

FREE Summer Events for Seniors!

LEGACY MISSOURI CITY

3021 TEXAS PARKWAY, SUITE 100 | MISSOURI CITY, TX 77489



JULY EVENTS

Craft: Decorate a Birdhouse
Monday, July 22, 10 a.m. - 12 p.m.

Assemble, paint and decorate a bird house with us! Snacks and clinic tours provided.

Medicare Education
Monday, July 22, 2 p.m. – 3 p.m.

Learn about the Medicare A, B, C and Ds! No obligation required. Refreshments provided. Topics covered: Medicare eligibility, coverage, options, dates, costs.

Fitness Classes with Master Personal Trainer Felicia White
Wednesday, July 24, 10 a.m. – 11 a.m.

Low-impact and adaptable for all levels, our fitness classes are designed to maintain and increase mobility, strength and balance. Free gift after completing three classes!

Summer Snack Hacks
Monday, July 29, 10 a.m. – 12 p.m.

Bored of your go-to snacks? This fun class is for you! Join us for healthy summer snack hacks. Guests will receive recipe cards and tasty samples.

AUGUST EVENTS

Health Screenings with Clinical Pharmacy Specialist, Kenicia Curry, PharmD
Thursday, August 1, 10 a.m. – 12 p.m.
Thursday, August 15, 11:30 a.m. – 1 p.m.

Get free health screenings (blood pressure, glucose), and get your medication questions answered.

Brunch & Bingo
Tuesday, August 6 10 a.m. – 12 p.m.

Enjoy brunch on Legacy while playing Bingo for chances to win prizes!

Fitness Classes with Master Personal Trainer Felicia White
Wednesday, August 7, 10 a.m. – 11 a.m.
Thursday, August 15, 10 a.m. – 11 a.m.

Low-impact and adaptable for all levels, our fitness classes are designed to maintain and increase mobility, strength and balance. Free gift after completing three classes!



Call (713) 814-3655 to RSVP or visit LegacySeniorPrimaryCare.org/Events.

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AUGUST EVENTS (continued)

Medicare Education

Wednesday, August 7, 2 p.m. – 3 p.m.

Learn about the Medicare A, B, C and Ds! No obligation required. Refreshments provided. Topics covered: Medicare eligibility, coverage, options, dates, costs.

Ice Cream Social

Monday, August 12, 10 a.m. – 12 p.m.

Take a break from the heat and enjoy an ice cream social with us! Choose your flavor and your toppings, tour our clinic, and be entered for a chance to win prizes.

Managing Money with the Alzheimer's Association

Thursday, August 15, 1:30 p.m. – 3 p.m.

Learn how caregiving affects finances, prepare for useful discussions about financial decisions, and identify steps to lower the chance of financial abuse and fraud.

SEPTEMBER EVENTS

Open House & Health Fair

Saturday, September 7, 10 a.m. – 12:30 p.m.

Meet geriatrician Dr. Ira and the Legacy Missouri City care team! Tour the clinic, get free health screenings, enjoy brunch, and schedule appointments on site. Fitness class, Bingo, free gift, and chances to win prizes.

Healthy Living for Your Brain & Body with the Alzheimer's Association

Monday, September 16, 11 a.m. – 1 p.m.

Learn how to keep your brain and body healthy as you age, and use hands-on tools to help you incorporate recommendations into a plan for health aging. Lunch provided with RSVP by September 13.

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