



Dan, Dennis, Gabor, and Myong enjoy a game of pool at the Sugar Land Senior Center



Sugar Land's

Senior Center Offers More

Fitness classes like Salsa dancing provide a fun workout



With its welcoming atmosphere, the center is a great place to meet new friends



Volunteers are always needed to help out with activities


Silver Lining

Activities than Ever Before

Written by Jen Petty

Photography by Marisa Hugonnett

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Think retirement is going to be boring? Think your calendar will be empty? Ask the 50 and older crowd that gathers for any of the various activities at Sugar Land's Senior Center and they will tell you differently. One look at the center's calendar of plans and events will make your head spin. Whether you want to watch a good movie, learn more about investing your hard-earned money, take a bird-watching trip, or learn how to play that video game you watched your grandkids play, the senior center provides opportunities that are too good to pass up. Even better, the majority of the activities are free.

New Beginnings

In 1993, at the request of AARP and a group of seniors, the Sugar Land Senior Center was born in one small room. In 1997, it moved into the old fire administration building and then in 2007, it opened at its current location, 200 Matlage Way. In the heart of old Sugar Land, the center is convenient for many seniors to get to and offers programs on weekdays from 8 a.m. to 6 p.m.

The building, according to Kelly Penewitt, the center's recreation coordinator, has had many uses over the years. "[It's been used for] almost anything you can think of – a feed and hardware store, city hall, the fire station, and police administration building," she says. "It's been a lot of things within the city."

Something for Everyone

With a variety of fun activities, the senior center offers something for every Sugar Land senior. "The senior center offers a place for seniors to come [for] friendship and fellowship and [to] take classes," says Penewitt. "We offer fitness classes for better living and living longer. We offer a lot of fun activities for the seniors to get out and have fun, so they aren't at home alone – they are out doing things."

Lillian Hutchcroft is a Sugar Land senior who has made frequent visits to the center for about three years. "It's a great place! Everything is organized very well and the people are very, very friendly," she says. "Anyone can come here and there is always free coffee and friendly people. I play bridge every Tuesday and paint every Monday. There really are a lot of activities. They have a lot of parties, too."

Penewitt says some of the features of the center include TVs to watch, arts and crafts areas, pool and poker tables, and a library. The center also has wireless Internet access and computers that seniors can use. Classes such as yoga and line dancing and legal and health seminars are frequently held in the center's rooms and most are free to seniors. "It's pretty busy most of the time," says Penewitt.

Welcoming Atmosphere

Penewitt says sometimes she hears of seniors who don't want to come to the center because they are nervous about going to a new place. She encourages everyone to give it a try. "We have such a great group of people and everyone is so welcoming that they shouldn't be afraid to come in," she says, adding, "There is a very homey feel to the center. People tell me that if they could sleep there overnight, they would!"

The senior center, which is part of the Sugar Land Parks and Recreation department, is also always looking for volunteers – both young and old – to assist with its activities. To volunteer, visit the Sugar Land city website and, under the citizen involvement section of the city services tab, fill out the serve Sugar Land application. Mention on the application that you'd

like to volunteer at the senior center. Contact the center at 281-275-2893 or via email at seniors@sugarlandtx.gov. Interested seniors can sign up for a monthly newsletter that will help them stay current on upcoming activities. If you know of an organization doing great things in the Fort Bend community, email editor@sugarlandmagazine.com. SLM

JEN PETTY, Sugar Land Magazine editor, loves being able to work from home to share information about Fort Bend activities, while still enjoying time with her three preschoolers.



Senior Center Classes & Programs	
Art	Mexican Train
Cards and Dominoes	Party Bridge
China Painting	Pool
Chinese Brush Painting	Rummikub
Computer Buddy	Salsa and Meringue
Crochet Class	Dancing
ESL	Sit and Be Fit
Functional Spanish	Table Tennis
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Chinese	Yoga
Line Dancing	
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