

FRIENDSWOOD SENIOR CITIZEN PROGRAM

The Friendswood STAR

A Newsletter for Active Seniors



(L-R) Mary, Kashe, Irene, Carol, Adrian, Norma, Doris, Dorothy, Lou Ann, Diane, Romelia, Maria, & Theresa
Field Trip to Rienzi April 2025



Friendswood Senior Citizen Program

416 Morningside Drive, Friendswood, TX 77546 | (281) 482-8441 | seniorprogram@friendswood.com

Hours of Operation

Monday - Friday | 9:00 am - 3:00 pm

Memberships

Participant Type	Annual Fee
Friendswood Resident (Utilities and taxes are paid to the City of Friendswood)	Free
Non-Resident	\$25

Check - In

All visitors must sign in at the clipboard located at the front desk upon entering the building.

Fitness Room

Fitness equipment includes free weights, treadmills, stationary bikes, an elliptical and more. Available between 9:00 am and 3:00 pm.

Transportation

We provide weekday bus service to and from the senior center for registered members living within Friendswood city limits. Riders must call ahead to schedule a ride. Please note, that this service is not available during certain trips or special events.

Online Registration



Scan the QR code for quick access to our catalog.

or

Type **friendswood.com/register** on your address bar, to access the catalog on your desktop. Be sure to meet with staff to setup your account.

Volunteer Instructors

All instructors generously donate their time. If you'd like to support their efforts, a small donation box is available.

Galveston County Lunch Program

Congregate Meals are available for adults aged 60 and older, Monday through Friday from 11:30 am to noon at a suggested donation of \$1 per meal. To participate, an application must be completed with a staff member. Once enrolled, participants must place meal orders one week in advance by calling (281) 482-8441. Meal service may be paused during certain special events. **Waitlist Only Available**



Newsletter & Calendar
March and April 2026

Trip Registration Dates

March 02 & April 01

Residents | 9:00 am

Non-Residents | 12:00 pm

Staff

Shadey A. Caraveo - Saldaña
Senior Program Manager
ssaldana@friendswood.com

Kim Zrubek
Assistant Senior Program Manager
kzrubek@friendswood.com

Leticia Silva
Recreation Aide

Myreese Woodard
Recreation Aide

Michael Boyett
Assistant Director of Parks & Recreation

Advisory Committee Members

Vickie Hefner, *Chair*

David O'Brien, *Vice Chair*

Martha Cotton

Micheal Culp

Evelyn Farias-Elsner

Christine King

Doris Ochoa

Rosie Olivo

Carol Tomlinson

Suggestions Box

We welcome your suggestions compliments and complaints. The suggestion box is located at the front desk.

SENIOR NINJA WARRIOR CHALLENGE

JOIN THE SENIOR NINJA WARRIOR CHALLENGE, WHERE AGILITY MEETS INGENUITY, AS YOU CONQUER THE CRAWL, BLAZE THE PODS, AND BALANCE THE WIN!

Friendswood Activity Building
416 Morningside Drive
March 4, 2026
10:00 am - 1:00 pm

you are ALWAYS CAPABLE

REGISTER IN ADVANCE TO COMPETE

FRIENDSWOOD SENIOR CITIZEN'S PROGRAM 25TH ANNUAL

SPAGHETTI FUNDRAISER

FRIENDSWOOD ACTIVITY BUILDING
416 MORNINGSIDE DR

MARCH 25, 2026 | 11AM - 1PM

\$2 Senior discount available!*

*Must order in advance to receive discount

Meal includes: Spaghetti with meat sauce, bread, dessert, salad, & water

Place a to-go order: 281-482-8441

FEATURING A LIVE PERFORMANCE BY JIM BEAUMONT

\$12



Free delivery to any Friendswood address for orders of 10 or more!

FRIENDSWOOD SENIORS WALKING CLUB

Walk with us every Wednesday in April and track your steps all month long. Attend the group walks for a chance at weekly raffle prizes, and at the end of April we'll crown our Grand Step Champion.

STARTS **APRIL 1**

APRIL 1 LAKE FRIENDSWOOD

APRIL 8 CENTENNIAL PARK

APRIL 15 STEVENSON PARK

APRIL 22 CENTENNIAL PARK

APRIL 29 STEVENSON PARK

8:30 AM

More steps. More fun. More chances to win.

