

February 2017

# City of Pasadena



Johnny Isbell, Mayor



**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**

Eric was kidding me about how I lost a small amount of weight (yes, I am on a diet so please do not tempt me with candy corn or other fabulous treats) and he made the comment that we would need to play the Rocky Theme Song, which reminded me of the following absolutely, positively, true story. It's another one that is unbelievable, but true. I had gone to Philadelphia for the International Association of Economic Development Conference but was so busy with the schedule of those events that I did not have the time to go sightseeing to those most famous places that define Philadelphia and our nation's birth. In fact, my brother lives there and I didn't even have time to see him. However, on the Saturday that I was leaving, he came and picked me up and we did a whirlwind tour of the city, where he would drop me off and I would run to go see the Liberty Bell, or Benjamin Franklin's grave, or the place where Betsy Ross sewed our famous flag or the first fire station in the nation. We devised this plan that he would simply circle the block at each landmark as I explored it and took some very brief photos. Once or twice he would get out of the car, but rarely. I found out that it is possible to do a tour of Philadelphia on the run in about an hour and a half. LOL! There are quite a lot of fabulous historic places to see if you ever go there. At their convention center, they have actual life-sized bronze statues of all of the signers of the Declaration, standing as if they are all talking in the same room. You can walk amongst them and even sign the Declaration yourself. The detailing is incredible, and it does give you the eerie feeling of actually being there with them. Their names and where they were from are all marked with bronze plaques that are embedded into the floor. Even the dissenters are there in a group together as if they are talking. I'll try to post some photos on the board outside the offices. Well, my brother insisted that one of our stops had to be the famous Philadelphia Fine Arts Museum, which were the actual steps in that famous scene in the Rocky movie that Rocky would run up and down to get in shape. You all know me well enough to know, of course, I was not going to pass up the opportunity to run up those steps. I was well aware of the fact that it might be the end of me and that I might not be in good enough shape to make it but, at the very least, I was going to try. I started mightily up that mountain of steps as I was humming the Rocky Theme song in my head. About half way up the steps, I was imagining the whole orchestra playing the inspiring theme song, when all of a sudden, I heard the

Rocky Theme Song start playing in the distance. I checked my pulse to make sure I was still alive and had not fainted. I shook my head and another person near me started laughing and exclaimed, "I hear it, too!" I was relieved that I had not lost my mind and but was also wondering where in the world the music was coming from, all the while being thankful to God that he allowed me to do this on a beautiful day and even provided the actual Rocky Theme Song to play at that exact moment in time and for real! What a treat! It played the rest of the way of the steps up to the very top. Much to my amazement, I made it to the top. I DID IT! It was surreal as it was happening but, indeed, it was happening. As I got to the top and looked down, there was a marathon going on with tents and lots of people mulling around, plus there was a wedding in full force as well. I honestly had not noticed it before. The bride, in her exquisite full-skirted bridal gown, and the groom, in his tuxedo, were running up the steps as the white limousines waited below as the music played. It was a sight to behold! I took photos from the top of those steps just in case no one believed that I actually went up them! You can see the tents of the marathon and the white limousines. I felt as if God had just smiled on me that day. I had been through some tough times a few weeks earlier, and it was as if He sent a message directly to me to reassure me that my world was going to be ok. Oh, and the best part...at the bottom of the stairs, I learned that there was indeed a big bronze statue of Rocky with both arms held high over his head with boxing gloves on, where you could take a photo. I asked some strangers standing in line with me if they would take my photo on my phone and they did. So yes, I have a photo of me and Rocky just after I finished those steps. Just as I finished all that, in perfect timing, my brother rounded the round-about (there's kind of a circular round about in front of the museum). I hailed him down and jumped in. It was exhilarating! I knew that God was watching and sent me that Rocky Theme Song as a pep-me-up and affirmation of His love. I knew, without a doubt, that I got the blessing that day. As unbelievable as it seemed, it actually did happen. Perhaps it happened so that I could share it today or perhaps it was just a coincidence, but I don't really believe the latter. I believe that if you get out and do things, even when it is difficult and even when you might not have much time, you set the stage for even greater things to happen. It's all up to us to give God the opportunity to bless us each day. Make it a good one!

## **February-Looking Ahead:**

**SILVER STAR MEETING** – will not be held in February due to Senior Day at the Capital. Next meeting is Tuesday, March 7th at 2 pm.

**BUNCO (Every Monday Except TRIAD Monday or a holiday)** – Mondays from 10 am - 2 pm on February 6th, 13th and 27th. Please bring your sack lunch and join in the fun with head hostess, Ruby Belch. Cost is \$3. Prizes will be awarded!

