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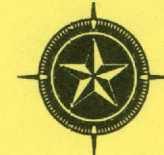
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# Lee College Focus



August - October 1996

## September 8

### ASTROS vs METS

Call 425-6311 NOW to register. Payment of \$3 is due immediately. We'll leave the College parking lot (McNulty-Haddick Complex) at noon for the 1:35 p.m. game. Game tickets are compliments of Commissioner Jim Fonteno. We'll return home immediately after the game.

## September 11

### DAY TRIP TO HOUSTON

The newly opened Museum of Health & Medical Science presents a Texas-sized view of the human body from the inside. The Amazing Body Pavilion includes giant human organ models and dozens of hands-on exhibits and interactive stations that explore how each system of the body works and how to stay healthy. We'll next visit the Good Health Reprise Theater for an amazing anatomical animation presentation, followed by a visit to the DeBaKey Science Learning Center. Then we head for a fabulous lunch at Kim Son restaurant, which "Texas Monthly" magazine has called the best Chinese Buffet in Houston. After lunch it's on to the Houston Museum of Natural Science and the IMAX production of either "Special Effects" or the brand new "Titanica." After a walk through the Gift Shop we'll head back to Lee College after a full cultural/educational day in Houston. All tickets, bus and lunch are included in the \$16.00 fee. Call 425-6311 NOW to register. Payment is due immediately by check, cash in person or VISA/MC over the phone.

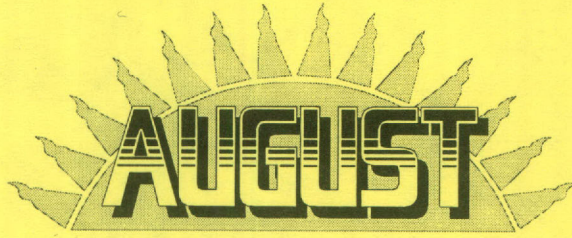
## September 16

### KNOW YOUR RIGHTS DAY

Lee College is proud to host a morning session of information on all the benefits and rights that you as a Texas citizen over the age of 50 should be aware of. United States Congressman Ken Bentsen's office has coordinated with the Texas Social Security Administration, the Texas Dept. of Insurance and the Texas Medicare Office to present an outstanding program for you. Congressman Bentsen will open the program and then will be available for questions. Carla Allen of the Texas Dept. of Insurance will share the facts on how her agency "polices" the supplementary health programs and HMO companies that are always calling you and bombarding everyone with "their best plan." Learn legally what is involved in enrollment in any of these supplemental health plans, what is true and not true and especially your rights and the correct way to "disenroll" if you should choose to do so. Larry Hamley of the Social Security office can help you make intelligent choices in that area and the Medicare office of Texas has all the up to date information you need for yourself and your loved ones. Refreshments will be served and Door Prizes given throughout the morning. HOPE TO SEE YOU THERE!!! This will be most helpful for those that have questions on nursing homes, elderly parent situations, working past 60, etc. Invite anyone you know. This is open to the public.

# Weekly Tuesday Programs

Weekly programs are held from 9:30 a.m. - 11:30 a.m. each Tuesday at the Baytown Community Center, 2407 Market Street, in the Tejas Room.



**August 27 .....** *Jo An Martin—Contemporary Novels* Do you long to discuss the latest novel you have read? Would you like to learn more about an author and become a more discerning reader? Join us as Jo An leads a lively discussion and encourages questions from everyone.



**September 3 .....** *Monthly Luncheon and Games Day!* Coffee and donuts begin at 9:30 a.m., then stay and play Bingo for prizes, or a game of SkipBo or dominoes with friends. We'll share in a pot-luck luncheon at 11:00 a.m., so bring a salad or vegetable or meat dish to share and be ready for a fun morning.

**September 10 .....** *Barbara Cowart* will present a program on "the best kept secret in Commissioner Fonteno's precinct." Find out what is going on that's exciting in all the nursing homes located in East Harris County. You'll be pleased to know that not a penny of your tax money is being spent on this successful operation.

**September 17 .....** *Increased energy and relief from stress* are benefits you can receive from yoga. Yoga creates flexibility and strength, tones muscles, and increases circulation. Through body awareness yoga can also build confidence, improve concentration and expand your lung capacity by learning revitalization breathing techniques. Come relax your way to a stronger, healthier, more energized you through yoga. Indrani Kelly is our speaker.

