

# JVSO 2024 Programs

*JVSO has a full calendar for 2024, some that have been favorites for years, and some that are new. Below is a description of the programs being offered in 2024. There are events you must register; and others you can just show up, each event below indicates what is required. Come to as many events as space, and your calendar, allows. Of course, none of this would be possible without our many volunteers that step up to offer these fun, educational and wellness events. There is no better way to meet other members than to attend some of our events. Watch the weekly emails and monthly newsletters for more information about these events.*

*Looking forward to a wonderful 2024!*

*Karie Lawrence*

*JVSO Program Coordinator*

**Monday Mover Walkers** – This walking group starts at Carol Fox Park at 8:30am on Monday mornings. They walk approximately 2 miles, but you can cut off anytime to head home. These walkers tend to walk with purpose (fast). The last Monday each month they meet at Little Kitchen HTX at 8:30 to walk then have breakfast after. NO REGISTRATION NEEDED, JUST SHOW UP



**Breakfast Club** – Last Monday each month meet at 9:30am at Little Kitchen on Senate Ave. to purchase and enjoy breakfast with others. NO REGISTRATION, JUST SHOW UP



**Craft Corner** – Come to Craft Corner with any type of crafting project you want to work on. There are members that can give you advice on needlepoint, crocheting and knitting, if that is your craft of choice; however, you can work on any craft of you choose while chatting with other members. Craft Corner meets the first Monday of each month at the golf course. NO REGISTRATION NEEDED, JUST SHOW UP

**Day Trips** – Offered a few times a year to a variety of locations. Most Day trips are on the Harris County bus; however occasionally trips are a “drive yourself” if they are close. Transportation is free on a day trip, but the tour, entrance fees and lunch are member expenses. REGISTRATION REQUIRED





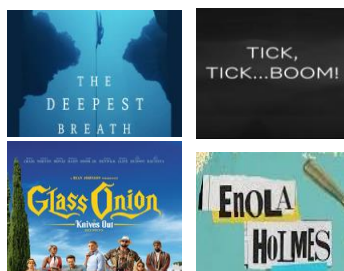
**Line Dancing** – Ready to Boot Scoot and Boogie. This is not only fun, but GREAT exercise for men and women. Come dance as our instructor, Brenda, shows the steps before each song. Line Dancing will be offered once a week for 3 weeks, three times a year (February, May, September). The more you attend the better you get.

NO REGISTRATION NEEDED, JUST SHOW UP

**Wednesday Wellness Walkers** – Low level, accessible, short group walks that you can easily alter to your ability as it is on a circular path near your parked car. Walking with others turns exercise into an enjoyable social outing and gets you outdoors for some extra vitamin D. This walking group walks the track at Champion Forest Baptist Church Jersey Village on Rio Grande on Wednesday at 8:45am. This is a circular track you can choose to go around as often as you would like. This group can come and go, and walk at their own pace. NO REGISTRATION NEEDED, JUST SHOW UP



**Creative Crafts** – Offered every other month starting in February. JVSO volunteers lead each craft class with a unique and fun activity. Some of the craft days will be a cooking type activity. If you have a craft you would like to facilitate, email [jvsoinfo@gmail.com](mailto:jvsoinfo@gmail.com) for more information. REGISTRATION REQUIRED



**Film Club** – Movies usually are more than just pure entertainment; they make you think. JVSO virtual Film Club is offered to members through Zoom. You watch the movie at your leisure before the Zoom meeting, then during the Zoom, members will share their thoughts and opinions of the movie.

NO REGISTRATION NEEDED, JUST SHOW UP

Need movie suggestions to watch on your own, JVSO past Film Club's movie list here <https://jersey.helpfulvillage.com/pages/10016-film-club>.



