

# PRECINCT 4 TIMES

A PRECINCT 4 PUBLICATION FOR  
RESIDENTS 50 YEARS AND OLDER

R. Jack Cagle  
Harris County Commissioner



## A WORD FROM COMMISSIONER R. JACK CAGLE

One of the great joys of serving as your Commissioner is providing programs and services that enrich the lives of Precinct 4's senior adults. From health and wellness programs that keep us active to social activities like day trips and concerts that foster new friendships, Precinct 4 is steadfast in our commitment to providing opportunities for fun and learning.

In this issue of *Times*, we invite you to explore how other countries care for Alzheimer's patients and learn about aniMeals on Wheels, a program that provides pet food to the four-legged friends of homebound senior adults. We also share about ongoing programs like the County Fair and Destinations Galore Travel Show, a showcase of events and destinations for Precinct 4 day trips.

Enjoy reading this issue of *Times* newsletter. I look forward to seeing you at an upcoming Precinct 4 event soon.



## 70 YEARS OF MARRIAGE

Photo by Crystal Simmons

What's the secret to nearly 70 years of marriage? For Gene and Dell Hightower, it's having a copilot you can count on. "Life doesn't always go according to plan. We can both be strong-headed, but you set aside your differences and realize that marriage is give and take," Gene explains.

For the Hightowers, "give and take" happens both on the ground and in the air. The two pilots have flown together since the early years of their marriage. "Gene started flying when he was just 16 years old. He used to fly aerobatics over my family's farm in Arkansas," Dell notes. "My mother always told me,

'Don't you ever get in an airplane with him.'"

Dell honored her mother's wish until 1963, when she climbed into the cockpit of a brand new Cessna airplane at an airfield in Houston. "Before that day, she never had an interest in flying," Gene says. "I was at the airfield looking to buy another plane. The owner of the plane was also a flight instructor and told me he could get her up in the air."

"He tricked me!" Dell says. "We walked out to look at this new plane, and they told me to just climb into the left front seat. Before I knew what was going on, we started rolling down the taxiway, and the flight instructor took off!"

See *70 Years*, page 6





# DEMENTIA VILLAGES TAKE OFF

When it comes to improving the quality of life for dementia and Alzheimer's patients, it takes a village. That's what Hogeweyk Care Centre learned when it created Hogewey, a gated model village in Weesp, Netherlands. In the village of Hogewey, residents shop for groceries in the supermarket, have lunch in the cafe, and take in a movie at the town's theater. They lead seemingly normal lives.

Residents live in one of 23 uniquely styled homes, furnished around the time period when residents' short-term memories stopped functioning.

The difference is that all 152 residents have advanced dementia or Alzheimer's disease. The innovative approach to patient care has created such a stir that caregivers have rushed to replicate Hogewey's model. Today, "dementia villages" can be found in Fartown, England; Wiedlisbach, Switzerland; Ontario, Canada; and now Rome, Italy, which will house 100 residents free of charge when the village opens in early 2018.

Inside Hogewey—roughly the size of 10 football fields—residents live in one of 23 uniquely styled homes, furnished around the time period when residents' short-term



memories stopped functioning. Homes resembling the 1950s, 1970s, and 2000s are accurate, right down to the tablecloths, to give a sense of familiarity and comfort. "Everything is arranged to give residents all the care they need," says Isabel van Zuthem, Hogewey's information officer. "They feel like they're living a normal life, and that's what we think is very important."

Outside their homes, residents are free to walk the village, which includes a town square, theater, garden, and post office. They engage in village life, enjoy music classes, bake, paint, and garden. Like the movie, *The Truman Show*, cameras monitor residents every hour of the day, and caregivers, dressed in street clothes, are found throughout the village to assist residents as needed.

Van Zuthem says Hogewey tries

to avoid conflict and confusion, which can occur in dementia and Alzheimer's patients, by providing a realistic yet "safe and non-threatening version of real life." The result? Residents at Hogewey require fewer medications. They eat better, live longer, and appear to live more joyful lives than dementia and Alzheimer's patients living in traditional nursing facilities.

