


JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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</p>	<p>2</p> <p>9:30 DRAWING 122 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107 2:00 TECHNOLOGY II 123</p>	<p>3</p> <p>8:00 AEROBICS 107 9:00 POTTERY PAINTING 118 10:00 CROCHET* 109 10:30 ARMCHAIR TRAVEL 123 12:00 LOTERÍA* 109 12:00 MARTIAL ARTS 107 2:00 TECHNOLOGY III 123</p>	 <p>5</p> <p>8:00 AEROBICS 107 9:30 SIGN LANGUAGE 124 10:00 CROCHET* 109 10:30 YOGA 107 12:00 BEST YEARS BRIDGE* 109</p>	
<p>8</p> <p>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</p>	<p>9</p> <p>9:30 DRAWING 122 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107 2:00 TECHNOLOGY II 123</p>	<p>10</p> <p>8:00 AEROBICS 107 9:00 POTTERY PAINTING 118 10:00 CROCHET* 109 10:00 DIABETES EDUCATION 122 10:30 ARMCHAIR TRAVEL 123 12:00 LOTERÍA* 109 12:00 MARTIAL ARTS 107 2:00 TECHNOLOGY III 123</p>	<p>11</p> <p>9:00 PAINTING 122 10:00 SOCIAL MEDIA 123 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107 2:00 BOOK CLUB: <i>NINE PERFECT STRANGERS</i> BY LIANE MORIARTY 123</p>	<p>12</p> <p>8:00 AEROBICS 107 9:30 SIGN LANGUAGE 124 10:00 CROCHET* 109 10:30 YOGA 107 12:00 BEST YEARS BRIDGE* 109 1:30 LAKESIDE MOVIE: <i>FORREST GUMP (1994)</i> 107</p>
<p>15</p> <p>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 12:00 TOASTMASTERS* 102 1:00 BALLROOM DANCE 107</p>	<p>16</p> <p>9:30 DRAWING 122 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107 2:00 TECHNOLOGY II 123</p>	<p>17</p> <p>8:00 AEROBICS 107 9:00 POTTERY PAINTING 118 10:00 CROCHET* 109 10:00 DIABETES EDUCATION 122 10:30 ARMCHAIR TRAVEL 123 12:00 LOTERÍA* 109 12:00 MARTIAL ARTS 107 2:00 TECHNOLOGY III 123</p>	<p>18</p> <p>9:00 PAINTING 122 10:00 SOCIAL MEDIA 123 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107</p>	<p>19</p> <p>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 RECIPE SWAP 122</p>
<p>22</p> <p>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</p>	<p>23</p> <p>9:30 DRAWING 122 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107 2:00 TECHNOLOGY II 123</p>	<p>24</p> <p>8:00 AEROBICS 107 9:00 POTTERY PAINTING 118 10:00 CROCHET* 109 10:00 DIABETES EDUCATION 122 10:30 ARMCHAIR TRAVEL 123 12:00 LOTERÍA* 109 12:00 MARTIAL ARTS 107 2:00 TECHNOLOGY III 123</p>	<p>25</p> <p>9:00 PAINTING 122 10:00 SOCIAL MEDIA 123 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107</p>	<p>26</p> <p>8:00 AEROBICS 107 9:30 SIGN LANGUAGE 124 10:00 CROCHET* 109 10:30 YOGA 107 12:00 BEST YEARS BRIDGE* 109</p>
<p>29</p> <p>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</p>	<p>30</p> <p>9:30 DRAWING 122 11:00 TAI CHI 107 12:30 LINE DANCING I 107 1:30 LINE DANCING II 108 1:30 ZUMBA GOLD 107 2:00 TECHNOLOGY II 123</p>	<p>31</p> <p>8:00 AEROBICS 107 9:00 POTTERY PAINTING 118 10:00 CROCHET* 109 10:00 DIABETES EDUCATION 122 10:30 ARMCHAIR TRAVEL 123 12:00 LOTERÍA* 109 12:00 MARTIAL ARTS 107 2:00 TECHNOLOGY III 123</p>	<p>MONDAY - FRIDAY 7:30AM - 4:00PM</p> <p>OPEN DAILY ACTIVITIES GYM BILLIARDS GAME ROOM</p> <p>LAKESIDE CENTER 150 MAGNOLIA STREET BEAUMONT, TX 77701 (409) 838 - 1902 DISCOVERBEAUMONT.COM</p>	

* DENOTES A SOCIAL GROUP

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.*