

Senior Expo

August 16, 9 a.m. - noon

Pasadena Convention Center
7902 Fairmont Pkwy. Pasadena, TX 77507

Join us for "one-stop" shopping for senior organizations, housing, social service agencies, programs and activities available in Harris County.

Free Screenings for:

Epworth-Sleep Apnea
Single Leg Stance
Functional Reach
Balance Machine
Body Mass Index
Blood Pressure
Diabetic Foot
Bone Density
Cholesterol
Glucose
Posture and More!

Free Admission



TexanPlus[®]
Medicare Advantage Health Plans



CHI St. Luke's Health



Seniorific News

MADISON-JOBE
Senior Center

Madison Jobe Senior Center | 713-477-0175 | madisonjobe@ci.pasadena.tx.us

August 2017

City of Pasadena



CENTER HOURS:
MONDAY - FRIDAY
8 am - 4 pm

Madisonjobe@ci.pasadena.tx.us
1700 E. Thomas
Pasadena, TX 77506
713.477.0175 office
713.477.0111 fax

The Madison Jobe Senior Center is a recreation facility for active adults 50 years of age and older. It is operated by the City of Pasadena Parks and Recreation Department and is located near the intersection of Red Bluff and Thomas, close to Hwy 225. Whether you are working, semi-retired, or retired, we offer a variety of great leisure, educational and personal development opportunities for you. Our programs offer activities that encourage and support health, creativity, and social interaction for active adults.

Why not take the time to try something new?

Lou Ann Words of Wisdom

I had the unique experience of being at Yale University when a legendary bar that the Yale Drama School students frequented, Sullivan's, lost its lease and the owner decided to retire rather than re-open at a different location. (By the way, all of the Yale Drama School students are graduate students working on their master's degrees and are not undergraduates, so they were all of age to drink.)

Well, my daughter was a student at Yale School of Drama and I had actually gone to the bar with her and her friends when I would visit because it seemed to be THE meeting place for everyone after their work was done. They were a hard-working group of folks, and it was usually very exciting to be a part of their theatre conversations and observations and endearing to share their sacred meeting place with them. They were bright, funny, talented and usually brilliant.

On this occasion of one of my visits, my daughter was busy working a set at one of the nearby Yale theatre venues and could not get off duty to join her fiancé and me for lunch. So, we were forced to go without her and happened to be passing by Sullivan's on our way to lunch when we both noticed the men removing the famous sign and placing it in the dumpster behind the bar. At the same moment, as if a lightning bolt struck us, we both realized what we wanted to do. I looked at him and shook my head yes, he looked at me and shook his head yes, and without blinking an eye or saying a word, we both knew what we had to do.

We conferred on what we needed to accomplish this and decided that we could "borrow" a rolling dolly from the theatre next door to transport what we were about to save for posterity. We were not sure where we were going with it but we both knew that this sign did not belong in a dumpster. Michael went to acquire a dolly, while I guarded the sign and hailed down one of the workers to make sure we could take it. There were no objections. Michael arrived with a dolly, and we began to get the sign out of the dumpster. This sign was well over 300 pounds or more and at least 15 feet long by about 4 feet tall, so it was going to be an engineering feat for the two of us to handle this sign and wrestle it out of the dumpster and onto the dolly. We managed to balance it, tilt it and maneuver it just right to get it to flip over the side of the dumpster. It took every bit of strength the two of us had to do so, but we finally did it and without breaking it. It was filled with dirt and bird's nests and was pretty yucky, but we felt like two people who had just gotten the Holy Grail.

We managed to get it up on the dolly and were proudly escorting it down the streets of Yale headed to the student work rooms which were located at the back of one of the theatres. Now, mind you, we had no idea of what we were going to do next or how we were going to get it up the steps, but we were nonetheless determined to get it there when we encountered another theatre student that my daughter had tried to arrange for me to meet earlier but we couldn't manage a time. When he took one look at Michael, it was as if he knew we were marching the Holy Grail down the streets. He quickly told us that he had just the place and the keys to the freight elevator. He first ran to the dumpster to see if we had missed anything of value (we had not!) and ran to meet us at the freight doors of the theatre.

