

Senior Wellness Activities

August 2026

Serving Fort Bend County



Coffee & Friends
9:00am – 10:00am



SR Wellness Library
9:00am – 4:00pm



Fitness Center
9:00am – 4:00pm



Patty's Café
11:00am – 2:00pm



Gracious Gifts
11:00am – 2:00pm (T-W-TH)



Food Fair
4th Saturday of Every Month

 1111 Collins Road
Richmond, Texas 77469

 For more information:
281-202-6200

 "People of Faith
Helping People in Need"

 **Catholic Charities**
ARCHDIOCESE OF GALVESTON-HOUSTON

**MAMIE GEORGE
COMMUNITY CENTER**
Serving Fort Bend County

WORLD SENIOR CITIZEN'S DAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Information Medicare Q & A Info Sponsored by AAA Ask questions about Medicare & your benefits! 	3 10A ARTreach 11A Virtual Tai Chi 11:30A Seashell Art 12:30P Line Dance	4 MEDICARE W/ KARINA 9:30A Chair Yoga 10:30A Crafts by Aline 11:30A Tech Talk W/ Tara 11:30A Open Art 1P Strength Training	5 10A ARTreach 10A Sit and Be Fit 11:30A Open Art 12P Rosary (English) 12:30P Line Dance 1P Bible Study	6 9:30A Chair Yoga 10:30A Open Art 10:30A Taking Control: BP 12P ARTreach 12:30P Rosary (Spanish) 1P Open Art	7 Purple Heart Day 10A Bingo 11A Cards W/ Sandy 11A Fitness Equip Demo 11A Open Art 1P Drum Fit
Drum Fit Info An exciting and high-energy full-body workout with cardio & drumming! 	10 10A ARTreach 11A Virtual Tai Chi 11:30A Open Art 12:30P Line Dance	11 9:30A Chair Yoga 10:30A Crafts by Aline 11:30A Open Art 11:30A Seasonal Allergies 1P Strength Training	12 10A ARTreach 10A Sit and Be Fit 11:30A Open Art 12P Rosary (English) 12:30P Line Dance 1P Bible Study	14 9:30A Chair Yoga 10:30A Open Art 12P ARTreach 1P Open Art 1P Rosary (Spanish) 1P Drum Fit	CLOSED
Tech Talk Info Learn NEW apps & Become Tech Savvy 	17 10A ARTreach 11A Virtual Tai Chi 11:30A Book Bouquet 12:30P Line Dance	18 9:30A Chair Yoga 10:30A Crafts by Aline 11:30A Open Art 1P Strength Training	19 10A ARTreach 10A Sit and Be Fit 11:30A Open Art 12P Rosary (English) 12:30P Line Dance 1P Bible Study	20 9:30A Chair Yoga 10:30A Open Art 12P ARTreach 1P Open Art 1P Rosary (Spanish) 1P Drum Fit	21 Senior Citizen's Day Senior Prom 3PM – 5PM 
Fitness Class Info (4) weeks of Strength Training – Bring Your Own Weights 	24 10A ARTreach 10:30A Virtual Tai Chi 11A Fashion Speaks 11:30A Open Art 12:30P Line Dance	25 Women's Equality Day! 9:30A Chair Yoga 10:30A Crafts by Aline 11A Meet the Social Worker 11:30A Open Art 1P Strength Training	26 10A ARTreach 10A Sit and Be Fit 11:30A Open Art 12P Rosary (English) 12:30P Line Dance 1P Bible Study	28 9:30A Chair Yoga 10:30A Open Art 12P ARTreach 1P Drum Fit 1P Open Art 1P Rosary (Spanish)	Food Fair 4th Saturday of Every Month 
Virtual Exercise Info Join us for Virtual Exercise brought to us via YouTube 	31 10A ARTreach 11A Virtual Tai Chi 11:30A Rock Painting 12:30P Line Dance				Happy August Birthdays! 