**COUSHATTA** - will be Wednesday, February 8th. 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, February 10th. We will watch The “Magnificent Seven,” the 2016 remake starring Denzel Washington. With the town of Rose Creek under the deadly control of industrialist Bartholomew Bogue, the desperate townspeople employ protection from seven outlaws, bounty hunters, gamblers and hired guns. Lunch is \$2 and will be served at 11 am.

**DAY TRIP** - Friday, February 17th. We will tour the beautiful Painted Churches near Schulenburg, Texas. We will lunch at Oakridge Smokehouse. The price of the trip is \$13 (cash) and we will be leaving the center at 8:30 am.

**TRIAD** – will be Monday, February 20th at 10:30 am. This meeting is a partnership of seniors, law enforcement and community. “Knowledge is Power!” Presenter will be Air Force Lt. Colonel Don Houk, impersonating Lt. Colonel Jimmy Doolittle and the raid he lead on Tokyo five months after Pearl Harbor.

**BINGO** - Wednesday, February 22th, from 1 pm to 3 pm. Each participant will have a two card limit per game. Come join the *Fun!*

**MOVIE & SNACKS** - Friday, February 24th at 1 pm. We will be showing “Sully” which is directed by Clint Eastwood and stars Tom Hanks as Sullenberger. The film follows Sullenberger's January 2009 emergency landing of US Airways Flight 1549 on the Hudson River, in which all 155 passengers and the crew survived with only minor injuries, and the subsequent publicity and investigation. Admission is FREE!

**LUNCH BUNCH** – will be Monday, February 27th and we will be leaving at 10:30 am. We will be lunching at Red River B.B.Q. and Grill in League City.

## **March-Looking Ahead:**

**SILVER STAR MEETING** – is Tuesday, March 7th at 2pm. Come hear what is going on at your center and share refreshments with us!

**BUNCO (Every Monday Except TRIAD Monday or a holiday)** – Mondays from 10 am - 2 pm on March 6th, 13th and 27th. Please bring your sack lunch and join in the fun with head hostess, Ruby Belch. Cost is \$3. Prizes will be awarded!

**COUSHATTA** - will be Wednesday, March 8th. 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, March 9th. We will tour the Texas Cotton Gin Museum, the oldest operating cotton gin in America! We will be eating at Must Be Heaven Café. The price of the trip is \$8. We will be leaving the center at **7:30 am** and the center will be open at **7 am**. Depending on spring weather, we may be able to take some bluebonnet pictures on our way back.

**MOVIE & SNACKS** - Friday, March 10th. We will be showing “Arthur” starring Dudley Moore and Liza Minnelli in this comedy about having too much money. Wish we all had this problem. John Gielgud plays Arthur’s butler and steals the show. Admission is FREE!

**TRIAD** – will be Monday, March 20th at 10:30 am. This meeting is a partnership of seniors, law enforcement and community. “Knowledge is Power!” Pasadena Police Officer Jenkins will be our guest speaker.

**BINGO** - Wednesday, March 22nd, from 1 pm to 3 pm. Come and 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 Tuesday, March 28th and we will be leaving at 10:30 am. We will be lunching at Lupe Tortilla in Webster.

**LUNCH AND A MOVIE** – Friday, March 31st. We will watch “The Bridge On the River Kwai,” a powerful movie about Allied commandos are assigned to destroy it in this epic World War II adventure. This movie won seven Academy Awards and is one of the most memorable cinematic experiences of all time. Lunch is \$2 and will be served at 11 am.

**MEN & WOMEN HAIRCUTS** – will be hosted by San Jacinto College Central Cosmetology and Culinary departments on Monday, February 20th. This is a free event and space is limited. Guests will be treated to a light lunch prepared by the culinary department and then to cosmetology for hair styling. We will be leaving the center at 11 am. Please RSVP.

**SENIOR DAY AT THE CAPITOL**

We will be traveling to Austin, TX on February 6th & 7th. We will honor the contributions of the elderly and address issues that seniors face in society. We will leave Monday morning and return on Tuesday evening. If you are interested, please sign up now. Seating is limited. We will be leaving the center at 8 am.

**“OPERATION QUEEN FIND”**

We are looking for ladies at least 60 years of age who would like to become “MS. PASADENA SENIOR 2017.” The winner will receive cash and prizes valued at over \$2,000. This is an exciting event, so come join the fun on April 27th!