Senior Citizen Program Presents

SPRING PICNIC & EGG HUNT

07 April

11:00 AM - 1:00 PM
LARGE ROTARY PAVILION
STEVENSON PARK

Hot Dogs • Yard Games • Bingo
Food - 11:00 AM
Egg Hunt - 11:50 AM
Bingo - 12:00 PM
Please bring lawn chairs if arriving late!

Sponsored by:



Thursday, March 19, 2026

Out to Lunch: Noah's Ark Bar & Grill
10:30 am - 2:00 pm | \$5 per person

Join us for a relaxed coastal hangout at a tiki-hut-style spot in Bacliff, TX, known for its seafood favorites, American classics, and breezy bay views. It's the perfect midday escape to unwind, enjoy the scenery, and share good company.

Lunch is on your own at Noah's Ark Bar & Grill.

Friday, March 20, 2026

Houston Livestock Show & Rodeo
1:30 pm - 10:00 pm | \$38 per person

Get ready for a full day at one of the largest livestock and rodeo events in the world, where your ticket covers the livestock exhibits, carnival grounds, rodeo action, and even part of the evening concert. Bring your best walking shoes, there's some seating along the way, but it's a long, excitement-packed day of true rodeo fun.

Lunch or Dinner on your own at the venue; Outside food is permitted on the Carnival grounds, but not the NRG Stadium.

Thursday, March 26, 2026

Horseshoe Casino Lake Charles
8:00 am - 6:00 pm | \$30 per person

Bring your lucky charm and get ready for a day of spinning reels, bright lights, and big-win energy. Whether you're chasing jackpots or just enjoying the thrill, it's all about having a good time.

Snack included; lunch on your own.

Friday, March 27, 2026

Hometown Opry in Pasadena: 50s Show
5:30 pm - 11:15 pm | \$15 per person

Join us for an evening of classic country entertainment featuring talented local performers, nostalgic tunes, and that down-home charm everyone loves. This month's show brings a lively 50s theme, making it the perfect chance to enjoy feel-good music and a fun night out.

Dinner on your own at the venue.

Tuesday, March 31, 2026

Antique Rose Emporium & Wildflower Trail
8:00 am - 4:30 pm | \$15 per person

A day filled with blooms and charm awaits as we explore the Antique Rose & Emporium, in Brenham, TX, known for its sprawling gardens, historic roses, and beautifully curated pathways. Along the way, we'll stop to capture wildflowers and early bluebonnet patches, so be sure to bring your camera.

Lunch on your own at Chappell Hill Barbecue Bakery.

Field Trip Parking

When attending a day trip, please park in the lot at the corner of Morningside Dr. and E Willowick Ave. This helps keep the spaces near our building entrance available for guests visiting during regular hours.

Refund Policy

Refunds will be issued solely for verified medical emergencies or, in rare cases, other documented emergencies, assessed on a case-by-case basis.

Monday, March 02, 2026

Breakfast Tacos | 9:30 am – 10:00 am

Monday, March 02, 2026

Bingo | 1:00 pm – 2:15 pm | \$1 for 4 cards per person | *Prizes sponsored by Village on the Park*

Tuesday, March 03, 17 & 31, 2026

Balance Class with Neal | 10:00 am – 10:45 am

A gentle, guided class featuring exercises designed to strengthen stability, improve balance, and boost confidence in everyday movement.

Wednesday, March 04, 2026

Friendswood Ninja Warrior | 10:00 am – 1:00 pm | No activities in the Main Room until 1:00 pm | Register to participate

Join the Senior Ninja Warrior Challenge, where agility meets ingenuity as you conquer the Crawl, blaze the Pods, and balance the win!

Friday, March 06, 2026

Lonestar Headlight Repair Pop Up | 9:00 am – 3:00 pm | Activity Building Parking Lot

Professional on-site headlight restoration services to Friendswood Senior Citizen Program Members ages 60 and older. Service will be provided in the order of arrival.

