

DESOTO SENIOR ACTIVITY CENTER NEWSLETTER

MARCH 2016

204 Lion Street - DeSoto, Texas 75115 - <http://www.ci.desoto.tx.us>
Hours of Operation: Monday – Friday 8 am – 4 pm - 972-230-5825
Where Active Seniors Go!

THIS AND THAT

- Please remember the center is for our member's age fifty and over. Children are not allowed at the Senior Activity Center except for special events approved by the Site Council. The special events will be published in this newsletter as they are scheduled.
- The North Texas Food Bank Volunteer Day will take this month on Thursday, March 10th!!!!
- Did you know that your **Tom Thumb Reward Card** is worth \$\$\$ to the Senior Activity Center? Go to the Customer Service counter and link your reward card to #3510.
- **AARP Tax Help is at the Desoto Public Library this year. The program is every Wednesday from 11am-3pm through April 20th.**

VOLUNTEER OF THE MONTH – DOROTHY WILLIS

Dorothy Willis, our senior of the month is always providing a helping hand or encouraging words to one of the members of the senior center. Dorothy leads our Yoga program every Friday morning, oversees the bass section of our Golden Voices Choir, participates in the line dance program, and volunteers at the North Texas Food Bank with our members every month.

Dorothy was born in Dallas, Texas and is the middle child of three brothers and four sisters. She is widowed and was married to her husband Earl for 55 years. She has two children (son, daughter), 5 grandchildren, and 5 great-grandchildren. Her fondest memory is visiting the Holy land in Jerusalem. Her favorite movie is "One Night with the King" and her favorite song is "Make me a Blessing". Her hobbies are sewing and traveling.

Dorothy was been attending the center for six years. She was motivated to join the center because "It is a great place to meet and greet people has a great atmosphere, great activities, and she loves the field trips." We could use more members like you Dorothy!!!

WELCOME TO OUR NEW MEMBERS

Brenda Bell, Peggy Brown, Janelle Deibler, Kay Donaldson, Winifred C. Harrison, Pearl M. James, W. Yvonne Johnson, Mary Lockhart, Crystal Lamon, Rita A. Odumowu, Cathryn M. Nathan, Rita Nemons, Shelley E. Reagins, Deana D. Shumate, Lula Beatrice Simpson, Jerry Smith

HEALTH & WELLNESS

Morning Fitness Class (Fit For Life)	Recreation Center	Mon, Wed & Friday	10:00 a.m.
Yoga Class-Dorothy Willis	Senior Center	Every Friday	10:00 a.m.
File for Life-EMS program	Senior Center	3/9	10:00 am.
(Ask a Nurse) Elaine Harrison, R.N.	Senior Center	3/16	10:30 a.m.
Nutrition Talk- (Taste Disorder)	Senior Center	3/17	11:15 a.m.
<u>"Financing Your Future: How to Pay for Long Term Care without Going Broke"</u>		3/30	9:30 a.m.
Presented by Attorney Janet Boyanton			

ARE STILL IN THE "WEIGHT LOSS CHALLENGE" THAT STARTED IN JANUARY?

The final weigh must be completed by March 24th. Staff members will document each weigh in and all the weights will be confidential. During the challenge if you lose 0 – 3 pounds you will get one ticket, 4 – 10 pounds you get three tickets, and lose 10+ pounds and receive five tickets. The tickets will go into a drawing and gift cards will be awarded to three participants.

Events & Trips

GOLDEN VOICES CHOIR, EACH TUESDAY @ 9:00 A.M.

Are you a singer or musician? Join the choir each Tuesday at 9 a.m. for practice. If you are interested in the choir all you have to do is show up and you too can be a member of our very talented "Golden Voices."

TEXAS HOLD'EM TOURNAMENT EACH THURSDAY @ 12 NOON

Entry fee is \$5.00 with awards for 1st & 2nd place and if fourteen or more play we will have a 3rd place prize. Each player will deal. Ronnie Hall, John Roberts, and Frank Brown were tournament winners in February. New players will play for free if accompanied by a current tournament player. You must be on time to play!

LINE DANCE CLASSES EVERY THURSDAY @ 12:15 P.M. AND 1:00 P.M.

The Boot Scooters Class lasts forty-five minutes beginning at 12:15 p.m. and is free. The Line Dance Steppers lasts for one hour and begins at 1 p.m. and also is a free program. Both classes offer great exercise and movement of all your joints.

NORTH TEXAS FOOD BANK VOLUNTEER PROGRAM, THURS, MARCH 10th, 8:30 A.M.

Thursday, March 10th, is our day to shine as volunteers at the North Texas Food Bank. We will leave the center at 8:30 and return for lunch. Our volunteers work two hours, and in turn, the center receives food credits. We use the food credits from the Food Bank to obtain our morning and afternoon snacks.

