



JERSEY VILLAGE SENIOR OUTREACH

MONTHLY PROGRAM NEWSLETTER

August 2023

Member Spotlight

This month we turn the spotlight on our neighbor and member, John Albers. Please click on the link below to get to know John better.

<https://jersey.helpfulvillage.com/pages/10060-senior-spotlight>

JERSEY VILLAGE NEWS

The City of Jersey Village offers Senior Fitness Classes on Tuesday and Thursdays at 10:00am at the Civic Center. Cost is \$40/yr. You can show up to a class to try it out before paying the fee.

JVSO SPECIAL EVENTS

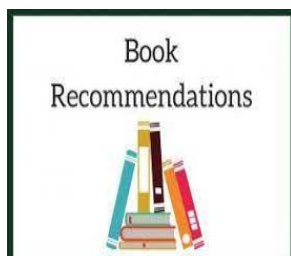


*Craft Day: soap making
August 14th
facilitated by Patricia Aune.
Register through the JVSO
website calendar.*



*Astros Game Sept. 20th, \$45pp
Self-drive, or car pool (no bus).
Register and pay on the
JVSO website calendar.
Deadline to register,
August 15th.*

**JULY BOOK CLUB:
SHARE A BOOK**
Describe to the group
a book you have read
and enjoyed, and/or
come get good book
suggestions.



More information about our events is on the JVSO events calendar. www.jvso.org

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| 8-2 | 4:00pm | Film Club
Movie: Montford the Chickasaw Rancher |
| 8-3 | 3:00 pm | Chair Yoga |
| 8-4 | | NO Coffee and Conversation
Golf Course Clubhouse Grille CLOsed |
| 8-7 | 8:30 am | Walk start at Carol Fox Park |
| 8-7 | 11:00 am | Needlecraft Corner |
| 8-9 | | Minute Maid tour for those registered |
| 8-10 | 3:00 pm | Chair Yoga |
| 8-10 | 7:00pm | TED Talk: Benefits to Not
Being a Jerk to Yourself |
| 8-11 | 8:30am-10 | Coffee and Conversation
At Jersey Meadow Golf Course |
| 8-14 | 8:30am | Walk at Carol Fox Park |
| 8-14 | 10:00am | Craft Day (registered) |
| 8-16 | 4:00pm | Film Club (JVSO website) |
| 8-17 | 3:00 pm | Chair Yoga |
| 8-17 | 6:00pm | Dinner at the Golf Course |
| 8-18 | 8:30am-10 | Coffee and Conversation
At Jersey Meadow Golf Course |
| 8-21 | 8:30am | Walk at Carol Fox Park |
| 8-24 | 3:00 pm | Chair Yoga |
| 8-25 | 8:30am-10 | Coffee and Conversation
At Jersey Meadow Golf Course |
| 8-28 | 8:30am | Walk at Carol Fox Park |
| 8-28 | 9:30am | After the walk breakfast at
Little Kitchen. Walkers/non walkers invited |
| 8-30 | 3:00pm | Book Club @ JMGC
"Share a Book" that you enjoyed |
| 8-31 | 3:00 pm | Chair Yoga |