

Cy-Fair Seniors Say Now the REAL Fun Begins

Recreation and Learning Abound for the 50+ Crowd in Cypress

Members of the 50+ age group that are looking for recreation, friendship, and opportunities for lifelong growth, need look no further than right here in the Cypress area. Any senior member of the Cy-Fair community on a mission to find activities catering to people age 50 and over will not be disappointed. There are a wealth of activities in the area, designed to educate, inform, stimulate, and enhance the lives of older residents who choose to take advantage of them.

Learning and Growth Don't Stop at Age 50

One local treasure for Cy-Fair seniors is the Academy of Lifelong Learning (A.L.L.), a continuing education organization sponsored by Cy-Fair College. The program is designed for adults age 50 or older, and offers a wide range of activities inside and outside the classroom. Ann Candela, a charter board member and long-time participant of A.L.L., says there are a variety of subjects; everything from history drawing, and health classes to music and bible classes. And, in the midst of all the intellectual stimulation, wonderful friendships are often forged as well. "The best part about being involved in A.L.L., is all the new people you get to meet from age 50 to 80," Candela explains. "There are no long term commitments," adds Candela. "It really is a good chance to do some exploring and try something new or pursue something you've always been interested in." The A.L.L. group takes field trips and enjoys social activities as well.

Harris County Library also has a branch at Cy-Fair College, which features a learning program called L.I.F.E. (Learning, Inspiration, Fellowship, and Enrichment). The L.I.F.E. program includes free workshops each Wednesday from 10 to 11 a.m. Clair Gunnels, a L.I.F.E. coordinator says, "it is short and sweet...and covers topics such as cooking, bead making, tie dye, and other topics." Gunnels adds, "we've also had several joint programs with A.L.L." L.I.F.E. also gives computer workshops on Mondays from 10:30 a.m. to 12:30 p.m., which Gunnels says are, "senior friendly and family friendly."

When it comes to fun outings for those 50 and plus, some of the area senior resident living facilities can be good resources. The

Terrace at Willowbrook holds an open house and other events each month, which are open to both resident and nonresident senior citizens in the community. Local subdivisions are another good avenue for senior citizens looking for social involvement, as many neighborhoods have very active seniors clubs and groups. Cy-Fair has its own AARP chapter, which meets on a monthly basis. Cypress area resident Lynn Field says her AARP chapter does a lot of public service work and volunteer hours. Field explains, "we contribute to food drives and go to various seniors places and visit those that are sick."

There's No Age Limit for Fitness and Fun

The Cypress Creek YMCA offers many fun activities for senior citizens, such as foreign language classes, book clubs, bridge clubs, weekly



Eugene Morris works his abs at the Cypress Creek YMCA



Leta Towle learns the fine art of bird house making at Cy Fair College

game days, crafts, and even a Zumba Gold latin dance class. There are also fitness classes tailored for senior adults. Active Older Adult Activities Coordinator Elizabeth Green says, "we have cardio, strength training, some standing and some classes that are all sitting, Tai Chi, and Yoga, all geared toward seniors." The Langham Creek YMCA also offers fitness programs for older adults, such as their Silver Sneakers aerobics, water exercise, and yoga classes. Langham Creek Y also has a book club, bridge club, and lunch club for older adults.

Cy-Fair area churches are also a good source of recreation, fun, and support for area seniors. Copperfield Church has a senior group coordinated by their Senior Adult Ministry. "I keep so busy with this group, I don't have to look anywhere else for other activities," says Darlene Stitch, Seniors Ministry Coordinator and group participant. The church's seniors group offers a walking group that meets three times a week; a game day the first Friday of each month; a monthly trip; and a weekly Wednesday Bible study.

Bear Creek Community Center offers arts and crafts, games, dance lessons, foreign language classes and exercise classes, as well as bus tours throughout the year. The Harris County Precinct 3 Transpor-



Fay Hudson takes time to stop and arrange flowers at a life floral personality class

Local Cy-Fair Senior Resources

Cypress Creek YMCA

19915 Tomball Pkwy.
Houston, TX 77070
281-469-1481
www.ymcahouston.org/cypresscreek.aspx

Langham Creek YMCA

16725 Longenbaugh
Houston, TX 77095
281-859-6143
www.ymcahouston.org/langhamcreek.aspx

Bear Creek Community Center

Harris County Precinct 3
Steve Radack, Commissioner
3055 Bear Creek Drive
Houston, TX 77084
281-859-1566
www.pct3.hctx.net

Academy for Lifelong Learning (A.L.L.)

Cy-Fair College – Barker Cypress Campus
Continuing Education Dept.
9191 Barker Cypress Road
Cypress, TX 77433
281-290-5991
www.cy-faircollege.com/31085/

L.I.F.E. Workshops

Harris County Public Library
Cy-Fair College Branch
9191 Barker Cypress Road
Cypress, TX 77433
281-290-3213
www.cy-faircollege.com/69180/

A.A.R.P. – Cy-Fair Chapter #004543

(Meets 3rd Tues. each month)
Village on the Park
12102 Steeple Way Blvd.
Houston, TX 77065
www.aarp.org/states/tx/tx-chapters/chapter.html

Jersey Meadow Golf Course

8502 Rio Grande
Houston, TX 77040
713-896-0900

Copperfield Church

Senior Adults Ministry
8350 Hwy. 6 North
Houston, TX 77095
281-550-6441

The Terrace at Willowbrook

7575 Willowchase Blvd.
Houston, TX 77070
281-588-0800
www.terraceliving.com

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June Zabba receives a kiss on the hand from Squire Waterford, a.k.a Adjunct Professor of History Charles Beresford at an All Colonial History Class

tation Department provides free bus transportation for seniors, which includes destinations such as Port Arthur, the Museum of the Gulf Coast, and the Art Institute of Houston.

Senior golf enthusiasts are in luck in the Cy-Fair area too. Jersey Village Golf Course offers a Senior Golf Association, which older adults can join for a fee of \$25 and receive discounts on golf games and all merchandise.

Cy-Fair area seniors lend so much to our unique community. It's no wonder a number of area business and organizations are happy to provide leisure activity alternatives specifically for those age 50 and older. After all, our senior adults' presence, wisdom, and experience help make the Cypress area a rich and wonderful place to call home. **CFM**

Lavonne Woods Brunt is a freelance writer, practicing attorney, and mother of two young children. She has lived in the Cy-Fair community for 7 years.

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