

**FOR IMMEDIATE RELEASE
FOR MORE INFORMATION:
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**Harris County Precinct Three
Bear Creek Community Center**

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 October Events 2018

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 October:

Fall Card Class

Wednesday, October 10th, 1:00- 3:00 p.m. Join Linda Gabrielson for this fun fall card making class. Nothing makes you feel more special than receiving a homemade card from someone. Let your friends and family know how much you care by sending a card you made yourself. All you need is a pair of scissors and Linda will bring the rest. No rushing out to find materials. A material fee of \$5.00 will need to be paid to the Bear Creek Staff at the time of sign up. Please call (713) 274-3190 to register.

Holiday Wreaths Centerpiece

Have you ever wanted to try to make your own Holiday Centerpiece but just didn't know where to start? If so, this is the class for you! Come join the fun and let your Creativity flow! Friday, October 12th, from 1:30- 3:30 p.m. Class is limited to 12 participants, so be sure to sign up! Please call (713) 274-3190 to register.

Karate

Join our marital arts class once a week and learn the art of self-defense on Thursdays. Children 6 to 12 years old meet from 6:30 p.m. until 7:30 p.m., and teens 13 years old thru adults meet 7:30 p.m. until 8:30 p.m. Please call (713) 274-3190 to register.

AARP Fraud Watch Network and Harris County Sheriff's Office

Every two seconds someone's identity is stolen. Shredding confidential documents you no longer need is one good way to protect yourself, and the AARP Fraud Network wants to help. Join AARP in Houston and the Harris County Sherriff's Office for our FREE community paper shredding event. Come dispose of your confidential documents with confidence and receive information on how to protect your identity from scammers.

This event is open to the public regardless of AARP membership status, but you **MUST RSVP** in advance. Please call 1-877-926-8300 to register. Saturday, October 13th, 2018, 9:00 a.m. to noon. *Paper items only. Limited to 3 boxes per vehicle.

Halloween Cards

Wednesday, October 17th, 1:00- 3:00 p.m. Everyone enjoys Halloween, after all, it is the official start to the holidays. Join Linda Gabrielson to learn how to make cute little Halloween cards. All supplies are included with the \$5.00 material fee. Please pay office staff when signing up.

Chair Yoga

This class is perfect for anyone with mobility or balance limitations. Chair yoga involves performing specific poses while using the support of a chair. The class meets every Friday from 10:00 a.m. until 11:00 a.m. Please call (713) 274-3190 to register.

Open Enrollment for Medicare

Do you have questions about Medicare Parts A, B, C, & D? Questions about the Pros and Cons of Medicare Supplements? Can you get financial assistance with Medicare costs? We will explain how Medicare works, its different options and how the options work. Join us on Monday, October 15th, from 6:30 – 8:30 p.m.

The Woodworm Class -- It's Turkey Time!!

Fridays, October 26th, November 2nd & 9th, from 1:30- 3:30 p.m. Thanksgiving is right around the corner and it's time to prepare the turkey for your centerpiece. This makes a nice decoration for your table or as a gift should you be an invited as a guest. The class will paint and decorate a wooden turkey. Paint, brush, and sandpaper will be available in the class to use for this project. Supply fee for the class is \$13.00 (for the turkey kit) and must be paid when signing up (the kit must be made). Please give materials fee to office staff.

Wisdom, Power, and Control

You've got the power to manage your diabetes!

Wednesdays, October 31st, November 7th, 14th, and 28th, from 1:00- 3:00 p.m., Individuals living with diabetes, prediabetes, caregivers, and loved ones are welcome! Understanding Diabetes, Carbohydrates, blood glucose levels, food nutrition labels, meal planning, and preventing complications. 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 1:00 p.m. Please call (713) 274-3190 to register.

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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