



## July 2019: In This Issue

- You're Invited: More than a Meal
- Our Seniors Got Talent!
- Senior Stories: Staying Active this Summer
- Welcome FBS Interim CEO, Robert Hebert!
- Summer Volunteer Opportunities
- Know someone in need of Meals on Wheels?
- Mark Your Calendars

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## You're Invited! Join us for lunch on September 13th



**Friday, Sept. 13<sup>th</sup>**  
**11:30 am - 1:00 pm**

**FORT BEND SENIORS MEALS ON WHEELS 2<sup>ND</sup> ANNUAL LUNCHEON**

*More than a Meal*

KEYNOTE SPEAKER & HONOREE  
*Fort Bend County Attorney Roy Cordes, Jr.*

**BUD O'SHIELES COMMUNITY CENTER | 1330 BAND ROAD | ROSENBERG, TX | 77471**

You're Invited: 2nd Annual More than a Meal Luncheon  
Friday, September 13, 2019

Businesses and groups can sponsor a table to attend this exciting event! [View sponsorships here](#) - only a few opportunities available at each level, so act fast! Your support is critical, as nearly 100% of the proceeds raised will go towards improving the lives of seniors throughout our community! \*Individual tickets for sale starting in early August.

**[Purchase a Sponsor Table Now to join us!](#)**

Stay tuned for more info on our luncheon raffle! **You could win 2 round-trip tickets** from Southwest Airlines!

## Fort Bend's Seniors Got Talent!

On Tuesday, July 2nd, seniors from across Fort Bend & Waller Counties came out in style for our annual Independence Day Celebration & Senior Talent Show! The festive day was filled with talented acts from our seniors, delicious BBQ from Harlem Road Texas BBQ, a visit from our

sponsors Sheriff Troy Nehls and Constable Trever Nehls, and an array of wonderful friends! [See all the photos & full recap on our Facebook page.](#)



### Interested in being a part of our next event?

If you or someone you know would be interested in joining one of our 12 congregate centers to enjoy events like the talent show as well as recreation, fitness, meals, and socializing, contact our Senior Center Coordinator, [Shonda Thomas](#) or call 281-633-7049 for more info!



## Senior Stories: Staying Active This Summer

Staying physically fit at every age is important, but for seniors, being active especially helps with managing chronic health conditions and increasing mobility. We've outfitted our Rosenberg Senior Center fitness room with equipment to accommodate seniors, as well as partnered with T. W. Davis Family YMCA to lead weekly fitness classes. All older adults age 60+ can use the Fort Bend Seniors fitness room at no cost.



Staff are on hand to help seniors use the equipment, including weights, exercies bikes, and more, and all activities are provided in the AC!

One lovely lady recently wrote to us about the impact the Rosenberg fitness center has had on her health.

*"I am 84 years old. Some time ago, **my cardiologist suggested I get more exercise.** I tried walking, but with the weather conditions, I could not get on a regular routine. About 9 months ago, I heard about the Fitness Room on Band Road. I registered immediately. I try to go 3 days a week, and just recently I also started going to the yoga classes. During my last visit to my cardiologist he told me that my cardi tests and the lab results were both **significantly improved** and I should not quit doing whatever I am doing now."*

### ***Looking for additional ways to stay healthy & safe this summer?***

Join a local YMCA? FBS partners with the following locations to provide Silver Sneakers programs and a lunch! "Grab & Go" style lunches available at Monty Ballard & T.W. Davis Family YMCAs, while seniors can sit and eat lunch with friends at the Fort Bend Family YMCA.

**Katy** - Monty Ballard YMCA at Cinco Ranch (Open Monday – Thursday)

**Missouri City** - Fort Bend Family YMCA

**Richmond** - T.W. Davis Family YMCA (Open Monday – Wednesday)

Contact our Senior Center Coordinator, Shonda Thomas, with questions or to sign up!  
[shonda@fortbendseniors.org](mailto:shonda@fortbendseniors.org) or 281-633-7058

## **Welcome to Judge Robert "Bob" Hebert as Interim CEO!**

In his role as Interim CEO, Hebert will work alongside the Board of Directors and staff to ensure operational efficiencies and programmatic impact, as well as support the organization's search for the next CEO/Executive Director.

**"I am truly honored to join Fort Bend Seniors as the organization grows in its mission of serving our community's older adults,"** Hebert said. **"With deep respect for the organization's legacy and leadership, I look forward to working with the board, community leaders, partners, and volunteers as we plan for the future needs of our community."**



Hebert brings more than 40 years of experience in strategic management and planning, principally through his consulting firm, Robert Hebert and Associates. This includes time spent with many public and private agencies around the country to address operational and financial challenges. Hebert is perhaps best known for his many years of public service, including four terms as County Judge of Fort Bend County, Texas, Temporary Receiver for the City of Arcola, and City Manager under a consulting contract to the City of Rosenberg. Hebert and the Executive Team at FBS will continue to ensure the day to day operations run smoothly, while focusing on maintaining high quality and compassionate service to seniors throughout Fort Bend & Waller Counties. [Read more...](#)

## Summer Volunteer Opportunities

We have many opportunities to volunteer delivering meals in your community, or helping in our senior centers throughout Fort Bend & Waller County!

Bring the kids to deliver meals to seniors and **show them the joy of giving back to those in need**. Many of our seniors LOVE when they get to visit with kids!

All summer long, we will need extra help to make sure that our seniors receive a daily hot meal.

Contact your Volunteer Department at [loveseniors@fortbendseniors.org](mailto:loveseniors@fortbendseniors.org) with any dates that you can take an extra route (with or without the kids!) or give us a call at 281-633-7053.

**New to volunteering?** Start by filling out an [application here](#), then [sign up for an orientation](#) today!



## Does someone you know need Meals on Wheels?

Do you have a friend or relative who has trouble getting out to buy groceries or preparing meals due to mobility issues? We may be a perfect fit! Contact us to learn more about meal delivery by calling 281-633-7049 or [click the button below](#) to fill out a referral form.

[CLICK HERE to Refer Someone for Home Delivered Meals](#)

Interested in seeing the types of meals that you or your family member will receive on our program? [View our July Menu!](#)

Know someone interested in our congregate center meals? [Contact Shonda!](#)

## Mark Your Calendars

**August 2:** Senior Prom (Rescheduled from May)

**September 2:** Labor Day - All Programs & Office CLOSED

**September 13:** 2nd Annual More than A Meal Luncheon - [More info on our website](#)

**September 27:** Fort Bend County Fair Day - All Programs & Office CLOSED

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Connect with us:



Fort Bend Seniors Meals on Wheels  
P.O. Box 1488, 1330 Band Rd. Rosenberg, TX 77471  
281-633-7049 | [www.fortbendseniors.org](http://www.fortbendseniors.org)