DALLAS HOLOCAUST MUSEUM, 10:30 A.M., WEDNESDAY MARCH 16th

Join our group as make a trip to the Dallas Holocaust Museum. Transportation fee is \$2.00. We will stop for lunch on the way home. Space is limited; make sure you sign up immediately!!! Admission to the museum is \$8.00 per person once we arrive at the museum. We will stop for lunch on the way home.

MYSTERY DINNER, 5:30 P.M., TUESDAY MARCH 22nd

Please sign up early for our first 2016 Mystery dinner. Dress will be casual. We will be using our extended van, so no handicap's on this trip. Transportation cost is \$2.00 plus the cost of your meal. Pick up & take home is not available for this event.

CINEMARK MOVIE THEATRE, 1:00 P.M., MONDAY MARCH 28th

Transportation fee is \$2.00. Movie selections will vary each month. Check with the front desk to find out what movie we are going to watch. Movie ticket is \$ 5.75 paid at the theatre. Space is limited; make sure you sign up immediately!!!

FT. WORTH ZOO, WEDNESDAY MARCH 30th, 10:30 A.M.

Join us as we visit the world famous Ft.Worth Zoo. The zoo features 12 permanent exhibit areas — *Penguins, World of Primates, Asian Falls, Raptor Canyon, Cheetahs, Flamingo Bay, Meerkat Mounds, Australian Outback, African Savannah, Parrot Paradise, Texas Wild!* and the *Museum of Living Art (MOLA)*. Seating is limited for this trip. This trip requires **significant walking**. Transportation fee is \$2.00 and the ticket price to zoo is \$5.00 per person. We will stop for lunch on the way back.

AARP Free Tax Help at Desoto Library!!!! Every Wednesday...

DeSoto Senior Activity Center Calendar of Events – March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1	2	3	4	
7	8	9	10	11	
8:45 Bingo 9:00 Ceramics 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class	9:00 Golden Voices Practice 10:15 TOPS Meeting 10:15 M&M Book Club 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:30 Jewelry Class	9:00 Painting Class 10:00 Grocery Store- 10:00 Fit For Life at Town Ctr. 11:30 Birthday Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class	8:30 Food Bank Volunteer Day 10:00 Camp Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Texas Hold'em Tourn. 12:15 Boot Scooters 1:00 Line Dance Steppers	8:45 Bingo 10:00 Yoga 10:00 Fit For Life at Town Ctr. 10:45 Line Dance Steppers Performance 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge/Pinochle	
14	15	16	17	18	
8:45 Bingo 9:00 Ceramics 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class	9:00 Golden Voices Practice 10:15 TOPS Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:00 Pinochle 12:30 Jewelry Class	9:00 Painting Class 9:45 Grocery Store- 10:00 Fit For Life at Town Ctr. 10:30 African American Museum Trip 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class	10:00 Camp Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Texas Hold'em Tourn. 12:15 Boot Scooters 1:00 Line Dance Steppers	8:45 Bingo 9:45 P.O./Bank/Drug or Dollar Store 10:00 Yoga 10:00 Fit for Life Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 12:00 Pinochle	
21	22	23	24	25	
8:45 Bingo 9:00 Ceramics 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class	9:00 Golden Voices Practice 10:15 TOPS Meeting 10:15 M&M Book Club 11:30 Lunch W/ 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:00 Pinochle 12:30 Jewelry Class	9:00 Painting Class 9:45 Grocery Store 10:00 Fit For Life at Town Ctr. 10:30 Ask A Nurse (Elaine Harrison) 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class 1:30 Mystery Lunch Trip	10:00 Easter Program 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Texas Hold'em Tourn. 12:15 Boot Scooters 1:00 Line Dance Steppers	<h2 style="margin: 0;">Good Friday Center closed</h2>	
28	29	30	31		
8:45 Bingo 9:00 Ceramics 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Cinemark Theatre Trip 1:00 Mahjong 1:00 Quilting Class	9:00 Golden Voices Practice 10:15 TOPS Meeting 10:15 M&M Book Club 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:00 Pinochle 12:30 Jewelry Class	9:00 Painting Class 9:30 Sherman Williams 9:45 Grocery Store 10:30 Ft. Worth Zoo Trip 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class	10:00 Camp Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Texas Hold'em Tourn. 12:15 Boot Scooters 1:00 Line Dance Steppers		

Activities and services at this Center are equally accessible to all persons who are age 50 and over regardless of race, color, national origin, religious affiliation, handicap or impairment. A donation of \$1.00 is suggested for meal participants 60+ and their spouse otherwise the cost is \$6.00 per meal. Meals must be ordered by 11:30 a.m., two days in advance by calling 972.230.5825.