

PROGRAMS & ACTIVITIES

Houston Parks and Recreation Department Programs and Activities

Kingwood-Area Adults and Seniors:

Fun, games, entertainment, crafts, and exercise are all available at the Kingwood Community Center.

Bring your own supplies for craft classes. Some classes have fees.

Plan your week around these activities:

All classes are open to the public.

Location:	Kingwood Community Center 4102 Rustic Woods Dr. 77345	
Participants:	Adults & Seniors	
Mornings:		
Chair Yoga	Monday & Wednesday	9:00 a.m. - 10:00 a.m.
Crochet	Tuesday & Thursday	10:30 a.m. - 11:30 a.m.
Hand & Foot Canasta	Friday	10:00 a.m. - 1:00 p.m.
Greeting Card Class	3rd Tuesday	10:00 a.m. - 12:00 p.m.
Knitting	Monday	10:30 a.m. - 12:30 p.m.
Mahjong	Tuesday	10:00 a.m. - 12:00 p.m.
Mat Yoga*	Friday	10:15 a.m. - 11:15 a.m.
Party Bridge	Wednesday	10:00 a.m. - 1:00 p.m.
Quilting	Friday	10:30 a.m. - 12:30 p.m.
Tai Chi	Tuesdays	9:00 a.m. - 10:00 a.m.
Walking Aerobics	Tuesday & Thursday	9:00 a.m. - 10:00 a.m.
Afternoons & Evenings:		
Bingo	Monday	12:30 p.m. - 3:00 p.m.
Bridge	Wednesday & Thursday	6:00 p.m. - 9:00 p.m.
Bunko	Thursday	1:00 p.m. - 3:00 p.m.
Greeting Card Class	3rd Tuesday	3:00 p.m. - 5:00 p.m.
Integral Tai Chi (ITC)	Thursday	6:00 p.m. - 8:00 p.m.
Line Dancing (Experienced)	Tuesday	2:00 p.m. - 3:00 p.m.
Line Dancing (Experienced)	Thursday	1:00 p.m. - 2:00 p.m.
Line Dancing	Tuesday	2:00 p.m. - 3:00 p.m.
Line Dancing	Thursday	3:00 p.m. - 4:00 p.m.
Meditation	Thursday	7:00 p.m. - 8:15 p.m.
Mexican Train - Dominoes	Fridays	1:00 p.m. - 4:00 p.m.
Page Turners Book Club	3rd Thursday	7:00 p.m. - 8:30 p.m.
Senior Social Dances	1st Fridays	6:00 p.m. - 9:00 p.m.
Zumba*	Wednesday	7:00 p.m. - 8:00 p.m.
Information:	(281) 348-2570	

*Indicate a participation fee is associated with the class.