We all were pretty proud of saving the legendary sign, and he was just happy as a lark to help us with our find. We did use the freight elevator to get it into place and get it to the workrooms. We managed to get the dolly back to the other theatre and became the unsung heroes of the Drama School for saving the legendary sign. It now sits over the doors of the Yale School of Drama student workrooms at the back of one of the theatres there. Oh, and I did get to finally meet my daughter's friend, Joey, who was instrumental in helping us find a home for the sign. And for our "no shame" dumpster diving, Michael and I became legends among the Yale drama community...at least for a day or so.

August - Monthly To Do's:

SILVER STAR MEETING – is Tuesday, August 1st at 2 pm.

MOVIE & SNACKS - Friday, August 4th. We will be watching “Bridge of Spies,” a historical drama legal thriller film directed by Steven Spielberg and starring Tom Hanks. Set during the Cold War, the film tells the story of lawyer entrusted with negotiating the release of a U.S. Air Force pilot whose U-2 spy plane was shot down over the Soviet Union in 1960 in exchange for a convicted Soviet KGB spy. Admission is FREE!

BUNCO (Every Monday Except TRIAD Monday or a holiday) – Mondays from 10 am - 2 pm on August 7th, 14th and 28th. Please bring your sack lunch and join in the fun with head hostess, Ruby Belch. Cost is \$3. Prizes will be awarded!

DAY TRIP - Tuesday, August 8th. We'll be heading to the Museum of the Gulf Coast in Port Arthur with exhibits about Janis Joplin and collections of photographs, documents, and physical objects representing the biology and history of the Gulf Coast region ranging from prehistoric to present. We will leave the center at 8:30 am. We will be lunching at The Rodair Roadhouse. Cost is \$8.

COUSHATTA - will be Wednesday, August 9th. The cost is \$10 and the bus will leave at 8 am, so make plans to arrive by 7:30 am. The bus will return to the center at approximately 7 pm.

LUNCH AND A MOVIE – Friday, August 18th. We will watch “Florence Foster Jenkins.” In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet! Lunch is \$2 and will be served at 11 am.

TRIAD – will be Monday, August 21st at 10:30 am. The Law Offices of Christina Leshner of Houston will talk about senior legal problems. This meeting is a partnership of seniors, law enforcement and community. “Knowledge is Power! Investigate before you invest!”

DAY TRIP - Wednesday, August 23rd. We will go to an Astros game. Please see back page for a list of activities.

BINGO - Wednesday, August 23rd, from 1 pm to 3 pm. Come have fun and share the afternoon with friends. Each participant will have a two card limit per game. Come join the *Fun!*

LUNCH BUNCH – will be Thursday, August 31st. We will be leaving at 10:30 am. We will be heading to Pena's Donuts & Diner.

September - Looking Ahead:

We will be CLOSED on Monday, September 4th in observance of Labor Day.

SILVER STAR MEETING – is Tuesday, September 5th at 2 pm.

COUSHATTA - will be Wednesday, September 6th. The cost is \$10 and the bus will leave at 8 am, so make plans to arrive by 7:30 am. The bus will return to the center at approximately 7 pm.

DAY TRIP - Thursday, September 7th. We'll be heading to Canino Market. There is a deal in the works to sell the operation, which could set into motion plans to expand the market, not only upgrading the existing facilities and parking but also adding more food services and attractions to engage the community. So let's all go before another Houston favorite is gone as we know it. We be leaving at 9 am. Cost is \$6.

LUNCH AND A MOVIE – Friday, September 8th. We will watch “Sandlot.” When Scottie Smalls moves to a new neighborhood in 1962, he manages to make friends with a group of kids who play baseball at the sandlot. Together they go on a series of funny and touching adventures. This is a movie highly recommended by our seniors. Lunch is \$2 and will be served at 11 am.

BUNCO (Every Monday Except TRIAD Monday or a holiday) – Mondays from 10 am - 2 pm on September 11th and 25th. Please bring your sack lunch and join in the fun with head hostess, Ruby Belch. Cost is \$3. Prizes will be awarded!

