

**DESOTO
ACTIVITY SENIOR
CENTER**

**JUNE 2018
EDITION**

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

Office: 972-230-5825
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Hours of Operation:
Monday-Friday
8am-4pm

Inside this issue:

BEAT THE HEAT...	1
WEEKLY ACTIVITIES	2
UP- COMING EVENTS	3
ANNOUNCEMENTS	3
CALENDER	4

HELLO SUMMER!!!

Volume 1, Issue 1

Newsletter Date: June 1-30

BEAT THE HEAT TIPS: FOR SENIORS

Every summer, thousands of Americans suffer from heat stroke, heat exhaustion and dehydration. And each year, an average of 300 people in the United States dies from heat-related illnesses, according to reports from the Center for Disease Control.

Seniors are more susceptible to heat-related illnesses as their bodies do not effectively cool down and it takes longer to recover when they get overheated. As the temperature starts to rise, it is important to take a moment to think about ways to beat the heat and avoid unnecessary illness.

Below are five customized tips that can help you or someone you love battle the heat, sun and humidity, which are unavoidable throughout the summer months:

Ways to keep Cool:

- If you can't afford air conditioning:
- Open your windows at night.
- Create a cross breeze by opening windows on opposite sides of the room or house.
- Cover windows when they're in direct sunlight. Keep curtains, shades, or blinds drawn during the hottest part of the day.
- Dampen your clothing with water and sit in the breeze from a fan.
- Spend at least 2 hours a day (the hottest part, if possible) in an air-conditioned place like a library, senior center, or friend's house.

Welcome New Members

Ronnie Anderson	Georgia F. Golightly	Phyllis B. Johnson	Evelyn J. Posey	Wanda Travis
Curtis R. Baker	Rashidah A. Hadyun	Carolyn J. Leeper	Trudi Robinson	
Patricia L. Buxton	Deloris S. Hardin	Joyce E. Lollar	Carolyn H. Saucedo	
Raymond I. Buxton	Susan K. Harris	Mary L. McCray	Loraine Scott	Constance
Denise Claiborne	Charles E. Harvey	Elaine Means	James E. Smith	Walker
Jessie M. Cato	Annie I. Hurd	Brenda F. Miller	Joan Smith	Lynelle
Faith P. Davis	Heron Jernigan	Daniel Miller	Pat H. Soloman	Yzaguirre
Carmen Demourelle	Billy Johnson	Lester J. Mitchell	Brown L. Sweatt	

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 1st, 2nd, and 3rd 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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Dollar Tree**

SCHEDULED EVENTS FOR JUNE

Father's Day Music Celebration, Thursday, June 7th , 7:00 p.m.

We will honor our "Father's" with a special musical concert at the Corner Theatre. The Golden Voices Male Chorus will entertain us 7:00pm-8:00pm. **You must pick up a FREE TICKET at the information desk to reserve your place. Only 150 tickets will be available.**

AARP Defensive Driving| 12:00 p.m. | Tuesday, June 12th

RSVP at the registration desk for the AARP Driver Safety Program. This is a four hour class. **Class fee is \$15.00 for AARP members and \$20.00 for non-members payable to the instructor.** This program is for Insurance purposes only.

Golden Voices Father's Day Celebration, Friday, June 15th , 9:00 a.m.

The Golden Voices Choir will entertain us 9:00 a.m. The Friday morning trips will take place Thursday, June 14th. No BINGO

Backyard Barbecue, 2:00 p.m., Friday, June 15th

Join us as we celebrate our "Father's" with a backyard barbecue. The staff will provide hot dogs, potato salad, chips and a drink. We will have good music and dancing. You don't want to miss out. **Pick-up/ Take home WILL BE PROVIDED. Please RSVP at the front desk.**

USMD- Health Brunch Talk Series, 9:30 a.m., Wednesday, June 13th

Join us as we continue to celebrate our "Father's" with a health talk session in regards to Men's health and fitness. . Our proud sponsors USMD will host this activity.
Please RSVP at the front desk.

8-Ball Tournament, 12:00p.m., Friday, June 29th

It's that time again... Join us for another pool tournament on Friday, June 29th. Who will still this months crown? **Please RSVP at the front desk. \$5.00 entry fee...**

ANNOUNCEMENTS

- Our next Food Handlers Class for our volunteers that help in the kitchen will be on Wednesday, June 20th and Thursday, June 28th at 10:00 in the work room. Please RSVP at the Information Desk so we can have the material ready for the class. You must attend one class in order to volunteer in the kitchen area.
- Please join us for our continued health series with Marlice Peabody on Thursday, 28th, during lunch at 11:30a.m... June is Men's Health Awareness month.
- 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.