

**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 July Events 2018**

In addition to scheduled activities on the Center's calendar, Commissioner Steve Radack's Bear Creek Community Center is now offering the following upcoming events and activities for the summer:

### **Home Health Care? Who Qualifies?**

On Wednesday, July 25<sup>th</sup>, from 1:00 to 2:00 p.m., learn what Home Health Care assistance is and what services it can provide to you or your loved one. Find out who qualifies for this service and available financial assistance. Please call (713) 274-3190 to register.

### **Home Ownership**

Gain insight on various Federal Home Ownership Loans, down payment assistance, and repair programs available to potential and current homeowners on Saturday, July 14<sup>th</sup>, from 10:00 a.m. to 12:00 p.m. Please call (713) 274-3190 to register.

### **Family Zumba**

All ages are welcome to this high-energy cardio class. Everyone will enjoy this mix of Latin and International dance moves. Classes are from 6:00 p.m. until 7:00 p.m. on Mondays and Wednesdays. Please call (713) 274-3190 to register.

### **Emergency Preparedness**

It's hurricane season! Join us on Wednesday, July 11, from 1:00 to 2:00 p.m. to learn what you should do to prepare for the next disaster. Learn the essentials for making a plan, building a kit, and how to stay informed.

### **Herb Gardening**

Listen to an expert from the Harris County Texas A&M AgriLife Extension Service speak about which herbs grow best in Harris County, different uses for those herbs, if the plant is perennial or annual, and the growing conditions they prefer. There will be a show and tell with a few fresh herbs on Wednesday, July 18<sup>th</sup>, 1:00- 2:30 p.m. Please call (713) 274-3190 to register.

### **Needlework**

Join us at Bear Creek Community Center for some sewing fun! Sew, visit and share your creative ideas with others every Tuesday from 9:30 a.m. until 11:45 a.m. Please call (713) 274-3190 to register.

### **Tai Chi**

Every Saturday morning from 8:30 a.m. until 9:30 a.m. learn this ancient Chinese art that integrates and strengthens mind & body through slow, practiced movements that help to lower stress and blood pressure. Please call (713) 274-3190 to register.

### **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.

### **Medical Education**

Whether you are just joining or have been in Medicare for years, there are things you may not know about Medicare or your needs and expenses. Join us on Friday, July 23<sup>rd</sup>, 7:00 p.m. until 8:00 p.m. to hear this information and learn more. Please call (713) 274-3190 to register.

### **Children's Immunizations By Harris Health System**

Trouble Shooters Immunization Mobile Program will be here to give children's immunizations on Saturday, July 21<sup>st</sup>, from 10:00 a.m. until 2:00 p.m. For more information, visit the "Newsroom" on the Precinct Three website at [www.pct3.com](http://www.pct3.com) and read the article "Precinct Three to Host Free Children's Immunizations."

### ***Special note:***

***Bear Creek Community Center is closed Wednesday, July 4<sup>th</sup>,  
in observance of Independence Day.***

**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](http://www.pct3.com). For more information, call (713) 274-3190.**

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