LUNCH BUNCH – will be Tuesday, September 12th. We will be leaving at 10:30 am. We will be heading to Grimaldi's at Baybrook and walk around and see the upgrades of Baybrook.

TRIAD – will be Monday, September 18th at 10:30 am. This meeting is a partnership of seniors, law enforcement and community. “Knowledge is Power! Investigate before you invest!”

MOVIE & SNACKS - Friday, September 22nd. We will be watching “Dean.” After his mother's death and a disagreement with his father, a young New York illustrator moves to Los Angeles and begins his "adulthood" learning the ins and outs of how to deal with everything from trying to succeed in his career to falling in love. In the meantime, his father attempts to sell their home in New York and move on with his own life as he starts over with a new apartment and possible love. Dean and his father move further apart in their relationship until advice and lessons from friends and strangers navigate them back to one another. Admission is FREE!

BINGO - Wednesday, September 27th, from 1 pm to 3 pm. Come have fun and share the afternoon with friends. Each participant will have a two card limit per game. Come join the *Fun!*

SILVER STAR MEETING – is Tuesday, August 1st at 2pm. Come hear what is going on at your center and share refreshments with us!

COMPUTER CLASS

PLEASE call MJSC if you're interested in taking a computer class.
CLASSES ARE STARTING SOON!

CROCHET CLUB

Looking for interested individuals to join this exciting group that meets the second and fourth Tuesday of each month. Come join us for cake and fun crochet times. Please call or talk to the staff to learn more about this class. 713.477.0175

REFUND POLICY

You must notify MJSC staff 24 hours before the trip to be able to be eligible to receive a refund!

LIVE ZUMBA CLASS

Look at the August Calendar for dates and times.
PLEASE JOIN US!

MEN & WOMEN HAIRCUTS

This will be hosted by San Jacinto College Central's Cosmetology & Culinary Department on Monday, September 25. This is a free event and space is limited. Guests will be treated to hair styling by cosmetology. We will be leaving the center at 10:30 am. **Please RSVP.**

Thrift Store Outing

Thursday, August 17th, leaving MJSC at 9 am (no lunch) We will be heading to Bellaire Sunshine Resale Shop and St Vincent De Paul Society as we look for bargains. You do not want to miss this fun outing.
Please RSVP

TUTS NEWS

We are currently seeking those interested in the 2017 - 2018 (TUTS) musical season. The season subscription includes six shows with transportation provided. Always a popular Houston event, TUTS brings Broadway quality musicals to the Houston Hobby Center. Please come by our office or call 713.475.0175 for more info.

<i>The Secret Garden</i>	October, 2017
<i>Sleeping Beauty</i>	December, 2017
<i>Memphis</i>	February, 2017
<i>Bright Star</i>	March, 2018
<i>Hamilton !!!</i>	May, 2018
<i>Guys & Dolls</i>	May, 2018

Astros Game

Wednesday, August 23rd 4 pm

Join us for an outing to see the Astros play the Washington Nationals at Minute Maid Park. There will be \$1 hotdogs sold at the game. Show your pride in the Astros by wearing orange! We will stop at Pappa's BBQ before the game. We will leave the center at 4 pm. Cost of the trip is \$30.

COUSHATTA

Come join us for a monthly trip to Coushatta on Wednesday, August 9th. The cost is \$10 per person, and your Coushatta card is comped with a \$10 credit. The trip leaves at 8 am, so please arrive at Madison Jobe Senior Center by 7:15 am to register. **PLEASE PARK AGAINST THE FENCES AT THE CENTER.** The bus usually arrives back at the center by 7 pm. Please call Jim Campbell at 713.703.8084 or the MJSC at 713.477.0175.

AARP DRIVING COURSE

Classes at MJSC
Please call for times.
Sign-up early; limited number of seats.
November 16th
COST - \$15 members & \$20 non-members

BIRTHDAY CELEBRATIONS

If you have a birthday this month, please join us at for cake and ice cream at our monthly meeting Silver Star meeting on Tuesday, August 1st at 2 pm.
Donated by Right at Home 832.672.7947

Registration

There will be **NO** registration **DURING** major events here at Madison Jobe Senior Center such as Luau, Christmas Dance, etc.

