



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



The Mamie George Community Center is a hub for Catholic Charities' services in Fort Bend County. The center provides food, clothing, shelter and a network of support services to people from all walks of life and religious backgrounds, with an emphasis on seniors.

## PROGRAMS & SERVICES

### FAMILY ASSISTANCE

Assists individuals and families with food, rent, utilities, medication, financial assistance and support as they work toward self-sufficiency. MGCC serves as the Houston Food Bank hub for Fort Bend County, and hosts monthly food fairs for low-income families.

### TRINI'S CORNER MARKET

A self-select food pantry within the center. The market is available to Fort Bend County residents over the age of 60 in need of food assistance. A wide variety of fresh produce, meats, breads, canned goods, dry goods are available.

### DRIVE THRU FOOD ASSISTANCE:

Our food pantry services include a weekly drive thru distribution available to all in need of food assistance. A variety of fresh produce, meats, bakery items, pantry staples and dairy items are available. Distribution times are Tuesday from 5-7PM or Thursday from 9AM-12PM. You are welcome to attend once a week as needed.

### WOMEN VETERAN SERVICES

Catholic Charities Women Veteran Services offers hope for women who have served this country and are in crisis. We help through financial assistance for rent, mortgage, food, employment and education guidance, and through other services.



### GRANDPARENTS RAISING GRANDCHILDREN

Many grandparents take an active role in raising their grandchildren. Our program provides information and support for grandparents through weekly meetings.

### OTHER SERVICES OFFERED IN FORT BEND COUNTY

**Parenting Education:** Catholic Charities' Blessed Beginnings Life Center is committed to the sanctity of human life, offering support to parents from pregnancy through their child's fifth birthday.

**Counseling Services:** Professional counselors guide people in need as they work through life's most challenging problems.  
Location: 12300 Parc Crest Dr., Stafford, TX 77477

## SENIOR WELLNESS PROGRAMS & SERVICES

Catholic Charities' Mamie George Community Center supports seniors in their efforts to stay healthy and active, volunteer, build friendships and live independently.

We provide companionship and transportation assistance for seniors to travel to and from the center, doctor's appointments, grocery shopping and other vital trips.

Seniors find companionship, health and welfare monitoring, case management, nutrition education, referrals for mental health, benefits enrollment, social and spiritual needs, emergency financial assistance and supplemental classes such as dance classes and below:

### PATTY'S CAFE

Seniors 60+ can enjoy a hot meal, free of charge, five days a week. This congregate meal program also helps fight the loneliness and isolation by giving seniors an important opportunity to socialize and build friendships.



### CREATIVE AGING

Art engagement can positively impact seniors' health by improving cognitive skills, relieving stress and depression, and encouraging self-expression and socialization. This program gives seniors a creative outlet through a variety of classes including mixed media, painting, crafting and more.



### GRACIOUS GIFTS

The Gracious Gifts gift shop provides economical, dignified gift-giving opportunities for seniors. Items such as jewelry, toys, blankets, cards and more are donated and all proceeds support Mamie George Community Center programs.



### FITNESS CENTER & EXERCISE CLASSES

Our Senior Wellness program offers numerous exercise classes including line dancing, zumba, yoga, stretching and more, all taught by trained fitness instructors. Our fitness room is specifically designed for seniors and includes a treadmill, elliptical machine, stationary bike, weights and various other machines.



**JOIN IN COMMUNITY  
SCAN HERE TO LEARN MORE:**