Monday, March 09, 2026

Presentation on Renal Failure | 1:00 pm – 2:00 pm | Presented by Choice at Home

Wednesday, March 11, 2026

Bingo | 1:00 pm – 2:15 pm | \$1 for 4 cards per person | *Prizes sponsored by Silver Linings Home Care*

Monday, March 16, 2026

Cooking with Herbs & Spices Workshop | 1:00 pm – 3:00 pm | \$6 per person | Max 30 participants | *Register to attend*

Join AgriLife Extension for a hands-on flavor adventure where participants craft, customize, and take home their own signature spice blend.

Tuesday, March 17, 2026

St. Patrick's Day Lucky Treats | Available throughout the day while supplies last

No party, just spirit, wear something green!

Wednesday, March 18, 2026

Loteria (Mexican Bingo) | 1:00 pm – 2:00 pm | *Sponsored by Visiting Angles Senior Home Care*

Monday, March 23, 2026

Presentation with Gastroenterologist | 1:00 pm – 2:00 pm | Presented by Memorial Hermann

Wednesday, March 25, 2026

Spaghetti Fundraiser | 11:00 am – 1:00 pm | \$12 per person; \$2 senior discount if you order in advance

Thursday, March 26, 2026

Early Bird Film: Wicked For Good (2025) | Rated PG | Musical/Fantasy | 2 hr 17 mins | 11:30 am – 2:00 pm

In the epic conclusion to the story of the witches of Oz, Elphaba and Glinda must reunite if they are to change themselves—and all of Oz—for good.

Monday, March 30, 2026

Karaoke & Cupcakes Social | 1:00 pm – 3:00 pm | *Sponsored by Visiting Angels Senior Home Care*

Thursday, April 09, 2026

The George Ranch

12:45 pm – 6:30 pm | \$30 per person

A living-history ranch in Richmond, Texas brings a century of Texas heritage to life through costumed interpreters, working livestock, and historic homes. Visitors can explore authentic homesteads and watch demonstrations that show how daily ranch life evolved from the 1830s to the 1930s.

Sack lunch included

Friday, April 10, 2026

Hometown Opry in Pasadena

5:30 pm – 11:15 pm | \$15 per person

Enjoy a lively concert-style show filled with western flair and classic country songs that capture the spirit of old-school Texas music.

Dinner on your own at venue.

Tuesday, April 14, 2026

Out to Lunch: T-Bone Tom's

10:15 am – 3:00 pm | \$5 per person

Join us for a Texas-style meal featuring deep-fried favorites and hearty Southern comfort dishes. Then we'll take a short stroll over to the Kemah Boardwalk for some breezy waterfront fun.

Lunch on your own

Thursday, April 16, 2026

Lunch & Bingo at Grand Living at Tuscan Lakes

11:15 am – 3:00 pm | \$5 per person

A warm, resort-style community in League City offers a fun visit with bingo, a chef-prepared lunch, and a look at its beautifully designed

spaces. It's a great chance to experience the inviting atmosphere, social buzz, and upscale comforts that make this 50+ community shine.

Lunch prepared by Grand Living at Tuscan Lakes

Monday April 20, 2026

Galveston County Fair & Rodeo: Seniors Day!

9:00 am – 3:00 pm | \$8 per person

A lively day at the fair invites us to enjoy special activities for older adults, including a social hour, prize drawings, and upbeat entertainment. It's a fun, easy way to experience the festivities without just walking the grounds.

BBQ Pulled Pork Sandwich included.

Wednesday, April 22, 2026

Historic Austin County Jail Museum

8:00 am – 4:00 pm | \$8 per person

A quirky slice of Bellville history, this old jailhouse lets you step inside vintage cells, climb narrow iron staircases, and explore a charmingly eerie landmark that feels frozen in time.

Lunch on your own at The Gathery.

Wednesday, April 29, 2026

Boat Ride with Sailing Angels

9:15 am – 3:00 pm | \$15 per person

A relaxing day on the water awaits as we set sail with a local nonprofit that offers peaceful, small-group boat rides for a memorable experience. We'll enjoy the breeze, the views, and the calm pace out on the bay.

Lunch on your own at Tookie's Burgers.

Wednesday, April 01, 08, 15, 22 & 29, 2026

Walking Club: Group Walks | 8:30 am | Locations vary each week. See Page 3 for details.

Keep track your steps all month long. Attend the group walks for a chance at weekly raffle prizes, and at the end of April we'll crown our Grand Step Champion.

