

IN THIS ISSUE

April
May
June
2020

Bellaire

L.I.F.E.

Living Information Fun Enrichment

CALENDAR OF ACTIVITIES

April 1	11:00 AM	Easter Egg Hunt
April 1	1:00 PM	Chair Volleyball
April 2	1:00 PM	Bingo
April 7	1:00 PM	"Beautiful Day in the Neighborhood" Movie
April 8	9:30 AM	Trip to Festival Hill in Round Top
April 14	1:00 PM	Bunco
April 15	10:00 AM	Chronic Disease Self-Management Class
April 15	1:00 PM	Chair Volleyball
April 16	11:45 AM	Chair Yoga
April 21	1:00 PM	Introduction to iPad class
April 22	10:00 AM	Chronic Disease Self- Management Class
April 22	1:00 PM	Craft Day
April 23	12:00 Noon	L.I.F.E. Advisory Board Meeting
April 27	11:00 AM	Let's Do Lunch
April 28	9:00 AM	Trip to Mercer Botanic Gardens
April 29	10:00 AM	Chronic Disease Self- Management Class
May 4	10:00 AM	Older Americans Month Tell Us Your Story
May 4	7:00 PM	Council Meeting
May 5	1:00 PM	Cinco de Mayo Social
May 6	9:30 AM	Trip to McGovern Gardens
May 6	10:00 AM	Chronic Disease Self-Management Class
May 6	1:00 PM	Chair Volleyball
May 7	1:00 PM	Bingo
May 8	10:00 AM	Older Americans Month Celebration
May 12	1:00 PM	Bunco
May 13	10:00 AM	Chronic Disease Self-Management Class
May 13	1:00 PM	Craft Day
May 14	11:45 AM	Chair Yoga
May 18	11:00 AM	Let's Do Lunch
May 19	1:00 PM	"Little Women" Movie
May 20	10:00 AM	Chronic Disease Self-Management Class
May 20	1:00 PM	Chair Volleyball
May 21	1:00 PM	Book Art
May 25	City Offices Closed	Memorial Day
May 27	10:00 AM	Diabetes Self-Management Class
May 28	12:00 Noon	L.I.F.E. Advisory Board Meeting
May 29	9:30 AM	Trip to Mixon's Memories Museum
June 3	10:00 AM	Diabetes Self-Management Class
June 4	1:00 PM	Bingo
June 5	9:00 AM	Trip to Texas City Museum
June 9	1:00 PM	Bunco
June 10	10:00 AM	Diabetes Self-Management Class
June 10	1:00 PM	Craft Day
June 11	1:00 PM	Active Attacker Presentation
June 16	1:00 PM	"The Good Liar" Movie
June 17	10:00 AM	Diabetes Self-Management Class
June 18	11:45 AM	Chair Yoga
June 22	11:00 AM	Let's Do Lunch
June 23	7:45 AM	Trip to Heritage Village
June 24	10:00 AM	Diabetes Self-Management Class
June 25	12:00 Noon	L.I.F.E. Advisory Board Meeting

L.I.F.E.

Begins

At

50

For additional
Information, please
contact us at:

Bellaire City Hall
7008 South Rice,
Bellaire, TX 77401
713-662-8290

BLIFE@bellairetx.gov
www.bellairetx.gov

TRIPS

You may register and pay for our trips in person or by mail. PAYMENT FOR TRIPS IS DUE UPON REGISTRATION, if you are paying by check, please make checks payable to the City of Bellaire. We cannot hold seats for trips without payment. We cannot book anyone the day of a trip.

A walking scale is included at the end of each trip description to help you determine if you can join us on each trip. Please take into consideration the number of times we get on/off the bus.



Light (< ½mile)



Moderate (½ -1mile)



Heavy (>1mile)

Wednesday, April 8, Festival Hill at Round Top

Known as “a jewel in the crown of Texas,” the Round Top Festival Institute is the home of a grand concert hall, a museum filled with archives of the Texas composer, David W. Guion, and much more. Join us as we tour the place that has welcomed nearly 900 concerts and has become an internationally respected center for performance and education. **Lunch is included:** Roast Beef with Mashed Potatoes, vegetables, a salad bar and bread!

Trip Cost \$22.00—Lunch is included!

Bus Departs At 9:30 am

Bus Returning Around 5:30 pm

REGISTRATION & PAYMENT DUE BY March 27

* Activity level – You will be getting on/off the bus a minimum of 6 times.



Friday, May 29, Mixon’s Memories Museum

Bart Mixon is Houston-native who has over 20 years of experience in movie special effects and makeup. He has worked on numerous films including Texas Chainsaw Massacre, Robocop, and Stephen King’s IT. We will visit his 4,000 square foot archive just outside of Houston filled with collections of his work, movie memorabilia, and more!