Outside their homes, residents are free to walk the village, which includes a town square, theater, garden, and post office.

"Ever since the beginning, I aimed to ensure that people with this devastating disease could live peacefully and in freedom

See *Dementia Villages*, page 7

# DESTINATIONS GALORE **TRAVEL SHOW**

When it comes to planning day trips for senior adults at Champion Forest Baptist Church in Jersey Village, Nita Yeaman's first destination is Precinct 4's Destinations Galore Travel Show. "It's where I learn about new places and events happening in the Houston area," she says. "It's a 'must do' for any Precinct 4 trip coordinator, as well as others seeking ideas for day trips or outings."

Precinct 4 hosts Destinations Galore every other year at the Humble Civic Center. The event, scheduled for **Tuesday, January 30 from 9:30 a.m. to 1 p.m.**, brings together representatives from museums, theaters, historical societies, chambers of commerce, and other destinations around the Houston area.

"In addition to day trips hosted by the Senior Adult Program (SAP), Precinct 4 buses are available to groups of 10 or more," says Jan Sexton, director of Precinct 4's community centers and SAP. Each group assigns up to five trip coordinators, who attend training and plan outings throughout Southeast Texas.

Over 1,000 trip coordinators from across Harris County attend Precinct 4's Destinations Galore Travel Show. "I've served as a trip coordinator for 17 years for the Mature Adult Council at Kingwood United Methodist Church," says John Feldmann, a former attorney

for ExxonMobil. "Our group goes on about one trip a month, including a lot of plays and museums. At Destinations Galore, I learn about the latest exhibits and upcoming theater performances."

As one of 150 exhibitors, Shangri La Botanical Gardens and Nature Center never misses a Destinations Galore event, according to Marlene Cox, guest relations and events coordinator. "Destinations Galore is a great way for us to showcase the many wonderful and unique tours available in a small town, such as art, history, and nature. We are located in Orange Texas, where senior tours enjoy the rich history of the Nelda C. and H. J. Lutcher Stark venues (W. H. Stark House, Stark Museum, Lutcher Theater, and Shangri La Botanical Gardens)," Cox says.

Exhibitors are on hand to answer questions, hand out brochures, and even give a taste of what visitors can expect on an outing. "At a previous Destinations Galore event, I learned about Serbin, Texas, which is famous for its homemade noodles. I not only took home information about the museum tour, which includes an authentic German meal, but I also took home some of those homemade noodles, which are amazing," Yeaman says.

Sexton looks forward to the delicious cookies brought by Mike



Newman, owner of Newman's Castle and Newman's Bakery in Bellville, Texas. "Mike always has one of the biggest lines outside his booth," she says.

"Over the many years, the Precinct 4 bus program has been a tremendous boost to my business," Newman says. "Destinations Galore provides a great amount of advertising for exhibitors. I'll have people sign up for castle tours that day. Plus, it's wonderful to visit with people at the event."

For Amanda Vance, curator at the Texas City Museum, Destinations Galore is an easy way to get the word out about museum tours and rentals, as well as the Galveston County Model Railroad Club. "One of our tour guides at the museum is also a member of the railroad club. At Destinations Galore, he always has a large model railroad on display for visitors to enjoy."

See *Destinations Galore*, page 4



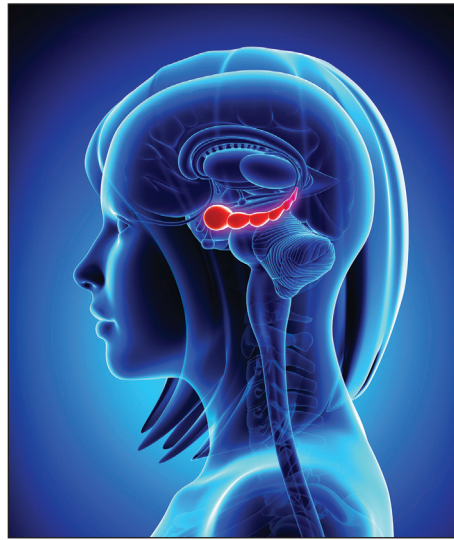
# EXERCISE AND BRAIN CELLS

As the New Year approaches, there's one more reason to resolve to get more active. It turns out that exercise is not just good for heart health and improved mobility—it's actually good for the brain too.