**LIVE ZUMBA CLASS**

**FRIDAY, February 10th**

**8 am—9 am**

**PLEASE JOIN US IN THIS EXCITTING NEW CLASS!**

**Pasadena Public Library Tax Help**

Tax season is upon us, but there is good news for anyone who is feeling overwhelmed or confused by the filing process: help has arrived, and that help is free! Volunteers from AARP will be at the Pasadena Public Library twice each week, every Thursday and Friday starting Thursday, February 2nd up to Thursday, April 13th to provide free tax help. Representatives will be available every Thursday from 9 am until 5 pm and Friday from 9 am until 4 pm at the central library (1201 Jeff Ginn Memorial Drive) to assist low or moderate-income taxpayers fill out the necessary forms and file their tax return. There are no appointments; everyone will be assisted on a first come, first served basis.

**Free Lunch and a Speaker**

Limited to 25 so **YOU MUST RSVP** for Thursday, March 30th starting at 11:30. This will be replacing our breakfast for the month of March.

**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

**MADISON JOBE MIXER  
SILVER STAR SENIOR MEETING**

There will not be a Silver Star meeting in February due to our Senior Day Trip to the Capitol trip. Please join us for our next regular meeting on Tuesday, March 7th at 2 pm.

**PASADENA MUSIC CLUB**

Meets at Madison Jobe Senior Center

every Saturday from 6 pm to 8 pm

No alcohol served or allowed!

Open to everyone 50 and above

Admission is \$2 and membership is available. For more info, please call 281.487.2582.

**THE BREAKFAST CLUB**

**February 15th, 8 am to 9 am**

Come join the MJSC family for breakfast. Our guest speaker will be Kerry Rodocker-Wiarda. He will be talking about posture education, back problems and other health concerns. Cost for the breakfast will be \$2. Please see MJSC staff to sign up or call.

**DISCO PARTY DOWN AT MJSC**

**FOOD, MUSIC, AND DANCING**

**PRIZES FOR BEST**

**DISCO DRESSED AND DANCE**

**FRIDAY, MARCH 24TH**

**11 AM TO 1 PM**

**AARP DRIVING COURSE**

**Classes at MJSC**

Please call for times.

**Sign-up early; limited number of seats.**

March 2nd, July 6th and November 16th

**COST - \$15 members & \$20 non-members**

For **FREE** credit report, go to

**www.annualcreditreport.com**

To **BUY** a copy call

Equifax: 1.800.685-1111; [equifax.com](http://equifax.com)

Experian: 1.888.397.3742; [experian.com](http://experian.com)

TransUnion: 1.800.916.8800; [transunion.com](http://transunion.com)

**Some well deserved Thank You's**

- Thank you Parsons House 8727 Fairmont Pkwy, La Porte, TX 77571 281.478.0000, and Paramount Senior Care Centers of Pasadena 3434 Watters Street Pasadena, TX 77504 713.941.0945 for donating refreshments for our monthly TRIAD meetings.
- A heartfelt thank you to First Baptist women for donation of pastries each month.

**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**

# FEBRUARY 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b> <b>8:00 SENIOR DAY AT THE CAPITOL</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY <b>10:00 BUNCO</b> 2:00 SINGING SENIORS	<b>7</b> <b>8:00 SENIOR DAY AT THE CAPITOL</b> 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP	<b>1</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS <b>10:00 BRIDGE</b>	<b>2</b> 10:00 LINE DANCING 1:00 PASADENA SENIORS	<b>3</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 TABLE GAMES
<b>13</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY <b>10:00 BUNCO</b> 2:00 SINGING SENIORS	<b>14</b> <b>VALENTINE'S DANCE</b> DINING ROOM CLOSED NO ACTIVITIES	<b>8</b> <b>8:00 COUSHATTA</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS	<b>9</b> 10:00 LINE DANCING <b>10:00 BRIDGE</b> 1:00 PASADENA SENIORS (MEET IN QUILT ROOM)	<b>10</b> 8:00 LIVE ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS <b>11:00 LUNCH &amp; MOVIE / "THE MAGNIFICENT SEVEN"</b> 1:00 TABLE GAMES
<b>20</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY <b>10:30 TRIAD</b> <b>11:00 HAIRCUTS AT SAN JAC</b> 2:00 SINGING SENIORS	<b>21</b> 10:00 SQUARE DANCERS <b>10:00 CROCHET CLASS</b> 12:00 42 PLAYERS 12:00 QUILTING GROUP	<b>15</b> <b>8:00 BREAKFAST CLUB</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS <b>10:00 BRIDGE</b>	<b>16</b> 10:00 LINE DANCING 1:00 PASADENA SENIORS	<b>17</b> <b>8:00 DAY TRIP / PAINTED CHURCHES</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 TABLE GAMES
<b>27</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY <b>10:00 BUNCO</b> <b>12:00 LUNCH BUNCH / RED RIVER BBQ</b> 2:00 SINGING SENIORS	<b>28</b> 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP <b>4:45 TUTS: "AN AMERICAN IN PARIS"</b>	<b>22</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS <b>1:00 BINGO</b>	<b>23</b> 10:00 LINE DANCING <b>10:00 BRIDGE</b> 1:00 PASADENA SENIORS	<b>24</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 TABLE GAMES <b>1:00 MOVIE &amp; SNACKS / "SULLY"</b>
			 <small>Johnny Isbell, Mayor</small>	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

