25 9:30 Drawing 122 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107 2:00 Technology 1 123	26 8:00 Aerobics 107 9:00 Pottery Painting 118 10:00 Crochet* 109 10:30 Spanish 1 124 11:30 Spanish 2 124 1:00 Martial Arts 107 2:00 Technology 2 123	27 9:30 Painting 122 10:00 Beg. Technology 123 11:00 Tai Chi 107 12:30 Line Dancing 1 107 1:00 Zumba Gold 112 1:30 Line Dancing 2 107	28 8:00 Aerobics 107 9:30 Sign Language 124 10:00 Crochet* 109 10:30 Yoga 107 12:00 Best Years Bridge* 109 1:00 Nutrition 122

* Denotes a Social Group

Hours of Operation
 Monday - Friday
 7:30a - 4:00p

Open Daily Activities: Gym | Billiards | Game Room

Lakeside Center
 150 Magnolia Street
 Beaumont, TX 77701
 (409) 838 - 1902
 discoverbeaumont.com

Lakeside Center Course Offerings

Ballroom Dance: Enjoy this low impact activity to learn rhythmic step-patterns to specific types of music.

Book Club: Join a “Book Club of the Month” Discussion facilitated by the Beaumont Public Library.

Diabetes Education: This weekly class is facilitated by the City of Beaumont Health Department and offers important guidance to individuals living with diabetic conditions.

Drawing: Learn basic drawing and sketching techniques. Work with an ebony pencil and eraser. No talent necessary.

Lecture Series: Learn about a variety of programs and services offered by the City of Beaumont.

Line Dancing: Learn choreographed dances to different songs. No dance partner necessary.

Low-Impact Aerobics: Low-impact aerobics is a great way to stay in shape as we age by stretching and strengthening muscles, reducing stress, preventing injury and helping lower blood pressure.

Martial Arts: This senior course helps increase strength and flexibility while sharpening mental focus with an emphasis on personal safety.

Nutrition: Learn to shop on a budget and gain knowledge about healthy eating. Many classes provide recipes and have food samples.

Painting: Learn basic painting techniques and create your own art (six week course).

Pottery Painting: A knowledgeable instructor assists participants with various painting techniques to create a beautiful piece of pottery each month (four week course). All levels of skill are welcome.

Sign Language: Improve dexterity and mental awareness while learning an entirely new way to communicate through American Sign Language.

Spanish: Learn a second language in our Beginner or Advanced Spanish classes.

Tai Chi: This course is good for the body and mind. Learn to lower stress and blood pressure, increase balance and flexibility, and reduce arthritis pain.

Technology: Three levels of training are available in our Beginning (computer basics, including smart phones), Technology I (Microsoft Word), and Technology II (Microsoft Excel and PowerPoint) classes.

Yoga: Come learn relaxation techniques while toning and strengthening muscles from the comfort of a chair or on the floor.

Zumba Gold: This course offers a fun-filled way to improve endurance while strengthening your cardiovascular system and increasing your range of motion.

These activities are available daily, Mon – Fri from 7:30 a.m. - 4:00 p.m.:

Gym | work out with a variety of equipment on site

Billiards Room | enjoy friendly competition in a game of pool or dominos

Game Room | available for group games (by reservation), reading, socialization or relaxation

Walking | walk laps inside the center or outside on our scenic walking trails

**Social groups are coordinated through individual volunteers and are not sponsored by the Lakeside Center. To join these groups, contact the center at 838-1902 for more information.*