While the majority of brain cells form during prenatal development and into infancy, the hippocampus continues to produce brain cells throughout your lifespan—up to 700 new neurons a day. And one way to stimulate production of these new neurons is through aerobic exercise.

## ROLE OF THE HIPPOCAMPUS

Neurons are specialized cells that transmit information to other nerve cells, muscles, or gland cells. Our brain contains between 100 million and 100 billion neurons. During the process of neurogenesis, new neurons develop in the hippocampus—the part of the brain responsible for learning information, storing long-term memories, and regulating



emotions.

While age, stress, and lack of sleep slow the natural rate of neurogenesis, a 2016 study in the *Journal of Physiology* found that sustained, moderate-intensity aerobic exercise, such as swimming, jogging, or power walking, could stimulate production of new neurons in the hippocampus.

In the study, adult male rats

that performed sustained aerobic exercise for eight weeks produced two to three times more neurons—and tested smarter—than the control group that did no exercise. Additional research with human participants suggests this same phenomenon also occurs in people.

## ENHANCING MEMORY

While scientists don't yet know why exercise stimulates neuronal production in the hippocampus, one theory suggests that sustained aerobic activity releases a protein in the brain called brain-derived neurotrophic factor, which has been shown to regulate brain cell production.

Some scientists believe that the addition of new neurons in the hippocampus may enhance learning and memory, since new neurons can more easily modify their connections to form and store memories.

Cont'd. from [Destinations Galore](#), page 3

“There is so much to discover in and around the Houston area. Destinations Galore brings together such a wide variety of exhibitors that it makes planning day trips easy. Plus, it's a lot of fun!” Yeamans says.

Destinations Galore is open to trip coordinators, as well as anyone looking for fun trip ideas. For more information, call 281-893-3726.

## SHAKESPEARE FESTIVAL

Beneath the towering trees of Burroughs Park, Shakespeare's *Romeo and Juliet* comes to life as actors take to the stage for one of the Bard's greatest plays.

**Saturday, April 21 from 1 p.m. to 7 p.m.**

**Performances:**

**Saturday, April 21 at 2 p.m. and 7:30 p.m.**

**Friday, April 20 at 7:30 p.m.**

**Sunday, April 22 at 2 p.m.**



The free festival features entertainment, live music, children's crafts, face painting, games, food trucks, and even an appearance by Shakespeare himself! Don't miss this fun-filled Shakespearean afternoon at one of Harris County's most beautiful recreational areas!



# SERVICE WITH A SMILE AT COUNTY FAIR

Precinct 4's County Fair is coming **Tuesday, May 21, 2018**, and residents at Woodwind Lakes Health and Rehab are already gearing up. "The competition was stiff at last year's art show," says Rachael De LaCruz, activities director at Woodwind Lakes. "Residents have been drawing, painting, and making arts and crafts for next year's event. They're very excited."

The Senior Adult Program hosts the County Fair for residents who live in multi-care facilities across Precinct 4. "The County Fair is a day of fun for some of our most cherished members of the community," says Jan Sexton, director of Precinct 4's community centers and Senior Adult Program.

Participants take part in carnival games, a t-shirt design contest, arts and crafts, bingo, and more. "The t-shirt contest is always very fun," says Stevee Steely, executive director at Parsons House Assisted Living Center. "Each group comes

up with a theme, and every resident has a hand in creating a t-shirt."

