

DESOTO SENIOR ACTIVITY CENTER NEWSLETTER

MAY 2017

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.
- 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.
- **Center Closed in Observance of Memorial Day Monday, May 29th**

STAFF MEMBER OF THE MONTH – SHENEQUA CROCKETT



Shenequa D. Crockett is a native and resident of DeSoto, Texas. She received her undergraduate degree in Theatre and Speech Communications from Clark Atlanta University; in Atlanta, Georgia. Upon completion of her degree, Crockett became very active with the City of Atlanta; through a non-profit organization called, ArtPortunity Knocks (APK). As site director for APK, her responsibilities included instructing At-Risk students daily while maintaining a safe and orderly recreation center. As a mentor and educator, she challenged students with the basic fundamentals of lifestyle skills. She created lasting peer mentoring groups that focused on character building and social awareness.

Additionally, she interned for Directing through Horizon Theatre in Atlanta, Georgia. She was then hired as the Artistic Director for the Atlanta Black Theatre Festival; which included working alongside Woody King Jr. In radio, she worked as a special events promoter for WCLK 91.9 FM, in Atlanta, Georgia.

Currently, Ms. Crockett is active in her church and community. A member of Church of Disciple United Methodist Church in DeSoto, Texas; where she serves as the youth and young adult coordinator. She is a new member of Concerned Citizens of DeSoto and Altrusa. She has worked with elite political figures and other entertainers such as; Senator John Lewis, Thomas Jefferson Byrd, and Woodie King Jr. Ms. Crockett is currently perusing her Master's degree in Leadership and Management at Dallas Baptist University and is in the process of writing her second theatrical production in hopes to one day have her very own theatrical company. Please help welcome our new Recreation Coordinator Shenequa to the Center!!!!

WELCOME TO OUR NEW MEMBERS

EVELYN ANDERSON, EVANGELINE ARMSTEAD, PEGGY BRACKEN, EMILY BROWN, CHARLES CHAPPLE, LILLIAN CLARK, DELOIS DELANEY, TERRI GREGORY, WILLIE HENRIQUES, LONNIE JEFFERSON, SHARON JONES, DARLENE MCGRIF, JAMES MOSES, GRACE MWANG, SYLVIA NORFLIS, DEBRA PEOPLES, ALBERT RHEAMS, RANDOLPH SHAHEED, LAURA SMILEY, REBA SOUTHHALL, LIOS YOUNG

HEALTH & WELLNESS

Morning Fitness Class (Fit For Life)	Recreation Center	Mon, Wed & Friday	10:00 a.m.
Yoga Class-Dorothy Willis	Senior Center	Monday & Friday	10:00 a.m.
STAP-Senior Assist- Phone Program	Senior Center	5/10	11:00 a.m.
(Ask a Nurse) Elaine Harrison, R.N.	Senior Center	5/25	10:30 a.m.
Nutrition Talk- Heat Related Illness	Senior Center	5/25	11:15 a.m.

Events & Trips

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. 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.

CINCO DE MAYO MYSTERY LUNCH, FRIDAY MAY 5th, 11:00 A.M.

Sign up will be first come first serve. 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. Take home is not available for this event.



DESOTO PD SENIOR SYMPOSIUM & HEALTH FAIR, TUESDAY, MAY 9th, 8:45 A.M.

This year's program includes information about safety, health issues facing our seniors, and will promote other resources available to seniors in the DeSoto community. Those in attendance will receive lunch at 11:30 a.m. and be eligible for door prizes. Please fill out the pre-registration form located at the information desk. The center will provide free transportation. The last day to register for this event is April 28th!!

MOTHER'S DAY CELEBRATION OF EVENTS, FRIDAY, MAY 12th, 9:30 A.M.

We will honor our "Mothers" with a special breakfast of pastries, fruit and punch at 8:30am, the Golden Voices Choir will entertain us at 9:30am. Please RSVP by Wednesday, May 10th, at the Information Desk. The Friday morning trips will take place on Thursday, 5/11 at 9 a.m.