Trip Cost \$5.00

Lunch is on your own at TBA

Bus Departs At 9:30 am

Bus Returning Around 2:30 pm

REGISTRATION & PAYMENT DUE BY May 15

* Activity level -You will be getting on/off the bus a minimum of 4 times.



Tuesday, April 28, Mercer Botanic Gardens

Join us in touring the 400 plus acres of gardens and attractions in Humble. The botanic gardens include over 60 acres of bamboo, color displays, daylilies, endangered species, ferns, ginger, herbs, tropical plants, and more!

Trip Cost \$5.00

Lunch on your own at Potato Patch

Bus Departs At 9:00 am

Bus Returning Around 2:00 pm

REGISTRATION & PAYMENT DUE BY April 17

* Activity level – You will be getting on/off the bus a minimum of 4 times.



Friday, June 5, Texas City Museum

Explore the history of Texas City through this museum’s exhibits that showcase historical events and artifacts. Notable features include a display of a Civil-War era cannon, a history on the 1947 Texas City Disaster, and an exhibit on the USS Westfield!

Trip Cost \$7.00

Lunch on your own at TBA

Bus Departs At 9:00 am

Bus Returning Around 3:30 pm

REGISTRATION & PAYMENT DUE BY May 22

* Activity level – You will be getting on/off the bus a minimum of 4 times.



Wednesday, May 6, McGovern Gardens

The McGovern Centennial Gardens are a not-so-hidden Houston gem. Formerly known as the Houston Garden Center, the renovated grounds include past favorites like the rose garden, and new amenities that everyone will enjoy!

Trip Cost \$10.00

Lunch is on your own at TBA

Bus Departs At 9:30 am

Bus Returning Around 3:00 pm

REGISTRATION & PAYMENT DUE BY April 24

* Activity level —You will be getting on/off the bus a minimum of 4 times.



Tuesday, June 23, Heritage Village

Join us as we travel back in time and visit this reenacted pioneer town in Woodville, TX dated between the 1840’s-1920’s. This town is complete with more than 30 replicated pioneer buildings and attractions, including a blacksmith shop and railroad depot! **Lunch is included on this trip at the Pickett House Restaurant!**

Trip Cost \$25.00

Lunch is included at Pickett House Restaurant

Bus Departs At 7:45 am

Bus Returning Around 6:00 pm

REGISTRATION & PAYMENT DUE BY June 12

* Activity level – You will be getting on/off the bus a minimum of 6 times.



ACTIVITES

Please call or stop by the office if you wish to register for activities by the posted deadlines. Requests for accommodations or interpretive services must be made 48 hours prior to the activity. Please contact the office if you need accommodations at 713-662-8290.

BINGO

Join us the first Thursday of every month for BINGO.

Cost - \$3.00 each

Thursday, April 2, 1:00 pm

Thursday, May 7, 1:00 pm

Thursday, June 4, 1:00 pm

Bunco

Join us the second Tuesday of every month for a friendly game of Bunco.

Cost - \$3.00 each

Tuesday, April 14, 1:00 pm

Tuesday, May 12, 1:00 pm

Tuesday, June 9, 1:00 pm

Craft Day

Join us every month as we do a different craft! Check in with the office to find out the craft of the month, *please make sure you RSVP!*

Cost - FREE!

Wednesday, April 22, 1:00pm - RSVP by April 20

Wednesday, May 13, 1:00 pm - RSVP by May 11

Wednesday, June 10, 1:00 pm—RSVP by June 8

Chair Volleyball

Come join us in playing a friendly game of Chair Volleyball at the **BELLAIRE RECREATION CENTER, 7008 FIFTH STREET, BELLAIRE.**

Cost - FREE!

Wednesday, April 1 & 15, 1:00 pm

Wednesday, May 6 & 20, 1:00 pm

***There will be no Chair Volleyball in June.**

Chronic Disease Self-Management Class ★

This self-management education workshop aims to build participants confidence in managing their health and keep them active and engaged in their lives. It is a 2-hour interactive workshop meeting once a week for 6-weeks.

Cost - FREE!

Wednesday, April 15, 10:00 am

Wednesday, April 22, 10:00 am

Wednesday, April 29, 10:00 am

Wednesday, May 6, 10:00 am

Wednesday, May 13, 10:00 am

Wednesday, May 20, 10:00 am

Diabetes Self-Management Class ★

Explore and learn how to control and manage the symptoms and complications of diabetes. This is a 2-hour workshop meeting once a week for 6-weeks.

Cost - FREE!

Wednesday, May 27, 10:00 am

Wednesday, June 3, 10:00 am

Wednesday, June 10, 10:00 am

Wednesday, June 17, 10:00 am

Wednesday, June 24, 10:00 am

Wednesday, July 1, 10:00 am

Let's Do Lunch!

Meet the L.I.F.E. department for lunch around town! Lunch is on your own, but please make sure you RSVP so we have a proper count at the restaurant.