Parsons House travels to the County Fair on Precinct 4 buses. "We're able to bring nearly every resident thanks to the buses provided by the Senior Adult Program," Steely says. "Residents take along arts and crafts to be judged and admired. A person may be 90 years old, but still able to knit. The County Fair is a wonderful opportunity to celebrate residents' abilities and talents. Each person shines in their own way."

For Woodwind Lakes residents, a favorite part of the day is the petting zoo. "Residents love petting the animals," De LaCruz says.

Steely concurs. "It's wonderful to see the reaction of those with dementia. They may not always speak a lot, but when you place a small, soft animal in their hands, their faces light up with delight."

A day later, residents at Woodwind Lakes are still talking about the fun they had at the event. "Last year, residents loved the country music singer. They also couldn't stop talking about the chicken and green beans they had for lunch. It really was delicious!" De LaCruz says she also was personally impressed by the staff and volunteers at the event. "They were so well prepared. Service with a smile. That goes a long way with our residents."



## FUN ON THE ROAD

To reach residents unable to attend the County Fair, the Senior Adult Program hosts a traveling day camp. "Once a month, we take the fun on the road to visit residents of multi-care facilities in Precinct 4," Sexton says. "We provide entertainment, games, crafts, refreshments, and our Precinct 4 Star Stampede line dancers, a senior adult volunteer dance group. Nursing home residents play musical instruments, like tambourines, bells, and triangles. It's a great deal of fun."

"Commissioner Cagle truly has a heart for seniors," Steely says. "Through the County Fair and other programs, he takes care of senior adults. We are so grateful for staff members and volunteers who create such wonderful events."

For more information on Precinct 4's County Fair traveling day camp, call 281-893-3726.



Cont'd. from **70 Years**, cover page

Once in the air, the flight instructor told Dell to put her feet on the rudder pedals and her hands on the control wheel to make turns. He then turned off the engine, and Dell experienced the peacefulness of gliding. "It was just as quiet as could be, and I could see we weren't going to just fall out of the sky."

In that moment, Dell found her new passion. "She said to me, 'Why didn't you tell me flying was so much fun!'" Gene says.

"I loved it!" Dell says. "I wanted to learn to fly." Within the year, Dell had her pilot's license and the two began flying together.

### SHARED PASSION

Like in marriage, piloting is give and take. "For over 50 years, we flew together," Gene says. "Some days, Dell would pilot, and I'd do the radio work. Other times, I took the control wheel. We'd fly almost every weekend."

"Having that shared passion bonded us over the years," Dell notes. "It made us closer."

The two share a passion for flying and a passion for helping others. As a Shriner and a Mason, Gene not only participated as a drum major in some of the largest Shriner parades in the nation, but also provided voluntary transport for Shriners Hospitals for Children, which has 22 hospitals across the U.S. Gene and Dell transported blood supplies and flew in patients from as far away as South America.

The couple owned 11 planes over the years and only recently sold their last plane. Though Dell gave up her pilot's license six years

ago for medical reasons, Gene—at age 87—still retains his.

### STAYING ACTIVE

The two participate in several Precinct 4 day trips each year and are active members of Garden Oaks Baptist Church. "We like to do things together," Gene says. That includes working out together. For many years, the two hit the YMCA three days a week for a Silver Sneakers class. "We did that as long as our insurance paid for it," Dell says. "It can be hard to accept getting older. You can't always do things like you used to, but we do our best to stay active and healthy."

The couple celebrates their 70th

wedding anniversary on June 26, 2018. "Without God's guidance and leadership, we may not be where we are today," Dell says.

Gene admits they haven't yet thought about what they'll do to celebrate the milestone. "We've been all over the world and have been incredibly fortunate."

"It's like that Willie Nelson song, 'The Party's Over,'" Dell notes.

*"Turn out the lights  
The party's over  
They say that all  
Good things must end"*

"Well for us, it's not over yet. The party's not yet done."

## HEALTH AND FITNESS DAY

Play golf. Take a Zumba class. Learn to crochet. Celebrate National Senior Health and Fitness Day the whole week—**from April 30 through May 4**—at Precinct 4 community centers and partner sites across the area.