DeSoto Senior Activity Center Calendar of Events – May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p style="text-align: right; margin-right: 5px;">1</p> <p>8:45 Bingo 9:50 Wal-Mart 10:00 Site Council Meeting 10:00 Fit For Life at Town Ctr. 10:00 Yoga 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class</p>	<p style="text-align: right; margin-right: 5px;">2</p> <p>9:00 Golden Voices Practice 10:15 TOPS Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:30 Jewelry Class</p>	<p style="text-align: right; margin-right: 5px;">3</p> <p>9:00 Painting Class 9:00 Coloring w/Friends 10:00 Grocery Store-Kroger 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class</p>	<p style="text-align: right; margin-right: 5px;">4</p> <p>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</p>	<p style="text-align: right; margin-right: 5px;">5</p> <p>8:45 Bingo 9:45 P.O./Bank/Drug or Big Lots & Dollar Store 10:00 Yoga 10:00 Fit For Life at Town Ctr. 11:00 Mystery Lunch 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge/Pinochle</p>	
<p style="text-align: right; margin-right: 5px;">8</p> <p>8:45 Bingo 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 10:00 Yoga 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class</p>	<p style="text-align: right; margin-right: 5px;">9</p> <p>8:45 Senior Symposium 9:00 M&M Book Club (Cancelled) 10:15 TOPS Meeting 11:30 Lunch 12:00 AARP Driver Safety 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:30 Jewelry Class</p>	<p style="text-align: right; margin-right: 5px;">10</p> <p>9:00 Painting Class 10:00 Grocery Store-Albertsons 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class</p>	<p style="text-align: right; margin-right: 5px;">11</p> <p>9:00 P.O./Bank/Drug or Big Lots & Dollar Store 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</p>	<p style="text-align: right; margin-right: 5px;">12</p> <p>8:30 Mother's Day Breakfast 9:30 Golden Voices Choir Mother's Day Program 10:00 Yoga 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge/Pinochle</p>	
<p style="text-align: right; margin-right: 5px;">15</p> <p>8:45 Bingo 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 10:00 Yoga 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class</p>	<p style="text-align: right; margin-right: 5px;">16</p> <p>9:00 Golden Voices Practice 10:15 TOPS Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:30 Jewelry Class</p>	<p style="text-align: right; margin-right: 5px;">17</p> <p>9:00 Painting Class 9:00 Coloring w/Friends 10:00 Grocery Store-Tom Thumb 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class</p>	<p style="text-align: right; margin-right: 5px;">18</p> <p>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</p>	<p style="text-align: right; margin-right: 5px;">19</p> <p>8:45 Bingo 9:45 P.O./Bank/Drug or Big Lots & Dollar Store 10:00 Yoga 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge/Pinochle</p>	
<p style="text-align: right; margin-right: 5px;">22</p> <p>8:45 Bingo 9:50 Wal-Mart 10:00 Fit For Life at Town Ctr. 10:00 Yoga 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge 1:00 Mahjong 1:00 Quilting Class</p>	<p style="text-align: right; margin-right: 5px;">23</p> <p>9:00 Golden Voices Practice 10:15 M&M Book Club 10:15 TOPS Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:30 Jewelry Class</p>	<p style="text-align: right; margin-right: 5px;">24</p> <p>9:00 Painting Class 10:00 Grocery Store-Kroger 10:00 Fit For Life at Town Ctr. 10:30 Ask a Nurse 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class</p>	<p style="text-align: right; margin-right: 5px;">25</p> <p>10:00 Camp Meeting 11:15 Nutrition Talk 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Texas Hold'em Tourn. 12:15 Boot Scooters 1:00 Line Dance Steppers</p>	<p style="text-align: right; margin-right: 5px;">26</p> <p>8:45 Bingo 9:45 P.O./Bank/Drug or Big Lots & Dollar Store 10:00 Yoga 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Bridge/Pinochle</p>	
<p>29</p> <p>CLOSED MEMORIAL DAY</p>	<p style="text-align: right; margin-right: 5px;">30</p> <p>9:00 Golden Voices Practice 10:15 TOPS Meeting 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 12:00 Duplicate Bridge 12:30 Jewelry Class</p>	<p style="text-align: right; margin-right: 5px;">31</p> <p>9:00 Painting Class 10:00 Grocery Store-Albertsons 10:00 Fit For Life at Town Ctr. 11:30 Lunch 12:00 "42"/Dominoes/Bid Whist 1:00 Crochet Class</p>			

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.