**September 24 .....** *Pep Up Your Life!!* Get ready for the Twentieth Anniversary of the Baytown Senior Olympics. Today's program is physical and motivational. It is also your last chance to sign up for all the fun events that have been planned for the week of October 8-11.



**October 1 ..... Monthly Luncheon and Games Day!**

**October 8-11 ..... 1996 BAYTOWN AREA ANNUAL SENIOR OLYMPICS** It's time to register!! This should be the biggest and best event ever. It's the Twentieth Anniversary of the Olympics. This year Secure Horizons has joined Lee College, the City of Baytown and Commissioner Jim Fonteno's Seniors program in sponsoring the event. We've added a few new events in the Croquet games, Canasta, Mini-Discus Toss, and the Cake, Pies and Cookie Baking Contest (with at least a dozen ribbons in this event alone to be awarded). Special commemorative tote bags, a free BBQ luncheon and some surprises will be given this year. Remember, it's all FREE, but you HAVE TO REGISTER...forms are available at all Senior Centers around town, the Baytown Community Center, Lee College or call 426-7563, 420-6594 or 425-6416. Everything begins at 9:30 a.m., at Lee College on Oct. 8 "around the flagpole" with special opening remarks by the Mayor, special music and singing and a Pledge of Allegiance to the flag.

**A sample of the activities is as follows:**

**Tuesday, Oct. 8**—Opening Ceremonies, Coed Volleyball, Basketball Free Shooting Contest, and Golf Putting

**Wednesday, Oct. 9**—SkipBo, Bridge, Canasta, Dominoes, Ping Pong, Washer Toss, Bean Bag Toss, and the Spelling Bee

**Thursday, Oct. 10**—Horseshoe competition (for men & women), "88", "42", Croquet, and softball tournament

**Friday, Oct. 11**—Baking Contest, Walking Relay, Mini-Discus Toss, Frisbee Fling, Balloon Burst, Golf Putting Championship, Water Balloon Toss, and Awards Luncheon.

## **LINE DANCING CLASSES**

**October 7 - November 11**

Come join the fun and learn how to Line Dance with our own Lee College Senior's Instructor, JOHN DZAK!!! Dances he'll teach you will include: Electric Slide, the Macarena, Honky Tonk Stomp, Slap Leather, Tush Push, Cotton-Eyed Joe, Cha Cha Line Dance, the Strut, Four Corners and Achey-Brakey. The class is designed for beginners as well as those who want to learn more advanced steps. Classes are on Monday nights 7-8 p.m., October 7-November 11 at the Baytown Community Center. Call 425-6311 to register NOW. The cost is \$25.

**September 25**  
**BINGO IN THE AFTERNOON**

Secure Horizons and the City of Baytown Senior Center presents a FREE afternoon (1-3 p.m.) of Bingo playing and prizes on Wednesday, Sept. 25. Space is limited. Call 420-5735 for a reservation.

**EXPAND YOUR HORIZONS**

READ A POEM OR BETTER YET, WRITE ONE? A COUPLE OF LINES AND YOU'RE AMONG THE LITERATI!

(ST. LUKES WELLNESS CALENDAR)


**November - February**  
**LEE COLLEGE REBEL BOOSTERS**


Would you like to have a great time volunteering AND get a free T-shirt AND an autographed picture of the best Junior college basketball team in the area??

The Lee College Rebel basketball program is looking for men or women who could give a three hour block of time. For a number of home games you will be selling programs, tickets, working in the concession stand and being all-around "Lee College Ambassadors" during Nov.-Feb.


Call Roy Champagne, Lee College coach for more information. at 425-6594.

**Four easy ways to register:**

 **Mail to:**  
LC Continuing Education  
P. O. Box 818  
Baytown, TX 77522-0818

 **Call:**  
713-425-6311 or 1-800-621-8722  
(with Visa or MasterCard)

 **FAX:**  
713-425-6855  
(with Visa or MasterCard)  
or

 **Register in Person**  
at Lee Campus  
Rundell Hall  
200 Lee Drive

*Lee College does not discriminate on the basis of gender, disability, race, color, age, religion, national origin or veteran status.*

Lee College  
Continuing Education  
P. O. Box 818  
Baytown, Texas 77522-0818

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