"We'll have wellness checks and onsite healthcare providers at our health fairs and an array of health and fitness activities across Precinct 4," says Jan Sexton, director of Precinct 4's community centers and Senior Adult Program. "Our goal is for senior adults to learn more about physical exercise, brain health, and nutrition from a community center or partner site right in their own neighborhoods." While there is a nominal fee for bowling, most activities are free of charge. Make plans to attend one (or more!) of these events:

Cypresswood Golf Club	Golf activity
CHI St. Luke's at the Vintage	Health fair (lunch provided)
Memorial Herman – Heights	Health fair (lunch provided)
Humble/Kingwood area	Bowling tournament
Big Stone Lodge	Chair volleyball, line dancing, brain-stimulating activity, and lunch
Mangum Howell Center	Zumba, line dancing, origami, and lunch
Tomball Community Center	Chair volleyball, dancercise, line dancing, tap dancing, dominoes, and crocheting

For more information, call 281-893-3726.



# ANIMEALS ON WHEELS

A furry companion can lower stress and cholesterol levels, prevent a heart attack or stroke, and even stave off depression. And for many homebound and disabled senior adults, a dog or cat is the reason they get out of bed in the morning.

AniMeals on Wheels is always looking for donations of pet food and pet supplies, as well as volunteers to host pet food drives.

That's why Interfaith Ministries for Greater Houston, which has the largest Meals on Wheels program in Texas, began providing supplies and services to the four-legged friends of its senior adult clients. Through its aniMeals on Wheels program, the nonprofit delivers pet food to 560 clients and more than 1,000 dogs and cats. A partnership with Emancipet provides spay and

neuter services, a rabies vaccine, and a microchip for several pets a month, and its newest partnership with the Texas Veterinary Medical Foundation provides wellness checks and free flea and tick prevention for a limited number of dogs and cats.

Heather Mann, volunteer coordinator at aniMeals, explains that the program developed out of a need to ensure senior adults eat their delivered meals. "Back in 2007, drivers noticed that some clients were feeding their lunches to their cats and dogs. These senior adults would rather go hungry than their pets go without food."

With no federal funding, Interfaith Ministries began taking pet food donations. Today, more than 200 aniMeals volunteers deliver 10,000 pounds of dog and cat food a month. "Volunteers pick up food once a month at our midtown office and make pet food deliveries during the third week of the month, when funds often run low for senior adults." Delivering



Photo by Susan Diemont-Conwell

pet food is one of the most flexible volunteer opportunities at Interfaith Ministries since deliveries can be made day or evening, during the week or on the weekend.

Volunteer groups of 10 to 20 package food once a month—10 pounds per dog and four pounds per cat—and the nonprofit is always looking for donations of pet food and pet supplies, as well as volunteers to host pet food drives.

"We formed aniMeals on Wheels so our Meals on Wheels clients won't feel compelled to share their limited food and resources with their furry friends," Mann says. "When one driver began delivering pet food to one of our clients, she told him, 'Now I can eat my lunch.' That's exactly why this program is so important."

To volunteer or donate, visit [www.imgh.org](http://www.imgh.org), email [hmann@imgh.org](mailto:hmann@imgh.org), or call 713-533-4936.

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*Cont'd. from **Dementia Villages**, page 2*

for as long as possible in a warm domestic environment with various recreational activities, a high quality of life, and the necessary care and supervision," says Professor Emmanuele F.M. Emanuele, chairman of nonprofit Fondazione Roma, which is spearheading the project in Italy. "We aim to offer a reassuring, relaxing, and dementia-friendly

environment that reduces the onset of behavioral disorders."

While Hogewey and other similar "dementia villages" haven't found a cure for dementia and Alzheimer's disease, the innovative approach is certainly revolutionizing patient care across the globe.

"This is a terrible disease, but this place makes me a little less scared of it," says Elly Goedhart, daughter of a Hogewey resident.