Wednesday, April 01, 2026

Cleaner, Greener, Stronger: The Work of Keep Friendswood Beautiful | 1:00 pm – 2:00 pm

Keep Friendswood Beautiful is a volunteer-led board dedicated to reducing litter, enhancing public spaces, restoring native habitats, and expanding community education for residents of all ages. Through grants, partnerships, recognition programs, recycling support, tree giveaways, and beloved events like Santa in the Park, KFB strengthens Friendswood's natural beauty and community pride.

Monday, April 06, 2026

Breakfast Tacos | 9:30 am – 10:30 pm

Monday, April 06, 2026

Bingo | 1:00 pm – 2:15 pm | \$1 for 4 cards per person | *Prizes sponsored by Village on the Park*

Tuesday, April 07, 2026

Spring Picnic at Stevenson Park | 11:00 am – 1:00 pm | No Daily Activities/Programs or Bus Service | *Sponsored ALA Unit 490, VFW Post 5619 & Sonic Drive In – Friendswood*

Wednesday, April 08, 2026

Faithful Paws Pet Therapy | 1:00 pm – 2:00 pm

Learn more about the value of pet therapy programs and the many ways you can get involved as a volunteer. In honor of Stress Awareness Month, you'll also have the chance to meet a few furry friends and experience the calming benefits of pet therapy firsthand.

Monday, April 13, 2026

Singo Bingo | 1:00 pm – 2:15 pm | \$1 for 2 cards per person

Wednesday, April 15, 2026

Loteria (Mexican Bingo) | 1:00 pm – 2:15 pm | \$1 for 2 cards per person

Monday, April 20, 2026

Retirement Checkup with Ida Ambida | 1:00 pm – 2:00 pm

Learn how probate works and the strategies available to help you avoid it, protecting your assets and easing the process for your loved ones. It's also important to plan ahead for the inevitable impact of medical expenses, which can create a significant financial burden without thoughtful preparation.

Thursday, April 23, 2026

Early Bird Film: Song Sung Blue (2025) | Rated PG -13| Musical | 2 hr 13 mins | 11:30 am – 2:00 pm

Two down-on-their-luck performers form a Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.

Monday, April 27, 2026

Karaoke & Carrot Cake Social | 1:00 pm – 3:00 pm

Wednesday, April 29, 2026

Bingo | 1:00 pm – 2:15 pm | \$1 for 4 cards per person | *Sponsored by Al Smith*

APRIL IS STRESS AWARENESS MONTH

You deserve moments of peace. Slow down, breathe deeply, and give yourself permission to reset, even small moments of calm can make a difference.



Advisory Committee Meetings

Monday, March 09, 2026 & Monday, April 13, 2026

10:00 am | Activity Building Lunch Room | All are welcome

No Bus Service

Transportation to the Senior Center will not be available on the following days:

March 20, 26 & 31

April 07, 09, & 22



Class	Description	Day	Time	Location
Advanced Crochet	Crochet circle working on advanced projects.	T	1:00 PM	D Room
Bible Study	Read and discuss selected scriptures. Led by Bob.	M	12:00 PM	ABC Room
Bunco	Social dice game for large groups.	T	1:00 PM	Main Room
Chair Volleyball	Seated version of volleyball.	M/Th	M: 11:00 AM Th: 1:00 PM	Main Room
Chair Yoga	Modified yoga that is practiced while seated in a chair. Led by Rosie.	F	12:30 PM	ABC Room
Chess	Two-player, turn-based, strategic board game played	F	10:00 AM	D Room
Dominoes (42)	Trick taking game using a double six domino set. Played with 4 players	W/F	9:00 AM	D Room
Five Crowns	Rummy-style card game with five-suited deck and rotating wild card.	Any	Any	Lunch Room
Hand, Knee & Foot	Game using six decks of cards. Played with 4 players.	Any	Any	Lunch Room
Intermediate Bridge	Trick-taking card game for four players in two partnerships.	M	9:00 AM	D Room
LCR (Left, Center, Right)	Dice game. Players roll dice and pass chips around based on dice results	F	2:00 PM	Lunch Room
Line Dance (Advanced)	Fast paced line dancing with minimal guidance. Led by Amanda.	F	10:45 AM	Main Room
Line Dance (Beginner)	Slower paced line dancing with a lot of guides. Led by Michelle.	W	11:30 AM	Main Room
Line Dance (Intermediate)	Middle paced line dancing with minimal guidance. Led by Lynnette.	W	10:15 AM	Main Room
Mah Jongg (Advanced)	Game played with 4 people. The object of the game is collect winning sets.	F	9:00 AM	ABC Room

