

DAY TRIPS Hosted by Ann Fairchild

LEOH offers one-day trips periodically during the year via county bus to places of interest in the greater Houston area. Several carpool or self-drive trips may also be planned. Each trip is generally announced one month in advance via email and on LEOH's website, leohtexas.org.

If you would like to participate in a particular trip, please email Ann at fairann@sbcglobal.net to be included. If you do not have email, you may call her at **281-686-1325** each month to learn about upcoming trips. Any payment due (check or cash only) must be paid the day of the trip. Trips include a stop for lunch in the area, which will be an additional cost.

2026 SPRING TRIPS: BY PRECINCT ONE BUS OR DRIVE/CARPOOL

Exciting monthly trips are in the planning stages! Finalized details will be available in LEOH's meetings, on our website, and via email from Ann.

LEOH TRIP BY BUS POLICY

- To ride on a county bus, one must be at least 50 years of age.
- The bus departs from the large West parking lot across Newcastle from the church. Please be on time!
- IMPORTANT: Please have the name and phone number of an emergency contact person and a list of current medications with you during the trip. Name tags will also be distributed to riders.
- Wheelchairs and walkers can be easily accommodated on the bus; however, please let Ann know in advance.

DONATIONS WELCOME

Tax deductible donations have kept LEOH from having a deficit at the end of many sessions and are very welcome!

LEOH ON THE INTERNET

Check our website for the latest information regarding LEOH, including updates and changes in the program and trips. LEOH's website is leohtexas.org

BOOK EXCHANGES, MAGAZINES, ETC.

Add your gently used books to the book cart. Borrow one or more for your reading pleasure and return when done. Bring puzzles or other items to exchange or find something else of interest to keep.

VISITORS, CLASSES AND LUNCH

Members, please feel free to bring a friend to a LEOH session and/or one of the afternoon activities. Lunch is free for first time visitors. Guest cards are available at the Registration Table to be completed and given to the treasurer in lieu of lunch payment.

LEOH IS AN ALL-VOLUNTEER ORGANIZATION

Your energy, skills, and talents can make LEOH a better organization.
Please consider serving on a committee!



LIFE ENRICHMENT OF HOUSTON



(an all-volunteer, non-profit, tax-exempt organization)

Adventures in Learning for Adults 50 +

OUR 45th YEAR!

SPRING 2026 SESSION

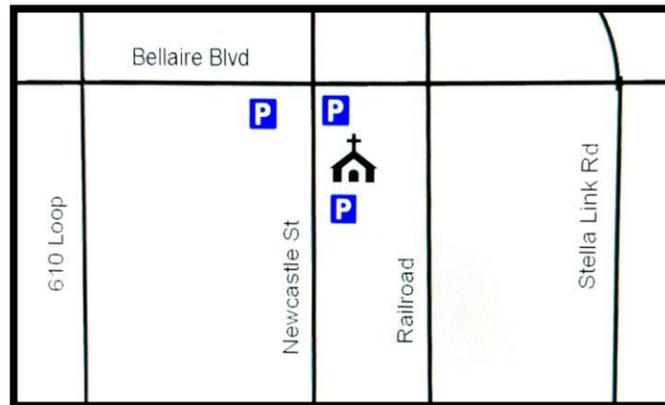
David Martin
President

Registration: March 12

Classes: March 19, 26, April 2, 9, 16, 23, 30

Party Time: May 7

*Location: Bellaire United Methodist Church
4417 Bellaire Blvd
Bellaire, Texas 77401*



PARKING

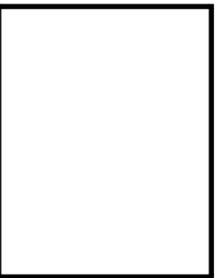
Southeast, Southwest, and North Lots
Bellaire Blvd at Newcastle

INFORMATION

Contact President David Martin at 713-666-2167 (Bellaire UMC) or access our website leohtexas.org

LIFE ENRICHMENT OF HOUSTON
Registration: March 12 10 AM – 12 noon
Bellaire United Methodist Church
Welcome Center

Bellaire United Methodist Church
4417 Bellaire Blvd at Newcastle
Bellaire, Texas 77401



GENERAL INFORMATION

REGISTRATION: Thursday, March 12– 10:00 AM – 12:00 noon
Bellaire UMC Welcome Center, or by mail

FEE: \$25.00 per person—non-refundable

NAME TAGS: Please help us know you by wearing yours!
Pick it up weekly and return it as you exit,
for your convenience and its safekeeping.

MORNING CLASSES offer speakers on a variety of topics, places, and events in Harris and surrounding counties; some current, some historical, and all interesting and informative! *Speaker committee members include Judy Bristol, Jim Burrough, Kelly Cervenka, Vickie Fella, and Heide Vukovic.*

WHAT'S UP HOUSTON? 10:00—11:00 AM Fellowship Hall

March 19 PX PROJECT
Meredith Davis, Executive Director and Founder, describes the 18-week paid fellowship for young people 18-24 looking to find their place in the workforce by learning transferable skills.

March 26 THE PATH OF TEA
Chris McKann co-founded the company with his wife Thia, a Certified Tea Master. Thia passed away in 2012; however, Chris carries on her legacy of promoting the power of organic tea and its numerous health benefits and shares that knowledge with us.

April 2 THE ROSE
Chris Noble, Director of Corporate and Community Relations, relates its history and mission. The Rose has provided a full range of breast health services to over a million patients since 1986. The focus of the talk will be on breast health rather than breast cancer.

