Senior Adult & Travel Program
About the Program

The Center for Workforce and Community Development’s Senior Adult & Travel Program serves thousands of Senior Adults (ages 50+) in the Baytown and surrounding communities. It offers participants a chance to improve their quality of life through social events, classes, and travel opportunities. Baby Boomers looking to stay busy as they enter a new phase of life, singles looking to meet new friends and make connections in the community, and couples looking to indulge their spirit of adventure together are welcome and encouraged to participate.

The Program initially began in the late 1970s when many students took advantage of the numerous instructional classes and workshops to expand their knowledge and gain new perspectives on important topics such as healthcare, safety, driving, and other late-life issues. 1989 marked the beginning of international travel, which created the vibrant Program we enjoy today. The many adventures have taken students to different regions of the United States, Canada, Mexico, Europe, and the Far East over the past 30 years. Participants have made new friends, witnessed breathtaking sights, and created many beautiful memories thanks to the opportunities of the Program.

Today, the Senior Adult & Travel Program hosts a plethora of daytime bus trips, social events, personal enrichment, wellness courses, safety workshops, and Red Hat Society events. Senior adults ages 65+ can also take advantage of discounted linked course offerings by registering as a Lee College student online or at the Student Success Center at the main campus. By registering as a student, senior adults are able to take one class per semester at a discounted rate of $10. Visit www.lee.edu/senior for a list of linked course offerings or email Naomi Cooper at ncooper@lee.edu for more information.

Senior Adults can register for any of the upcoming Program activities online at www.lee.edu/senior, by phone at 281.425.6311, or in-person at 909 Decker Dr., Baytown. Registration for bus trips, classes, and events is ongoing. Seats are filled on a first-come, first-served basis with waiting lists available for many of the excursion in case of cancellations.
About the Program Manager

The Senior Adult & Travel Program at Lee College gives senior adults a chance to improve their quality of life and that’s exactly what Mrs. Naomi Cooper has set out to accomplish as the new Program Manager. Cooper is a born and raised Texan, having grown up in Highlands and graduated from Baytown Christian Academy. She attended Lee College and the University of Houston where she earned her degree in Photography.

Cooper brings over a decade of experience in event management and coordination to her new position and is well-versed in growing senior citizen program trends. In her new role, Cooper is responsible for planning and implementing instructional programs, personal enrichment courses, and exciting daytime bus trips geared specifically toward senior adults.

“The senior adults I know in my personal life have taught me the value of family and how to love unconditionally,” Cooper said. “Being able to take that passion and share it with other seniors in the community is like having a first-class ticket to a meaningful and rewarding career. This generation inspires me to be the best mother, wife, and woman I can be, and I can’t think of anything more fulfilling than serving incredible people who have such a great love for life.”

Cooper understands the challenges facing retired seniors living on a fixed income and working seniors in finding time to participate in Program offerings. “Some of the students are still working, others are enjoying their retirement, and most are empty-nesters,” said Cooper, “but all are welcome to come learn, have fun, make new friends, and have a better quality of life through this Program.” To assist with these challenges, Cooper is working to schedule classes and trips on days/times that working seniors can participate. In addition, she is working to find ways to offer courses at a reduced or free cost to seniors. “I am always available and open to suggestions for courses, instructors, trips, and learning styles,” said Cooper.

Cooper encourages senior adults who are interested in joining the Program to take the leap of faith with her. “We never know what tomorrow may bring, so enjoy your life to the absolute fullest,” said Cooper “and come see for yourself how much fun awaits you!”

Are you ready to learn more about the Senior Adult & Travel Program? Call 281.425.6311 or email Naomi Cooper at ncooper@lee.edu.

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-Naomi Cooper
RED HAT SOCIETY
Scarlett YaYas

Center for Workforce and Community Development’s Senior Adult and Travel Program has been a proud sponsor of the Scarlett YaYas Red Hat Society Chapter since 2004. Dedicated to enriching the lives of women, the “Red Hatters” provides an opportunity for women to reconnect with friends, give back to the community, and promote positive “Hattitudes!” With over 75 members from Baytown, Channelview, Crosby, Mont Belvieu, and other local cities, this lovely group of women meet on the Lee College campus several times throughout the year. Gatherings include luncheons, programs, style shows, volunteer opportunities, and other social events. In addition, the Chapter hosts monthly luncheon groups of about 10-20 women in the area for fellowship of any women 50 years of age or older. Women are welcome to join the Red Hatters by registering for any of the Chapter’s events online at www.lee.edu/senior or by calling 281.425.6311.

