

**DESOTO  
ACTIVITY SENIOR  
CENTER**

**MAY 2018  
EDITION**

**204 LION STREET.  
DESOTO, TEXAS  
75115**

Office: 972-230-5825  
Fax: 972-230-5827

Hours of Operation:  
Monday-Friday  
8am-4pm

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# Health & Fitness Month

Volume 1, Issue 1

Newsletter Date: MAY 1-30

## HEALTH AND FITNESS MONTH:

May is designated National Physical Fitness month to raise awareness about the important role physical activity plays in maintaining health. According to the 2008 Physical Activity Guidelines for Americans, physical activity can help control weight, improve mental health, and lower the risk for early death, heart disease, type 2 diabetes, and some cancers. Physical activity also can improve cardiovascular and muscular fitness (1). In 2011, however, only one in five U.S. adults participated in enough physical activity to gain substantial health benefits (2).

To achieve substantial health benefits, the guidelines recommend that adults perform at least 150 minutes a week of moderate-intensity aerobic activity, or 75 minutes per week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activities (1). The guidelines also recommend including muscle-strengthening activities.

## Welcome New Members

Roy L. Cato	Doris A. Rodgers
Bobbie B. Chambers	Luria J. Smith
Mary J. Dancer	Tillman R. Smit, Sr.
Izetta M. Dunn	Joyce M. Tanner- Pearson
Lillian "Carey:" Flusche	Gloria B. Wallick
Donald H. Hardin	Joyce E. Lollar
Margarita Paz	Luther J. Pearson



### What's Next?



**Senior Exercise / Fit for Life**  
We have an ongoing free senior exercise program that meets each Monday, Wednesday, & Friday at 10:00 a.m. Exercise classes are held at the main Recreation Center located at 211 East Pleasant Run Rd. DeSoto, Texas 75115



### Texas Hold Em' Tournament



Texas Hold'em tournaments are held each Thursday at 12 noon. Awards are given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers...

### Jewelry Design

If you are interested in the art of jewelry design, this self taught class is for you. Please bring your own tools and jewels. Classes are every Tuesdays at 1:00pm.

## Golden Voices Choir

**Tuesday | 9 a.m. - 10 a.m. | Free**

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



## Line Dance Classes

**Thursday | 12:15 p.m. - 2 p.m. | Free**

The Boot Scooters class is Thursdays at 12:15 - 1pm. This is a beginner line dance class. The Line Dance Steppers class is held Thursdays 1:00—2:00pm. This is an advanced class with an emphasis on weight loss.



## Yoga Class

**Monday and Friday | 10 a.m. - 11 a.m. | free**

This class follows older adult yoga videos. This is a free class for all members...



## M&M BOOK CLUB

M&M Book club meets the **2nd and 4th of each Tuesday** of each month. Each session begins at 10:15am in the middle office.

For more information please see front desk or Marlice Peabody...

## T.O.P.S

TOPS meets every Tuesday at 10:15am in



special **THANK YOU** to our sponsors

## Supporting Sponsors

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Game Time Vacation  
Darwin Isham  
Ken Ivy  
Albertson's  
Tom Thumbs  
Dollar Tree**

## **SCHEDULED EVENTS FOR MAY**

### **“Cinco De Mayo Celebration” Mystery Lunch 11:00 a.m., Friday, May 4th**

Please join us for another Mystery Dinner as we celebrate Cinco De Mayo. 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.**

### **The Sixth Floor Museum, 10:00 a.m., Tuesday, May 22nd**

Join us as we visit The JFK Memorial at the Sixth Floor Museum. Please dress casual with comfortably with walking shoes. We will be using our extended van, so no handicap's on this trip. **Transportation will be \$2.00 and admissions cost is \$14.00 dollars for entrance. Lunch will be at personal expense. Pick up & take home is not available for this event.**

### **Dallas World Aquarium, 9:00a.m., Tuesday, May 23rd**

Please join us as we visit Dallas World Aquarium. Please dress casual with comfortably with walking shoes. We will be using our extended van, so no handicap's on this trip. **Transportation will be \$2.00 and admissions cost is \$16.95 dollars for entrance. Lunch will be at personal expense. Pick up & take home will be available for this event.**

### **Mother's Day Breakfast, Friday May 11<sup>th</sup>, 8:30 A.M.**

We will honor our “Mother's” with a special breakfast of pastries, fruit, and punch. The Golden Voices Choir will entertain us 9:00 am. **Please RSVP by Wednesday, May 9<sup>th</sup> at the Information Desk. The Friday morning trips will take place Thursday, May 10<sup>th</sup>. Bingo will be cancelled.**

### **Desoto PD Senior Symposium & Health Fair, Tuesday, May 8<sup>th</sup>, 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**
- **Star Transit** will return back to our center on **May 1st and 17th, 10:30 a.m.** to present another presentation for those interested in receiving public transportation to medical and personal visit.
- Please join us as well celebrate Women's Health week **May 13th—19th. On May 16th at 9:30 a.m.** we will celebrate Women's Health Week with a brunch **sponsored by USMD.**
- Please join us for our continued health series with Marlice Peabody on **Thursday, May 24th, during lunch at 11:30a.m...**
- Site Parking along the fire lane is strictly **PROHIBITED.** The center will not be responsible for any parking citations given on city property. Additional parking is located in the grass field on the side of the building. Thanks Management!
- An outside **SMOKING** area has been established for our members that smoke. A picnic table has been added to the area between the dumpster and the patio on the south side of the property. If you smoke, please use this area and dispose of the trash in the receptacle provided.