# MARCH 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 EST. 1899 JOHNNY ISABELL, Mayor	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	<b>1</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE	<b>2</b> 10:00 LINE DANCING 11:30 AARP - DEFENSIVE DRIVING CLASS 1:00 PASADENA SENIORS	<b>3</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 TABLE GAMES
<b>6</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 BUNCO 2:00 SINGING SENIORS	<b>7</b> 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP 2:00 SILVER STAR MEETING	<b>8</b> 8:00 COUSHATTA 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS	<b>9</b> 7:30 DAY TRIP / TEXAS COTTON GIN MUSEUM 10:00 LINE DANCING 10:00 BRIDGE 1:00 PASADENA SENIORS	<b>10</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 TABLE GAMES 1:00 MOVIE & SNACKS / "ARTHUR"
<b>13</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 BUNCO 2:00 SINGING SENIORS	<b>14</b> 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP	<b>15</b> 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE	<b>16</b> 10:00 LINE DANCING 12:00 NEW LUNCH CLUB 1:00 PASADENA SENIORS	<b>17</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 TABLE GAMES
<b>20</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:30 TRIAD 2:00 SINGING SENIORS	<b>21</b> 10:00 SQUARE DANCERS 12:00 42 PLAYERS 12:00 QUILTING GROUP	<b>22</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 1:00 BINGO	<b>23</b> 10:00 LINE DANCING 10:00 BRIDGE 1:00 PASADENA SENIORS (MEETING IN QUILT ROOM)	<b>24</b> DISCO PARTY DINING ROOM CLOSED NO ACTIVITIES
<b>27</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRAZILIAN EMBROIDERY 10:00 BUNCO 2:00 SINGING SENIORS	<b>28</b> 10:00 SQUARE DANCERS 10:30 LUNCH BUNCH / LUPE TORTILLA 12:00 42 PLAYERS 12:00 QUILTING GROUP	<b>29</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 10:00 BRIDGE	<b>30</b> 10:00 LINE DANCING 11:30 FREE LUNCH AND A SPEAKER <u>MUST RSVP</u> 1:00 PASADENA SENIORS	<b>31</b> 8:00 ZUMBA / 2 MILE WALK 9:00 LOW IMPACT AEROBICS 11:00 LUNCH & MOVIE / "THE BRIDGE ON THE RIVER KWAI" 1:00 TABLE GAMES



**FREE—PLEASE RSVP**

Will be on-site stating at 1 pm, right before the Silver Star Meeting on Tuesday, March 7th

Do you suffer from...

- Leg pain?
- Leg discoloration?
- Sores on your feet that won't heal?

- Non-Invasive & Painless
- Fast - takes less than 10 min
- Immediate Results

Did you know that...

- 1 in 25 Americans have undiagnosed Peripheral Artery Disease (PAD)
- 40% of those people have no leg pain
- Untreated PAD may lead to amputation or other serious problems



NIRP Sugar Land  
7616 Branford Pl, Ste 140  
Sugar Land, TX 77479

NIRP Pasadena  
3412 Burke Rd, Ste 100  
Pasadena, TX 77504

Events and Visits

# DISCO PARTY

**March 24, 11 a.m. - 2 p.m.**

**at Madison Jobe Senior Center**  
*(1700 East Thomas, Pasadena, TX)*

There will be food, music and dancing.

**Please R.S.V.P. soon to reserve your spot.**

*For more information, please call: **713-477-0175.***



Johnny Isbell, Mayor



# Ms. Pasadena

SENIOR PAGEANT :: 2017

**April 27 at 7:00 p.m.**  
**Pasadena Convention Center**  
**7902 Fairmont Parkway**



*Free tickets are available at the Madison Jobe Senior Center compliments of our major sponsor Cigna.*

Winner will receive: a \$500 cash prize, a diamond necklace (valued at \$2,000 from Frank's & Sons Jewelry) and a deluxe gift basket from Walgreens! Entertainment provided by **Jerry Locke** and The Hat Creek Cowboys with special guest performer **Randy Cornor** of Nashville and Hometown Opry fame, plus an appearance by **Booger Lee** of the Liberty Opry.

Sponsored by:



Please contact Madison Jobe Senior Center for more details: 713-477-0175.

Johnny Isbell, Mayor