April 9 COLLEGE, CAREER, AND MILITARY READY IN TEXAS
Gabriela Sanchez-Soto, Ph.D., Rice University, Senior Researcher, Kinder Institute for Urban Research, explains what this means, and who decides. She explores the role of state policymakers in shaping our school districts to ensure students thrive in adulthood.

April 16 VISION CARE
Ashley Tucker, Therapeutic Optometrist, FAAO, FSLs, Diplomate, ABO, Director of the Contact Lens Institute of Houston, a branch of Bellaire Family Eye Care, describes conditions that affect eye health and vision, particularly as we age, and discusses various treatments and advancements in eye care.

April 23 SENIOR PEDESTRIAN & DRIVER SAFETY
Laura Higgins, Associate Research Scientist, and **Kim Sailor**, Project Specialist II, Center for Transportation Safety, Texas A&M Transportation Institute, elaborate on safety strategies for senior drivers and pedestrians, including the best way to handle aggressive drivers.

April 30 THE LYNN R. LOWREY ARBORETUM, RICE UNIVERSITY
Cassidy Johnson, Ph.D., Arboretum Director, discusses its history and the ongoing efforts and challenges in restoring a fragment of Houston's wetland and prairie ecosystems.

TOWN HALL 11:15 AM—12:15 PM Fellowship Hall

March 19 THE GREAT GALVESTON STORM OF 1900
Greg Funderburk, Minister for Pastoral Care, South Main Baptist Church, and attorney at Funderburk & Funderburk, discusses his book *The Mourning Wave*, about the storm.

MARCH 26 COMMUNITIES IN SCHOOLS (CIS) OF HOUSTON
Kathryn Medina, BA, MS, Director of Strategic Partnerships, explains the role of CIS in providing community support to students to empower them to stay in school and achieve in life.

APRIL 2 WORLD AFFAIRS COUNCIL, GREATER HOUSTON
Ronan O'Malley, Chief Programs Officer, Director of the Global Affairs & U.S. Foreign Policy Institute, World Affairs Council of Greater Houston, describes their focus on China, Russia, and other countries.

April 9 THOMAS JEFFERSON, FOUNDING FATHER
John Boles, retired Rice University professor, discusses his research and book on Thomas Jefferson, a Lawyer, Scientist, Plantation Owner, and Signer of the Declaration of Independence.

April 16 HEALTHY AGING
Maureen Beck, UT Physicians Center for Healthy Aging, tells us what we can do to improve our quality of life as seniors.

**April 23 PATTERNS OF LIBERATION:
THE QUILT CODE OF THE UNDERGROUND RAILROAD**
Patricia Henderson, aka Lady Trish, imagines and creates quilts as part of the Jubilee Quilt Circle, currently in residency at the Glassell School of Art. She elaborates on their work and quilting inspirations, and the interconnections of quilting and sewing.

April 30 THE HOW AND WHY OF FERMENTED FOODS
Scott Sheridan, entrepreneur and owner of Scotty's Fermented Foods, educates us on the health benefits of live-culture, fermented products (e.g. sauerkraut, yogurt, kimchi), and provides us with a demonstration.

LEOH SPRING SERVICE PROJECT

The service project gives LEOH members the opportunity to help those less fortunate.
This Spring, please consider donating personal care items or funds to a local women's shelter.
Complete details will be available at our March 19 meeting and on our website (leohtexas.org).
Donated funds and items will be delivered to the shelter following our last get-together on May 7.

LUNCH, PLUS DRAWING FOR FREE LUNCH

12:15 PM—1:00 PM Fellowship Hall

Price—\$8 buys a sandwich catered by *Firehouse Subs*, with salad, beverage, and ice cream included. Lunch selections will change slightly on occasion, to offer more variety.

Free Lunch On the first Thursday a LEOH member attends, they can place their name in a bowl (one time only) for a chance to win a free lunch. At the end of each Town Hall presentation a winning name is drawn, with the winner receiving lunch for free that day! You must be present to win!

A lunch blessing and/or inspirational thought is offered by a member or guest just prior to lunch. Consider volunteering your thoughts or a blessing!

MAY 7—PARTY TIME

Fellowship Hall

10:45 AM Artist Gallery, Crafts, Refreshments
11:45 AM Volunteer Recognition and Appreciation
Presenter: **David Martin, President**
12:15 PM Lunch from *401 Restaurant*— Enjoy salad, chicken kabob on a bed of herb basmati rice, sauteed vegetables, garlic bread, apple pie, ice cream and a beverage. Cost is **\$14**, prepaid and non-refundable.

WEEKLY AFTERNOON CLASSES

12:45—3:00 PM SOCIAL BRIDGE Fellowship Hall

Coordinator: Paula Koehn

Enjoy bridge, while socializing with your fellow LEOH members. This class is for those who already know how to play bridge.

1:00—3:30 PM YEAR-ROUND BRIDGE Room 131

Coordinator: Pat Roberts

This is a class of dedicated bridge players who play year-round.

1:00—1:50 PM SPANISH Room123

Instructor: Ana Moore

This course is geared toward conversational and intermediate Spanish.

1:00—3:30 PM WATERCOLOR PAINTING Room 122

Instructor: Marie Schaer, watercolor artist

Fee: \$40

1:00—3:00 PM GAMES/CHAT TABLES Fellowship Hall

Enjoy other card games, or Scrabble, Mah Jongg, RummiKub, etc.

Members must provide the cards/games. Or join a chat table to relax and discuss topics of your choice.

1:00—3:00 PM EVERYTHING YARN & THREAD Fellowship Hall

Instructor: Mary Mahon

Join this group to work on your own knitting/crochet or other project.

Or just enjoy the opportunity to observe and learn!