Daily Activities Description

Class	Description	Day	Time	Location
Mah Jongg (Beginner)	Slower paced game played to collect winning sets. Played with 4 people.	T	9:00 AM	ABC Room
Mexican Train	Game using a double twelve domino set. Played with 2+ players.	T	1:00 PM	ABC Room
Painting	Uses acrylic paints led by Heather. Must register and has an additional cost	W/F	1:00 PM	D Room
Ping Pong	Table tennis, rackets and balls provided.	T/F	T: 1:00 PM F: 12:30 PM	Main Room
Pinochle	Card game using a 48 card deck.	W	10:00 AM	C Room
Regular Dominoes	2nd & 4th Monday Only	M	1:00 PM	D Room
Rummikub	Tile based game forming sets and runs.	Any	Any	Lunch Room
Step Aerobics	Cardio workout led by Charles.	W	9:00 AM	Main Room
Strong People, [™] Strong Bodies	Strength training program aimed to increase muscle mass and improve bone density. Led by Ginger with Texas A&M AgriLife Extension Service	T/Th	9:00 AM	Main Room
Tap Dance (Intermediate)	Dance performed wearing shoes fitted with metal taps. Led by Noula	F	9:30 AM	Main Room
Texas Hold 'em	Card game of poker.	T/Th	T: 10:00 AM Th: 12:30 PM	D Room
Weight Training	Total body conditioning. Led by Jodi & Leti	M/Th	M: 10:45 AM Th: 10:15 AM	Main Room
Yoga	Uses gentle movements, deep breathing, and mindfulness. Led by Marilyn.	M/Th	M: 9:30 AM Th: 10:00 AM	ABC Room
Zentangle (Beginner)	Draw structured patterns in a relaxing and fun way. Led by Beth.	W	10:00 AM	D Room
Zumba Gold	Lower intensity dance based fitness program. Led by Leti & Cathy	T/Th	T: 10:00 AM Th: 11:30 AM	Main Room

Facility Closures

Wednesday, March 04, 2026:

Friendswood Ninja Warrior | No daily activities in the Main Room and Fitness Room unavailable until 1:00 pm | See Page 3 and 5 for event details

Wednesday, March 25, 2026:

Spaghetti Fundraiser | No daily activities/programs and Fitness Room closed | See Page 3 and 5 for event details

Friday, April 03, 2026:

Good Friday Holiday | All City Facilities Closed

Tuesday, April 07, 2026:

Spring Picnic at Stevenson Park | See Page 3 or 7 for details | No daily activities/programs | No bus service

Galveston County Meals

Regular hot meals will be unavailable due to Events or Holiday Closures on the following days:

March 04 & 25 and April 03 & 07



GUILLERMINA “MINA” ROCABADO

For 30 years, Mina shaped young minds as a Kindergarten teacher, an everyday superhero with a gift for sparking curiosity. Her passion for education didn't stop there. She later traveled across the country helping teachers discover innovative literacy methods. She's even shared her talents at Alvin Elementary, stepping in as a substitute and bringing her signature sparkle to every classroom she entered.



At the center, Mina is known for her vibrant spirit. She's quick to dominate a game of Rummikub, and she never misses a themed luncheon. She's always dressed perfectly for the occasion and always ready to hit the dance floor. Her presence brings warmth, laughter, and a sense of play wherever she goes.

And at the heart of it all? Travel. Mina absolutely loves exploring the world. If enthusiasm earned frequent-flyer miles, she'd be platinum for life! This April, she's off to Portugal and Spain, and afterward she'll have stories worth pulling up a comfy chair for. If you have time, ask her about her adventures through Eastern and Western Europe, she's collected memories worth savoring. She reminds us all to laugh often, play freely, dance boldly, sing loudly, color creatively, and never forget that well-deserved nap.