# Calendar Highlights

\*A ticketed event or reservations required.

## BIG STONE LODGE AT DENNIS JOHNSTON PARK

For more information, call 281-350-1029.

**Mistletoe Magic Luncheon.** Fri., Dec. 15, 11:30 a.m. Suggested donation: \$8. Purchase tickets by Wed., Dec. 13. \*

**History Lecture: The Life and Times of Stephen F. Austin.** Thu., Jan. 18, 2 p.m.

**A Groovy Kind of Luncheon.** Fri., Jan. 19, 11:30 a.m. Suggested donation: \$8. Purchase tickets by Wed., Jan. 17. \*

**How Sweet It Is Luncheon.** Fri., Feb. 16, 11:30 a.m. Suggested donation: \$8. Purchase tickets by Wed., Feb. 14. \*



**Historical Lecture: The History of the Presidio La Bahia.** Thu., Feb. 22, 2 p.m.

**AARP Smart Driver Course.** Wednesdays, Feb. 28, April 25, July 25, and Oct. 24, noon. AARP members: \$15 (with proof of membership); non-members: \$20. \*

**We're Antsy for a Picnic.** Wed., March 7, 11 a.m. Suggested donation: \$6. Purchase tickets by Mon., March 5. \*

**AARP Tax Aide.** Fri., March 9, 9 a.m.

**Catch the Wave Luncheon.** Fri., March 16, 11:30 a.m. Suggested donation: \$12. Purchase tickets by Wed., March 14. \*

**Archery in the Park.** Fridays, April 6 and May 4, 9 a.m.

**Springtime Sonnets Luncheon.** Fri., April 20, 11:30 a.m. Suggested donation: \$8. Purchase tickets by Wed., April 18. \*

**Pontoon Boat Rides.** Fridays, April 27 and May 25, 9 a.m.

**Meet Me at the Jukebox Luncheon.** Fri., May 18, 11:30 a.m. Suggested donation: \$8. Purchase tickets by Wed., May 16. \*

**Lights, Camera, Action Luncheon.** Fri., June 15, 11:30 a.m. Suggested donation: \$8. Purchase tickets by Wed., June 13. \*

## MANGUM-HOWELL CENTER

For more information, call 281-591-7830.

**Bingo.** Thursdays, Dec. 21, Jan. 18, Feb. 15, March 15, April 19, and May 17, 1 p.m.

**FREE Movie and Popcorn.** Fridays, Dec. 15, Jan. 12, Feb. 9, March 9, April 6, and May 11, 1 p.m.



**Celebrating Lunar New Year! Luncheon.** Tue., Jan. 9, noon. Tickets: \$8. Purchase tickets by Fri., Jan. 5. \*

**CPR Classes.** Wednesdays, Jan. 10 and April 11, 9 a.m.-1 p.m. Two-year certification fee: \$20 (payable by money order only).

**AARP Safe Driving Course.** Thu., Jan. 25, March 22, and May 24, 10 a.m.-2 p.m. AARP members: \$15; non-members: \$20. \*

**AARP Tax-Aide.** Feb. 6-April 17. Tuesdays: 10 a.m.-4 p.m.; Wednesdays: noon-4 p.m. Organize and bring your 2016 tax returns and 2017 documents.

**Bridge Tournament.** Thursdays, Feb. 1 and May 3, 10 a.m. Cost: \$24 per team. \*



**Black History Awareness Luncheon.** Tue., Feb. 13, noon. Suggested donation: \$5. Also bring a "soul food" dish to share. \*

**How to Use Your Smartphone Workshop.** Wed., Feb. 21, 10 a.m.-1 p.m.

**BBQ and Bingo Luncheon.** Tue., March 13, noon. Tickets: \$8. Purchase tickets by Fri., March 9. \*

**Spring Fling Luncheon.** Tue., April 10, noon. Tickets: \$8. Purchase tickets by Fri., April 7. \*

**Spring Festival FUNd Raiser.** Fri., April 20, 10 a.m.-1 p.m. Lunch tickets: \$10. Raffle tickets: \$1 each or \$5 for 6. \*