Computer Technology: As technology rapidly changes, sometimes we just can’t keep up. The Senior Adult & Travel Program offers a variety of computer technology courses throughout the year helping students develop new technology skills and learn to navigate new computer software.

Health & Wellness: Designed specifically for the 50+ age group, the Program offers different health and wellness courses through the year including Yoga, Pilates, and Water Aerobics for Senior Adults. Participants will find the courses gentle enough for relaxation, but challenging enough to receive health benefits including improvements in stability, strength, mobility, flexibility, and concentration.

Personal Enrichment: Retirement from work should never mean retirement from learning. Now is the time to start a new adventure for those who have a passion for lifelong learning. Through personal enrichment courses, senior adults can explore new hobbies, learn new skills, meet new friends, and learn by experienced instructors. Course offerings include both in-person and online classes giving students the opportunity to find a course that fits their schedule. Types of personal enrichment courses vary by season and have included topics such as Conversational Spanish, Ceramics, Certificate in Healthy Aging, and more.

Safety Workshops: Various low-cost and free safety workshops and information sessions are offered through the CWCD for senior adults. These courses teach students how to prevent threats to themselves, practice situational awareness, gain knowledge on personal safety, and hear from experts in the medical and safety fields.

WE’RE HIRING INSTRUCTORS!

The Center for Workforce and Community Development is always looking for professional, patient, enthusiastic, and punctual teachers who have a passion for sharing their knowledge with senior adults in our community. Part-Time Community Education Instructors are responsible for teaching leisure learning courses to senior adults who want to enhance the quality of their personal lives. The CWCD will work with instructors to develop courses that are offered on days/times that are convenient for the instructor. Salary starts at $18-$35/hour and is based on experience and qualifications. Instructors are needed to teach the following courses:

- Photography, art classes, art history
- Technology related courses, including: Intro to computers, Android and Apple product tutorials, Photo storage, Social media user information, and Microsoft Office suite introductory courses
- Make and take crafts or art projects, sewing, and quilting
- Writing workshops and poetry
- Health and wellness courses
- Exercises classes

Duties and responsibilities include, but are not limited to: Develop lesson plans. Maintain a positive learning environment and diverse learning opportunities for all students. Develop and maintain instructional supplies.

Lee College does not discriminate on the basis of gender, disability, race, color, age, religion, national origin, or veteran status.

Minimum Qualifications: Must demonstrate knowledge of class subject matter.

Campus Location: Lee College Main Campus (Baytown), the Lee College Education Center South Liberty County, and other off-campus locations.

Apply online at jobs.lee.edu/postings/5810, in-person at 909 Decker Drive, or call 281.425.6311 for more information.
Wellness Center & Open Swim

Joining the Lee College Wellness Center is the premier way to exercise your physical fitness options. Select from several enrollment options, plan your own training workout, follow your own individualized fitness and exercise program, and use resistance machines to improve your appearance, strength and endurance. As an enrolled member, you have unlimited use of the Wellness Center. Register for an Open Swim membership to exercise at the Lee College swimming pool during your leisure time. Lifeguard on duty. Senior Adults (ages 50+) receive memberships at a discounted rate. Register in-person at 909 Decker Drive, Baytown.

