FOR IMMEDIATE RELEASE
FOR MORE INFORMATION: Harris County Precinct Three
CONTACT: Becky Newman Bear Creek Community Center
(713) 274-3190

The Bear Creek Community Center will be temporarily housed and have limited classes/events at the Glazier Senior Education Center, 16600 Pine Forest Lane, Houston, Texas 77084

Bear Creek Community Center Presents March Events

In addition to scheduled activities at the Center, Commissioner Steve Radack’s Bear Creek Community Center is now offering the following upcoming events and activities in November:

**Homemade Card Class**
Arlene Fox will teach you how to make homemade cards with many different mediums from stamps, to yarn, to shiny embellishments, you will learn how to make your own cards for Birthdays, Holidays, “Thank You” notes, and “Just Thinking of You” cards. This is a FREE class and you will go home with a card or two you made yourself. Classes are the second Thursday of the month from 1:00-3:00 p.m. Must call (713) 274-3190 to register.

**Easy and Relaxing Yoga**
Join us every Monday beginning January 13th at 9:00 a.m. to learn to relax. This yoga guides you to relax your body, mind & soul. It activates the Parasympathetic Nervous System that helps to counteract stress and promote relaxation. Participants need to bring a mat and a regular pillow. Space is limited. Please call (713) 274-3190 to register.

**Circle of Friends Meditation**
Come and join this circle to gain a healthy mind and body on Fridays from 11:30 a.m. until 12:30 p.m. Please call (713) 274-3190 to register.

**Bunco**
Bunco is a game played with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice. Bunco is a simple game involving 100% luck and no skill (there are no decisions to be made). If you are unfamiliar with the game, we will teach you how to play. This is a great way to have fun and to meet new friends. Games begin Tuesday, March 3rd from 3:30-5:30 p.m. Please call (713) 274-3190 to register.

**Fun Time Art**
A time and place to do your creative art with other artists. Join us every Thursday from 9:00 a.m. until 12:00 p.m. Please call (713) 274-3190 to register.

**Arunde Capoeira**
Are you tired of the same fitness routine? Do you want your kids to be more active? Capoeira is a unique art that combines martial arts, acrobatics and dance-like movements to the beat of traditional Brazilian instruments. Classes are Fridays for kids ages 8 to 16 years old will starting at 6:00 p.m. 16 year olds through adults will begin at 7:15 p.m. To join us, please call (713) 274-3190 to register.
Integral Tai Chi
The goal is to promote a healthier lifestyle through physical practice. We improve the body’s performance, strength and stamina while increasing your energy. Classes are every Tuesday from 6:00-7:30 p.m. Please bring a yoga mat.

Spring Vegetable Garden
Time to get the garden planted. Join the Texas Agriculture Extension Master Gardeners on Friday, March 13th from 9:00 to 11:00 a.m. for this informative lecture on what you can do now to get the most from your garden. Call (713) 274-3190 to register.

AARP Defensive Driving
We will have an AARP representative on Saturday, March 14, 2020, from 9:00 a.m.-2:00 p.m. to conduct a Drivers Safety course. This course can assist you in receiving discounts on your auto insurance. The cost for this class is $15.00 for AARP members and $20.00 for non-members. Please call 713-274-3190 for more information or to register.

Hearing Loss Association of America
Join us to learn what help is available to those that have a hearing loss. From telephones to laptops, help is available. Join us Friday, March 27, 2020 from 9:00-11:00 a.m. to learn more. Please call (713) 274-3190 to register.

Yoga
Yoga builds strength, awareness and harmony in both the mind and body. Sessions will include breathing exercises, meditation and various postures that stretch and flex muscle groups. You will need to bring a mat or towel. Classes are free and open to the public. Join us Tuesdays 5:30-6:30 p.m. and/or Thursdays 4:00-5:00 p.m.

Party Bridge
If you play Bridge, you are invited to play cards with us every Monday from 11:30 a.m. until 3:00 p.m., Tuesdays, 12:00-3:00 p.m. Please call (713) 274-3190 if you have questions.

Line Dance Lessons
Get fit and have fun with a variety of music. Join us Saturday mornings at 10:00 a.m. All abilities are welcome. Classes are free and open to the public. Call 713-274-3190 with questions.

Special note:
Advance registration for activities is typically requested. An adult must accompany and remain with anyone under the age of 18 visiting the center. A calendar of events is available at the Harris County Precinct Three website at www.pct3.com. For more information, call (713) 274-3190.

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