

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

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



LIFE ENRICHMENT OF HOUSTON

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

Adventures in Learning for Adults 50 +

OUR 46th YEAR!

FALL 2026 SESSION

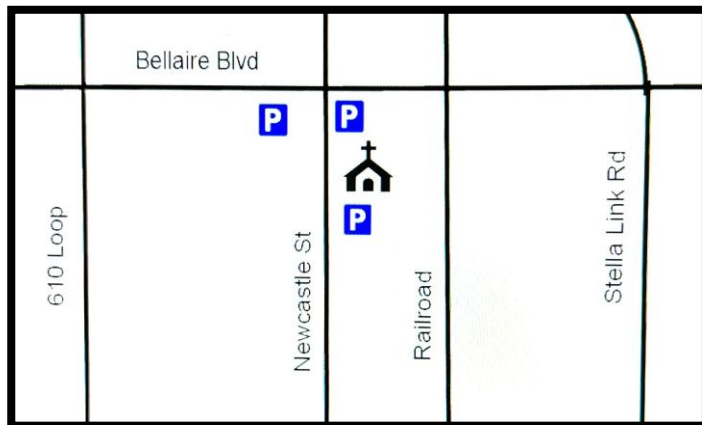
David Martin
President

Registration: September 10

Classes: September 17, 24, October 1, 8, 15, 22, 29

Party Time: November 5

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



PARKING

Southeast, Southwest, and North Lot
Bellaire Blvd at Newcastle

INFORMATION

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

MONTHLY DAY TRIPS *Hosted by Ann Fairchild*

LEOH offers trips during the year via county bus to places of interest in the greater Houston area. An occasional 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. **NOTE:** Non-members who register for a trip by bus are required to pay a non-refundable \$5 fee to the trip coordinator on the day of the trip.

2026 FALL 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 registered 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.

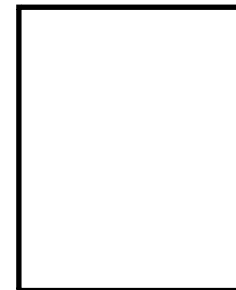
Add your gently used books to the book cart. Borrow a book or jigsaw puzzle to enjoy at home and return when done. Other items of interest are free to keep.

VISITORS

Members, please feel free to bring a friend to a LEOH session! They are welcome to enjoy morning refreshments, stay for a light lunch with a beverage and dessert for just \$8, and then check out one of the free afternoon LEOH activities.

LEOH IS AN ALL-VOLUNTEER ORGANIZATION

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



GENERAL INFORMATION		
REGISTRATION:	Thursday, September 10— 10:00 AM – 12:00 noon Bellaire UMC Welcome Center, or by mail	
FEE:	\$25.00 per person—non-refundable	
NAME TAGS:	Check out our new name tags! First names are much larger now, to aid our senior eyes! Please help us know you by wearing your tag. 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
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September 17 **COMPASSIONATE HOUSTON**
Pam Lewis, Ph.D., Board Chair, discusses the nonprofit’s founding, its mission, and how it has been instrumental in Houston’s designation as a Compassionate City.

September 24 **PROPERTY TAX CHANGES AND THE ROLE OF HCAD**
Mabel Menefee, Community Relations Administrator, Harris Central Appraisal District (HCAD) describes the recent changes to the Texas property tax system and HCAD’s role, why exemptions are the best way to save money on property taxes, and how to protest property values.

October 1 **PORT OF HOUSTON**
Lisa Ashley-Daniels, Director of Media Relations, provides an overview of the Port and discusses the Houston Ship Channel and global trade.

October 8* **SENIORS – HAVE YOU DONE YOUR HOMEWORK?**
Nico Nortje, Ph.D., M.A. (Psych), Associate Vice President, Clinical Ethics and Goal-Concordant Care, and Associate Professor, Critical Care Medicine, UT MD Anderson, discusses the preparations and ethical healthcare decisions we must make as seniors.

October 15 **ATTWATER PRAIRIE CHICKEN NATIONAL WILDLIFE REFUGE**
Jaide Cooper, Wildlife Refuge Specialist, tells us that although the refuge was originally established to protect this endangered species, it also serves as one of the largest remnants of native coastal prairie in southeast Texas.

October 22 **BRIGHT AND BEAUTIFUL THERAPY DOGS**
Susan (Suzy) Lovejoy describes the work of this non-profit organization, *The Bright & Beautiful Therapy Dogs, Inc.,* in training dogs for their work in providing loving and empathic support to those in need in nursing homes, hospitals, psychiatric wards, and even prisons.