**Virtual Cooking Classes** – Members cook along with a presenter while in their own home through Zoom. During the pandemic several virtual cooking classes were offered and members have been saying they liked being able to cook as someone shared a recipe (past recipes are posted on our website at

<https://jersey.helpfulvillage.com/pages/10026-cooking-classes>

So, we are going to try it again. We are offering a few virtual cooking classes this year. You buy the ingredients, connect through Zoom, and cook along with us. Do you have a recipe you want to show others through Zoom, email [jvsoinfo@gmail.com](mailto:jvsoinfo@gmail.com) and we will put you on the schedule. REGISTRATION REQUIRED

**Book Club** – This event is held the last Wednesday of each month, occasional changes due to holidays. A book is chosen by the group, and is posted on our website calendar and in the monthly newsletter. Members read the book before Book Club, then gather to discuss, and choose future books. A few times a year, instead of reading a book, members have a Book Chat. During Book Chat members share information about books they have read so others can decide if it is something they would like to read. NO REGISTRATION NEEDED, JUST SHOW UP



**Bingo** – this fun, and popular, event is offered two times a year, once in first half, once in the last half. It is free to play and JVSO usually provides a light dinner. Prizes are given to the winners of each game. This year the first Bingo will be later than usual due to the golf course clubhouse renovations. REGISTRATION REQUIRED



**Chair Supported YOGA** - An ideal exercise to loosen and stretch painful muscles. It is the most accessible form of yoga since it is done in the chair or using the chair for stability. This class is available to anyone regardless of your level. Meet every Thursday at 3:00 pm at the Jersey Village Civic Center. If you prefer, you can bring your yoga mat and do the same yoga poses on the floor. NO REGISTRATION NEEDED, JUST SHOW UP







**Restorative Yogo** – This type of Yoga encourages physical, mental, and emotional relaxation. The class is slow-paced while holding poses longer while practicing stillness and deep breathing. A FLOOR MAT IS REQUIRED but feel free to bring other props, i.e., bolsters and blankets. Class meets the 3<sup>rd</sup> Tuesday each month, starting in March. NO REGISTRATION NEEDED, JUST SHOW UP

**Thursday Dinners at Golf Course** – Each month on the 3<sup>rd</sup> Thursday at 6:00pm-ish (except July and December) JVSO meets at the golf course for dinner. You buy your dinner and JVSO provides an after dinner sweet treat. Members eat dinner and socialize with each other. Due to the golf course renovations, Thursday Night dinners will not start for a few months. NO REGISTRATION NEEDED, JUST SHOW UP



**Coffee, Conversation and Technology** – Every Friday come and go between 8:30am and 10:00am to socialize with other members and chat about anything of interest. If you are having an issue with technology, you can bring your questions and someone can usually help solve the problem, or at least direct you to someone that can help. Members purchase your own coffee and/or breakfast (once the grill opens in the new clubhouse). NO REGISTRATION NEEDED, JUST SHOW UP



**Presentations** - A few times each year JVSO invites a presenter to discuss an interesting topic on the first Friday of the month at 9:00am. We have had Better Business Bureau, Fire Safety, Scam and Fraud, Life Planning, Gardening, and much, much more. Once the new clubhouse is available, we have exciting topics to share with you. If you do not usually come to Coffee on Fridays, we welcome all members so that the presenter is able to share their valuable information with a large group. NO REGISTRATION NEEDED, JUST SHOW UP



**Jersey Village Holiday Parade** – Very creative JVSJ members put together a JVSJ float each year to enter in the Jersey Village parades. They have even won a few times. They do one for the 4<sup>th</sup> of July Parade and the Christmas Lighted Parade. Be sure and come out to the Jersey Village Parades (July and December) and cheer on JVSJ, or if you'd like, you join the fun and help put the floats together.



**Holiday Donuts and Coffee** – In December at Friday Coffee between 8:30am and 10:00am, at Jersey Meadow Golf Course, JVSJ will provide the coffee and donuts (or other breakfast item) NO REGISTRATION NEEDED, JUST SHOW UP

**JVSJ Sponsored Dinners** – Last, but certainly not least are our most popular events. JVSJ provides dinner to all members two times a year (July and December). The July dinner is our opportunity to share information about JVSJ. We provide the latest news, programs, and discuss JVSJ's future. December is an end-of-year holiday celebration. It is very festive and members celebrate the season. REGISTRATION REQUIRED



**Want to see a video of some of the holiday fun. Click on the picture above. You will be asked if you want to view a video sent from Karie's Amazon. There will be a blurry video image with an arrow in the center (hard to see), click the arrow to start the video.**