**Fiesta Luncheon.** Tue., May 8, noon. Tickets: \$8. Purchase tickets by Fri., May 4. \*

**FREE Movie and Popcorn.** Fri., June 8, 1 p.m.

**Dive into Summer Catfish and Shrimp Buffet.** Tue., June 12, noon. Tickets: \$13. Purchase tickets by Mon., June 11. \*

Visit [www.hcp4.net](http://www.hcp4.net)  
to find out about all the  
events happening in  
Precinct 4!



**How to Use Your iPhone Workshop. Wed., June 13, 10 a.m.-1 p.m.**

## AROUND PRECINCT 4

For more information, call 281-893-3726.

### LUNCHEONS:

**Copperfield Church. Fridays, Feb. 16, April 20, and June 15, 11:30 a.m. \***

**Cypress Creek Christian Church Community Center. Fridays, March 9 and June 1, 11:30 a.m. \***

**Jersey Village Baptist Church. Tuesdays, Feb. 13, April 10, and June 19, 11:30 a.m. \***

**Lone Star College University Park. Thu., Feb. 2 and Tue., May 4, 11:30 a.m. \***

**St. Stephen's United Methodist Church in Oak Forest. Mondays, Jan. 22, March 19, and May 21, 11:30 a.m. \***

### DANCES:

**Shamrock Shuffle. Wed., March 14, noon-3 p.m.**

Enjoy country western and line dancing.  
Live music by the River Road Boys.  
Humble Civic Center.

### DAY TRIPS:

Each week, senior adults enjoy day trips on Precinct 4 buses to a variety of destinations and events of interest throughout Southeast Texas.

Buses depart from the following Precinct 4 neighborhoods:

- Champions
- Cypress
- Cypress Creek Cultural District
- Highland Creek
- Humble
- Jersey Village
- Kingwood
- Oak Forest
- Spring
- Tomball



### December Day Trips

- Dickens on the Strand
- Houston Zoo Lights
- Moody Gardens Festival of Lights
- Varner Hog Plantation by Candlelight

### January Day Trips

- Bayou Bend Christmas Lights
- Channel 8 Tour
- Galleria After-Christmas Shopping
- Heritage Village/Pickett House and Rock Shop
- Houston Rockets
- Maritime Museum and Buffalo Soldier Museum
- Oak Ridge Boys
- Ocean Star Offshore Drilling Rig and Museum
- Resale Shop Hop



### February Day Trips

- Froberg's Farm Strawberry Picking
- Funeral Museum
- Hello Dolly at Crichton Theatre
- Houston Zoo
- Lone Star Flight Museum
- Lunar New Year Festival
- Luther Hotel and Palacios
- Stargazing
- Steel Magnolias at Owen Theatre

### March Day Trips

- Armand Bayou Nature Center
- Hilltop Herb Farm
- Houston Livestock Show and Rodeo
- Magnolia Festival
- Painted Churches
- Quilt Shop Hop
- Sea Turtle Facility in Galveston
- Tour De Fleur



**Harris County Precinct 4**

R. Jack Cagle, Commissioner  
1731 Hugh Road  
Houston, Texas 77067

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## HERITAGE FESTIVAL SPRING CREEK PARK

**Saturday, May 19  
10 a.m. to 3 p.m.**

Visit recreated confederate and union camps to learn about Civil War-era lifestyles. Take guided tours to discover the history of the recently discovered Spring Creek Park Cemetery.

# PRECINCT 4 TIMES

**Thanks to Fun4Seniors!**



Fun4Seniors supports Precinct 4's Senior Adult Program, which provides opportunities that enhance the lives of Precinct 4's senior adults. If you would like to give to Fun4Seniors, visit [www.hcp4.net/senioradult/fun4seniors](http://www.hcp4.net/senioradult/fun4seniors) or call 281-893-3726.

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