Monday, April 27, 11:00am – MOD Pizza

MOD Pizza, 5103 Bellaire Blvd Suite 130, Bellaire. Call the LIFE office to RSVP by April 24 to be a part of the group.

Monday, May 18, 11:00am – Los Tios Mexican Restaurant

Los Tios, 4840 Beechnut St, Houston. Call the LIFE office to RSVP by May 15 to be a part of the group.

Monday, June 22, 11:00am – Russo's New York Pizzeria

Russo's New York Pizzeria, 4870 Beechnut St. Houston. Call the LIFE office to RSVP by June 19 to be a part of the group.

Easter Egg Hunt

Wednesday, April 1, 11:00 am

There is no April fooling here! Join Bellaire L.I.F.E. and West-U for an Easter egg hunt and other fun games on the Great Lawn in Bellaire Town Square. **Cost: FREE! RSVP by March 25 (The Great Lawn is located adjacent to Bellaire City Hall, 7008 S. Rice)**

"Beautiful Day in the Neighborhood" Movie

Tuesday, April 7, 1:00 pm

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, but Rogers' empathy and kindness soon chips away at Vogel's jaded outlook on life, and forces him to reconcile with his past. **Rated PG. 109 mins. Cost: FREE! RSVP by April 2.**

Introduction to iPad Class

Tuesday, April 21, 1:00 pm

The Bellaire Library will offer tips and assistance for those new to using an iPad and those who would like a refresher on basic tasks. **Cost: FREE! RSVP by April 20.**

Older Americans Month—Tell Us Your Story

Monday, May 4, 10:00 am

Join us as we kick-off Older Americans Month! This year's theme is *Make Your Mark*, so we are asking for to come tell us your story!

Cost - FREE!

Cinco de Mayo Social

Tuesday, May 5, 1:00 pm

Celebrate Cinco de Mayo with Bellaire L.I.F.E.! We will be having a Nacho Party!

Cost - FREE! Must RSVP by May 1

City Council Meeting

Monday, May 4, 7:00 pm

We invite you to attend the City Council Meeting to show your support of "Older Americans Month." The Mayor will declare May as Older Americans Month with a proclamation.

Older Americans Month Celebration

Friday, May 8, 10:00 am

Join Bellaire L.I.F.E., West University Senior Center, Evelyn Rubenstein Jewish Community Center, and Weekly Family YMCA for a special event celebrating older adults in our community! This event will take place at Bellaire City Hall. **Cost: FREE! RSVP by April 24**

Chair Yoga (3 classes) ★

Thursday, April 16, May 14, June 18 at 11:45 am

Chair yoga is a modified form of exercise that loosens the muscles, protects joints, and builds strength and balance. **Cost: FREE!**

"Little Women" Movie

Tuesday, May 19, 1:00 pm

Jo reflects back and forth on her life, telling the beloved story of her sisters— four young women each determined to live life on their own terms. Starring Laura Dern, Emma Watson, and Saoirse Ronan. **Rated PG. 135 mins. Cost: FREE! RSVP by May 18**

Book Art

Thursday, May 21, 1:00 PM

The Bellaire Library will demonstrate different folding techniques to create works of art from books! **Cost: FREE! RSVP by May 18**

Active Attacker Presentation

Thursday, June 11, 1:00 PM

If you are a victim of an active attacker, will you know what to do? This presentation by Bellaire Police Department will help you prepare for a possible situation. **Cost: FREE! RSVP by June 8**

"The Good Liar" Movie

Tuesday, June 16, 1:00 pm

Roy has made a living as a con artist. He crosses paths with wealthy widow who seems like the perfect opportunity. However, the deeper Roy falls into Betty's life, the deeper his emotions run for her. Starring Helen Mirren, Ian McKellen, **Rated R. 109 mins. Cost: FREE!**

City of Bellaire
L.I.F.E. Program
Parks, Recreation &
Facilities Department
7008 S. Rice Ave.
Bellaire, TX 77401

Standard
U.S. Postage
Paid
Permit No. 18
Bellaire, TX

Weekly Schedule of Activities

Mondays	12:00—4:00 PM	Duplicate Bridge
Wednesdays	1:30—3:30 PM	Coffee and Conversation
Fridays	12:30—3:00 PM	Bridge

If you are interested in joining any of the above activities, please contact the L.I.F.E. office for more information.

L.I.F.E. Begins at 50 ...

Call Bellaire L.I.F.E. at 713-662-8290 for additional information about our activities and trips. Remember, you may sign up and pay for trips and activities in person or by mail. All programs, activities, presentations and meetings are held inside of **Bellaire City Hall, 7008 S. Rice, Bellaire, TX 77401.**

Bellaire L.I.F.E. Advisory Board

Chair : Trish Parrack

Vice Chair: Barbara Davis

Secretary: Pat Tracey

Board Member: Connie Eicher

Board Member: Tillie Wiedemann

Board Member: Ann Kong

Board Member: Mark Koblenz