- Heated swimming pool*
- Over 25 Life Fitness Cardio machines (including 10 treadmills)
- Magnum selectorized resistance equipment
- 20 Overhead speakers
- Four 32” televisions
- Two Racquetball Courts*
- Health workshops*
- Yoga room*
- Aerobics room*
- Extended hours
- Convenient location
- Friendly, small-town environment
  *Registration, fee and/or hours differ

**Senior Adult Wellness Center Rate** (includes Open Swim)
- **Six-Months:** $79 (January-June, and July-December)
- **One-Year:** $158 (January-December)

**Open Swim Rate**
- **Six-Months:** $60 (January-June, and July-December)
- **One-Year:** $100 (January-December)

**Wellness Center & Open Swim Hours**

Wellness Center: Mon.-Thu.: 5:30 a.m.-8 p.m., Fri.: 5:30 a.m.-2 p.m., and Sat.: 9 a.m.-2 p.m.
Open Swim: Mon.-Thu.: 2 p.m.-7 p.m., Fri.: 9 a.m.-2 p.m., and Sat.: 9 a.m.-2 p.m.

Call 281.425.6311 for more information.
Travel the World

Register online at www.lee.edu/senior or by phone at 281.425.6311

For 30 years, the extended travel offered through the Senior Adult & Travel Program has provided over 1,500 senior adults with the opportunity to journey to different regions around the world—from the United States and Mexico to England, Scotland, Ireland, the Netherlands, Belgium, Croatia, Slovenia, Italy, China, Australia, New Zealand, Switzerland, Egypt, Iceland, Portugal, and more. National excursions by bus and plane have included Seattle, Portland, San Francisco, Salt Lake City, Yellowstone, Cape Cod, Charleston Savannah & Jekyll Island, Niagara Falls, New York City, Boston, Plymouth Rock, Marsha’s Vineyard, Albuquerque, and others. Traveling with the Center for Workforce and Community Development allows senior adults to marvel at must-see sights, sample regional cuisine, stay in centrally-located hotels, and connect with captivating cultures.

With travel arrangements for transportation, accommodations, and activities handled by the Senior Adult & Travel Program staff, all travelers have left to do is attend any pre-travel meetings and pack their bags.

Most overnight tours include roundtrip airfare or bus tickets, some meals, a professional Tour Director, admissions per itinerary, comprehensive sightseeing, baggage handling, hotel transfers, and cancellation waivers & post-departure plans. Travelers are comfortably and safely escorted throughout the entire destination, giving them the opportunity to truly enjoy the trip and have a better way of experiencing the wonders of the world.

Travel Showcase

Every fall, the Senior Adult & Travel Program invites the community to learn more about the next years’ round of tours and excursions at the annual Travel Showcase. Typically scheduled in October or November, the Travel Showcase is held at the Lee College campus and includes an in-depth presentation on each trip, including a review of daily itineraries, costs, and registration. Individuals interested in the upcoming tours are encouraged to attend the Travel Showcase and register as soon as possible. Online and in-person registration for the next years’ tours typically opens the morning after the Showcase. Seats are limited on all tours and are filled on a first-come, first-served basis with waiting lists available. Admission for the Travel Showcase is free and open to the public, and refreshments are served. Visit the Senior Adult & Travel Program website at www.lee.edu/senior for details on the next Travel Showcase.
Bus Trips

Every season, the Senior Adult & Travel Program offers dozens of daytime bus trips at exciting and interesting locations across the regional area. Local area destinations have included Astros Ballgames, Asia Heritage Community Center, Beaumont, Brookwood Community, Bay Area Nutcracker Market, Baytown Historical Museum, Buffalo Bayou Underground Cistern, George Bush Library, Galveston, Houston Ship Channel, Lack Jackson, Moody Gardens, and much more! The Program also offers many Mystery Trips where travelers board the bus and ride along to a secret location where fun awaits!

Daytime bus trips typically range between $15-$75 per person, with the average cost of $25. Most bus trips depart from the 909 Decker Drive parking lot, unless otherwise noted through registration. Departure times vary by trip, but travelers are asked to arrive 15 minutes prior to departure time. Seats are limited on all bus trips and are filled on a first-come, first-served basis.

Visit the Senior Adult & Travel website at www.lee.edu/senior to view and register for upcoming bus trips.

SUBSCRIBE NOW AND BE THE FIRST TO KNOW!

Sign up to our email list and be the first to know about upcoming the Senior Adult & Travel Program opportunities! Send an email with your first and last name to Naomi Cooper at ncooper@lee.edu and use subject line “Subscribe to emails”. Please allow two weeks for processing. Emails are sent no more than eight times per year, with an average of two emails per quarter.