October 29 **TIGHT-KNIT NEIGHBORS, BETTER LIVES**
Daniel Potter, Ph.D., reviews the latest Kinder Houston Area Survey, which indicates that neighborhoods with strong relationships and shared values increase the probability of good health and feeling safe at home.

TOWN HALL	11:15 AM—12:15 PM	Fellowship Hall
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September 17 **ANTARCTICA: ICE SHEET EVOLUTION AND DESTINY**
John B. Anderson, Ph.D., M.S., W. Maurice Ewing Professor of Oceanography-Emeritus, Rice University, discusses the changes to the ice sheet his group of explorers have witnessed over the course of 20 expeditions to our southernmost continent, which includes the South Pole.

September 24 **FOOD IS MEDICINE**
Bobby Chukwu, ND, Houston Holistic Health Clinic, explains this core principle that has guided his life and practice. The food choices we make every day can have a profound impact on our health and quality of life.

October 1 **BRINGING BUTTERFLIES HOME**
Elizabeth White Olsen, co-founder of GO Native Landscaping, and a certified Texas Master Naturalist, creates sustainable bird-and-butterfly-friendly landscapes for clients, and shares her tips with us. Her book, *Bringing Butterflies Home: Gardening to Heal our Yards and Ourselves,* will be available for purchase at the conclusion of her talk.

October 8* **NAMI (National Alliance on Mental Illness)**
Angelina Hudson, MPA, CEO, discusses the wide variety of programs and services NAMI offers to families, caregivers, and others.

October 15 **TEXAS SILVER-HAIRED LEGISLATURE (TSHL)**
Viola Hebert, Betty Jo Brown, and Jean Williams, long-time members of the TSHL, elaborate on the goals and accomplishments of this 50-year-old organization that meets in our state capital and works with our legislature to implement TSHL initiatives that benefit seniors.

October 22 **SPEAKER/TOPIC IN PROCESS**
Topic and speaker information to follow, in upcoming newsletters, via email, and on the LEOH website (leohtexas.org).

October 29 **UNDERSTANDING YOUR LAB RESULTS**
Jan Flewelling, BSN, Stroke Outreach Program Coordinator at Houston Methodist Hospital, tells us how to make sense of the results we see on tests ordered by our doctor.

***OCTOBER 8 - VACCINATIONS**
Randall’s pharmacists will offer members a variety of vaccinations, including covid and flu. Additional details and the opportunity to sign up will be available during registration on September 10 and initial meetings.

LEOH SERVICE PROJECT
Service projects give LEOH members the opportunity to help those less fortunate. This Fall we will once again assist women in need who reside at *The Women’s Home.* Details will be available on registration day, at meetings, and in future newsletters.

LUNCH, PLUS DRAWING FOR FREE LUNCH	
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12:15 PM—1:00 PM	Fellowship Hall
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Price **\$8** buys a light lunch with salad, beverage, and dessert included. Lunch selections may vary on occasion, to offer more variety.

Free Lunch On the first Thursday that a member attends, they can place their name in a bowl (once 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 just prior to lunch. Please consider volunteering your thoughts or a blessing!

NOVEMBER 5—ARTISTS, HOLIDAY MARKET, SPECIAL LUNCH	
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10:45 AM	Artist Gallery, Crafts, Refreshments, and Holiday Market
11:45 AM	Volunteer Recognition and Appreciation Presenter: David Martin, President
12:15 PM	Lunch from <i>401 Restaurant</i> — this Bellaire eatery served a delicious catered meal last Spring at Party Time. Look forward this Fall to another feast including salad and dessert. Cost is \$14 , prepaid and non-refundable.

WEEKLY AFTERNOON CLASSES	
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12:45—3:00 PM	SOCIAL BRIDGE	Fellowship Hall
<i>Coordinator: Paula Koehn</i>		
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
<i>Coordinator: Pat Roberts</i>		
This is a class of dedicated bridge players who play year-round.		

1:00—1:50 PM	SPANISH	Room123
<i>Instructor: Ana Moore</i>		
This course is geared toward conversational and intermediate Spanish.		

1:00—3:30 PM	WATERCOLOR PAINTING	Room 122
<i>Instructor: Marie Schaer, watercolor artist</i>		
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
<i>Instructor: Mary Mahon</i>		
Join this group to work on your own knitting/crochet/embroidery or other project. Or just enjoy the opportunity to observe and learn!		

NOTE: Lunch and afternoon activities normally held in Fellowship Hall will take place in the Family Life Center (Gym) on October 8.

- Morning events will be in the Family Life Center (Gym) this day
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