For **FREE** credit report, go to
www.annualcreditreport.com
To **BUY** a copy call

Equifax: 1.800.685-1111; equifax.com
Experian: 1.888.397.3742; experian.com
TransUnion: 1.800.916.8800; transunion.com

Swingin' Seniors Square Dance Club

The Dance Club meets at Madison Jobe every
Tuesday from 10 am – Noon
No charge – Free coffee – 713.477.0175

Pasadena Heritage Museum at 204 South Main
Pasadena, TX 77506 Monday - Friday 9:30 am - 2:30 pm
Saturday by appointment Phone 713.472.0565

THERE MAY BE DELAYS, OMISSIONS, ERRORS, OR INACCURACIES IN THE CONTENT. ALL ACTIVITIES ARE SUBJECT TO CHANGE.

MADISON JOBE
SENIOR CENTER
MJSC.pasadenatexas.net
MON - FRI 8 am - 4 pm

AUGUST 2017

1700 EAST THOMAS
PASADENA 77506
713.477.0175
Madisonjobe@ci.pasadena.tx.us

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>7 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 BUNCO 2:00 SINGING SENIORS</p>	<p>1 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP 2:00 SILVER STAR MEETING</p>	<p>2 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE</p>	<p>3 10:00 LINE DANCING 1:00 PASADENA SENIORS</p>	<p>4 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 1:00 TABLE GAMES 1:00 MOVIE & SNACKS / "BRIDGE OF SPIES"</p>
<p>8 8:30 DAY TRIP / MUSEUM OF GULF COAST 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP 12:00 BRIDGE</p>	<p>9 8:00 COUSHATTA 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS</p>	<p>10 10:00 LINE DANCING 9:00 BRIDGE 1:00 PASADENA SENIORS</p>	<p>11 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 1:00 TABLE GAMES</p>	<p>18 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 11:00 LUNCH & MOVIE / "FLORENCE FOSTER JENKINS" 10:00 ZUMBA 1:00 TABLE GAMES</p>
<p>15 10:00 SQUARE DANCERS 10:00 CROCHET 12:00 42 PLAYERS 12:00 QUILTING GROUP</p>	<p>16 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 9:00 SENIOR EXPO / PCC 10:00 BRIDGE</p>	<p>17 9:00 THRIFT STORE OUTING 10:00 LINE DANCING 1:00 PASADENA SENIORS (MEET IN QUILT ROOM)</p>	<p>24 10:00 LINE DANCING 9:00 BRIDGE 1:00 PASADENA SENIORS</p>	<p>25 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 1:00 TABLE GAMES</p>
<p>22 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP 12:00 BRIDGE</p>	<p>23 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 BINGO 4:00 ASTROS GAME</p>	<p>30 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE</p>	<p>31 10:00 LINE DANCING 1:00 PASADENA SENIORS 10:30 LUNCH BUNCH / PENA'S DONUTS AND DINER</p>	<p>Lou Ann Nolan - MJSC Director Eric Muecke - Recreation Specialist Sandra Varela - Recreation Assistant Elisa Roach - Office Assistant Julie Lopez - Recreation Attendant Jesus Sanchez - Rides Coordinator "JJ" Smith - Custodian</p>
<p>29 10:00 SQUARE DANCERS 10:00 CROCHET 12:00 42 PLAYERS 12:00 QUILTING GROUP</p>	<p>21 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:30 TRIAD 2:00 SINGING SENIORS</p>	<p>28 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 BUNCO 2:00 SINGING SENIORS</p>		

SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 LABOR DAY HOLIDAY CENTER CLOSED	Lou Ann Nolan - MJSC Director Eric Muecke - Recreation Specialist Sandra Varela - Recreation Assistant Elisa Roach - Office Assistant Julie Lopez - Recreation Attendant Jesus Sanchez - Rides Coordinator "JJ" Smith - Custodian			
4	5 10:00 SQUARE DANCERS 10:00 CROCHET 12:00 42 PLAYERS 12:00 QUILTING GROUP 2:00 SILVER STAR MEETING	6 8:00 COUSHATTA 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE	7 9:00 DAY TRIP / CANINO'S FARMERS MARKET 10:00 LINE DANCING 1:00 PASADENA SENIORS	8 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 11:00 LUNCH & MOVIE / "SANDLOT" 1:00 TABLE GAMES
11 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 BUNCO 2:00 SINGING SENIORS	12 10:00 SQUARE DANCERS 10:30 LUNCH BUNCH / GRIMALDI'S COAL OVEN PIZZERIA 12:00 42 PLAYERS 12:00 QUILTING GROUP 12:00 BRIDGE	13 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS	14 9:00 BRIDGE 10:00 LINE DANCING 1:00 PASADENA SENIORS (MEETING IN QUILT ROOM)	15 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 1:00 TABLE GAMES
18 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 TRIAD 2:00 SINGING SENIORS	19 10:00 SQUARE DANCERS 10:00 CROCHET 12:00 42 PLAYERS 12:00 QUILTING GROUP	20 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE	21 10:00 LINE DANCING 1:00 PASADENA SENIORS	22 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 1:00 MOVIE & SNACKS / "DEAN" 1:00 TABLE GAMES
25 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:30 Bunco 10:30 HAIRCUTS 2:00 SINGING SENIORS	26 10:00 SQUARE DANCERS 10:00 CROCHET 12:00 42 PLAYERS 12:00 QUILTING GROUP 12:00 BRIDGE	27 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 BINGO	28 9:00 BRIDGE 10:00 LINE DANCING 1:00 PASADENA SENIORS	29 8:00 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 ZUMBA 1:00 TABLE GAMES



Johnny Isbell, Mayor

Seniors, Families & Friends...

The City of Pasadena Offers Options for Older Adults and People with Disabilities

The City of Pasadena Transportation **RIDES** Program



TRANSPORTATION

What is RIDES?

RIDES program provides non-emergency transportation services to qualified extremely low to moderate income* seniors and/or people with disabilities of any age who reside in Pasadena and who are not able to drive themselves, do not own a vehicle, or medically/physically unable to drive. **RIDES** helps them find the transportation they need for travel to essential medical services, grocery shopping, errands, social activities as well as for other needs. If eligible, a participant may receive monthly **RIDES** program funds (up to \$75 per month) that may be used with any of the designated transportation providers.

RIDES is funded in part by the City of Pasadena Community Development Block Grant and is limited to the available funds.

How do you apply?

To become a new user of **RIDES**, you must first apply and have your eligibility verified.

Applicants must submit the following with their application:

- Proof of household income
- Copy of current Social Security Award Letter
- Copy of last month's Bank Statement
- Copy of valid DL or ID card with picture
- Completed physician's disability statement (if the applicant has a disability and is under the age of 65)

* Eligible Income by Family Size
Effective March 6, 2015

Based on Percentage of Houston-Baytown-Sugar Land Median Family Income

Income Level	1 Person	2 Persons	3 Persons	4 Persons	5 Persons	6 Persons	7 Persons	8 Persons
0 - 30%	\$14,600	\$16,650	\$20,090	\$24,250	\$28,410	\$32,570	\$36,730	\$40,890
50%	\$24,300	\$27,750	\$31,200	\$34,650	\$37,450	\$40,200	\$43,000	\$45,750
80%	\$38,850	\$44,400	\$49,950	\$55,450	\$59,900	\$64,350	\$68,800	\$73,200

0%-30%= Extremely Low Income Level (0%-30% of Houston-Baytown-Sugar Land Median Family Income)
31%-50%= Low Income Level (31%-50% of Houston-Baytown-Sugar Land Median Family Income)
51%-80%= Moderate Income Level (51%-80% of Houston-Baytown-Sugar Land Median Family Income)

To Apply for **RIDES** or for more information:
Jesus Sanchez

Rides Coordinator

Madison Jobe Senior Center

1700 E. Thomas Ave Pasadena, TX 77506

713-477-0175

It is the policy of The City of Pasadena not to condone discrimination on the basis of race, age, creed, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, gender identity or expression, or pregnancy.



oYYour Madison Jobe Senior Center Staff